



SPORT COACH COURSE

AN INTRODUCTION TO COACHING TRACK & FIELD

REGINA FIELD HOUSE

APRIL 26-28, 2019

Course Details:

- Ideal for the beginner coach or a coach with lots of experience looking for a refresher.
- The course will help prepare you to plan practices and how to properly introduce competition in regional and provincial levels.
- This course will provide you with material, knowledge, and confidence to help you with your coaching.
- Technical session will include technique, progressions, and drills for all event areas.

Course Schedule:

- Friday April 26, 2019: 6:30pm – 9:30pm -Theory @ Classroom #1
- Saturday April 27, 2019: 12:30pm – 8:30pm -Theory @ Classroom #2
- Sunday April 28, 2019: 8:00am – 2:00pm – Technical @ Indoor Track



**LIMITED SPOTS
AVAILABLE!
REGISTER TODAY!**

**WEAR
COMFORTABLE
CLOTHING AND
RUNNING SHOES,
FOR TECHNICAL
SESSION.**

**REGISTRATION
COST: \$200**

**DEADLINE TO
REGISTER: APRIL
17, 2019**

**SEND REGISTRATION
TO PAUL AYRES AT
SASKATCHEWAN
ATHLETICS**

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