

# Prairie Stride Athletics – Youth Track Club (Ages 5–10)



## Club Snapshot

- Ages: 5–10
- Sessions: Tuesday 5:00 PM, Saturday 9:00 AM
- Duration: Approximately 60 minutes
- Location: Outdoors during warmer months; Indoors at Ready, Set, Move! – 1599 Kenaston Blvd, Unit 300 during winter or poor weather
- Cost: \$300 per quarter
- Group Size: ~15 athletes
- First Session: Saturday, April 18 at 9:00 AM



## Coaching Staff

- Mike Booth – a former elite distance runner with national and international experience. Over 25 years coaching youth, developing national junior champions and helping athletes reach the collegiate level. Passionate about building speed, coordination, and a love for running.



## About the Training Environment

Sessions include running games, sprint mechanics, relays, agility drills, and jumping activities. Everything is fun, engaging, and age-appropriate, helping athletes develop speed, coordination, and confidence.

We train outdoors in a variety of environments—including, outdoor tracks and cross-country style terrain—to help children develop well-rounded skills. During winter or poor weather, we train indoors at Ready, Set, Move!, thanks to our partnership with their facility.



## Frequently Asked Questions

### *Do kids need to attend every session?*

We encourage regular participation, but each child is different. As we get to know your athlete, we can help guide participation and monitor training load. Breaks are a healthy part of development, and we support families balancing other sports and activities.

***Is this only for kids who want to run track?***

The club focuses on developing running and movement skills, but children can play multiple sports. Building speed and coordination at a young age creates a strong foundation for future athletic success.

***Will there be competitions?***

Competition is not the focus for younger athletes. As children grow, we gradually introduce age-appropriate opportunities to challenge themselves, always with a focus on confidence, enjoyment, and personal growth. [Manitoba Runners Association](#) has a series of youth races that are an excellent way to introduce young athletes to the sport of running.

***What are parents expected to do during practices?***

Parents are welcome to stay and watch. We will have opportunities for parents to participate alongside their child in select workouts. Our main focus is creating a supportive, positive environment for the athletes.

***What is the long-term vision for the club?***

Prairie Stride Athletics follows a long-term athlete development approach. For ages 5–10, the focus is on building speed, coordination, and strong movement skills in a fun, varied environment. As athletes grow, training can become more structured for those interested in pursuing track and field seriously, with additional age groups added over time.



**Interested?**

Spots are limited to about 15 athletes so we can keep the coaching environment small and supportive.

If you're interested and have questions, simply reply to this email.

Spots will be filled on a first-come basis.

If you have any questions about the program or our coaching approach, feel free to ask—I'm always happy to chat.

## **[Registration Form](#)**

Mike Booth

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