

CLUB COACH COURSE

TRACK & FIELD – AN INTRODUCTION TO COMPETITION

June 21-23, 2024

Location: Regina, SK

Regina Field House, 1717 Elphinstone Street

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 June 21: 6:30pm – 9:30pm – Theory

Saturday June 22: 11:00am – 4:00pm – Theory

Sunday June 23: 9:00am – 11:00am – Theory

11:00am-4:00pm – Technical Sessions

Register online here:

<https://athleticsreg.ca/#!/events/1598-club-coach-course-june-2024>



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:

JUNE 18, 2024

