



SPORT COACH COURSE

AN INTRODUCTION TO COACHING TRACK & FIELD

SASKATOON FIELD HOUSE

DECEMBER 8-10, 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 8, 2017: 6:30pm – 9:00pm -Theory @ Meeting Room #3
- Saturday December 9, 2017: 9:00am – 5:00pm -Theory @ Meeting Room #3
- Sunday December 10, 2017: 9:00am – 5:00pm -Technical @ Indoor Track

**LIMITED SPOTS
AVAILABLE!
REGISTER TODAY!**

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

**REGISTRATION
COST: \$200**

**DEADLINE TO
REGISTER:
DECEMBER 1, 2017**

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

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