



# SPORT COACH COURSE

## AN INTRODUCTION TO COACHING TRACK & FIELD

### LA RONGE -CHURCHILL COMMUNITY HIGH SCHOOL

### JANUARY 5-7, 2018

#### Course Details:

- Ideal for the beginner coach wanting to learn about the sport 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 January 5: 7:00pm – 9:30pm – Theory

Saturday January 6: 9:00am – 8:00pm – Theory/Technical

Sunday January 7: 9:00am – 3:00pm -Theory/Technical

**LIMITED SPOTS  
AVAILABLE!  
REGISTER TODAY!**

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

**REGISTRATION  
COST: \$200**

**DEADLINE TO  
REGISTER:  
JANUARY 3, 2018**

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

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