



SPORT COACH COURSE

AN INTRODUCTION TO COACHING TRACK & FIELD

LA RONGE -CHURCHILL COMMUNITY HIGH SCHOOL

DECEMBER 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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