



CLUB COACH COURSE

TRACK & FIELD – AN INTRODUCTION TO COMPETITION

REGINA -UNIVERSITY OF REGINA APRIL 20-22, 2018

Course Details:

- Ideal for school educators, coaches in a club or a coach with experience looking for a refresher.
- Ideal for coaches that are coaching seasonally; 12-14 weeks a year and/or 3-5 sessions a week.
- The course will benefit coaches who are working with athletes that have a foundation in track & field or come from a multi-sport background.
- This course will provide you with material, knowledge, and confidence to develop seasonal plans and introduce national level age class competition.
- Technical session will include technique, progressions, and drills for sprints & hurdles.

Course Schedule:

Friday April 20: 6:00pm – 9:00pm – Theory
Saturday April 21: 9:00am – 6:00pm – Theory
Sunday April 22: 9:00am – 6:00pm – Technical



**TECHNICAL
SESSION:
SPRINTS/HURDLES**

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

**REGISTRATION
COST: \$200**

**DEADLINE TO
REGISTER:
APRIL 16, 2018**

**SEND REGISTRATION
TO JILL GEORGE AT
SASKATCHEWAN
ATHLETICS**

**2020 College Drive
Saskatoon, SK
S7N 2W4**

**Phone: 306-664-6744
Fax: 306-664-6761
programs@saskathletics.ca**

www.saskathletics.ca