



SPORT COACH COURSE

AN INTRODUCTION TO COACHING TRACK & FIELD

REGINA FIELD HOUSE DECEMBER 15-17, 2017

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 December 15, 2017: 6:00pm – 9:00pm -Theory @ Classroom 1
- Saturday December 16, 2017: 8:45am – 8:00pm - Theory/Technical
- Sunday December 17, 2017: 8:45am – 12:30pm - Theory/Technical

**LIMITED SPOTS
AVAILABLE!
REGISTER TODAY!**

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

**REGISTRATION
COST: \$200**

**DEADLINE TO
REGISTER:
DECEMBER 11,
2017**

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

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