



CLUB COACH COURSE

TRACK & FIELD – AN INTRODUCTION TO COMPETITION

SASKATOON – SASKATOON
FIELDHOUSE
MARCH 29 - 31, 2019

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 March 29: 6:00pm – 9:00pm – Theory
Saturday March 30: 9:00am – 5:00pm – Theory
Sunday March 31: 9:00am – 5:00pm – Technical



**TECHNICAL SESSIONS:
SPRINTS & HURDLES
JUMPS
ENDURANCE**

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

**REGISTRATION:
\$200 – FULL COURSE
\$100 – TECHNICAL
ONLY**

**DEADLINE TO
REGISTER:
MARCH 18, 2019**

**SEND REGISTRATION
TO PAUL AYRES AT
SASKATCHEWAN
ATHLETICS**

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