



CLUB COACH COURSE

TRACK & FIELD – AN INTRODUCTION TO COMPETITION

Course Details:

- Ideal for school educators, coaches in a club or a coach with experience looking for a refresher.
- Ideal for coaches that are coaching seasonally; 12-14 weeks a year and/or 3-5 sessions a week.
- The course will benefit coaches who are working with athletes that have a foundation in track & field or come from a multi-sport background.
- This course will provide you with material, knowledge, and confidence to develop seasonal plans and introduce national level age class competition.
- Technical session will include technique, progressions, and drills for sprints & hurdles, jumps, and endurance.

Course Schedule

Friday November 3: 6:00pm – 9:30pm – Technical
Saturday November 4: 10:00am – 4:00pm – Theory
Sunday November 5: 10:00am – 4:00pm – Theory



TECHNICAL SESSIONS:

SPRINTS & HURDLES
JUMPS
ENDURANCE

WEAR COMFORTABLE
CLOTHING AND
RUNNING SHOES FOR
TECHNICAL SESSIONS

REGISTRATION FEES

* FOR SASK ATHLETICS MEMBERS

THEORY COURSE

\$200 – FULL COURSE

\$100 – TECHNICAL
ONLY

\$100 – THEORY ONLY

DEADLINE TO
REGISTER:

OCTOBER 31, 2023

SEND REGISTRATION
TO JARED WELSH AT
SASKATCHEWAN
ATHLETICS

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