



SPORT COACH COURSE

AN INTRODUCTION TO COACHING TRACK & FIELD

SASKATOON FIELD HOUSE

DECEMBER 18 - 19, 2021

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.
- **All attendees must be fully vaccinated against COVID-19 in order to participate**

Course Schedule:

- Saturday December 18, 2021: 9:00am – 5:00pm – Theory @ Saskatoon Field House
- Sunday December 19, 2021: 9:00am – 5:00pm – Technical @ Saskatoon Field House



REGISTER TODAY!

WEAR COMFORTABLE CLOTHING AND RUNNING SHOES, FOR TECHNICAL SESSIONS.

REGISTRATION
\$200 – NON MEMBERS
\$170 - MEMBERS

DEADLINE TO REGISTER:
DECEMBER 9, 2021

SEND REGISTRATION TO JARED WELSH AT SASKATCHEWAN ATHLETICS

2020 College Drive
Saskatoon, SK
S7N 2W4

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

www.saskathletics.ca