

Reactive Strength Technique Clinic for Jumps and Sprints with Dr. Wolfgang Ritzdorf



Aug 17th, 2:00-6:00pm, Burnaby

Location: Fortius Sport and Health, London Room, 3713 Kensington Avenue, Burnaby

For: intermediate-advanced coaches

This will count as 3 NCCP professional development points. Participants must submit an NCCP number to receive credit. If you do not have one, or need to look it up, you can do so here: <https://thelocker.coach.ca/>

Schedule

- 2:00 – 2:45 Reactive strength: concept and practical consequences
- 2:45 – 3:00 Q&A
- 3:15 - 4.00 Technique - technical models and training
- 4:15 - 4.30 Q&A
- 4:45 – 6:00 Practical Track Session

Registration

Registration Fees (+GST):

- Before Aug 15: \$40.00
- After Aug 15th: \$50.00

Register via trackie.ca here:

<https://bit.ly/2M1imAZ>



About the Speaker: [Dr. Wolfgang Ritzdorf](#) is an IAAF senior lecturer, a senior lecturer at the German Sport University. He has led studies of some of the world top performances on topics of reactive strength, periodization, long term athlete development, and technique of jumps and sprints and authored the new IAAF Level III and IV CECS Jumps Material amongst others. He is a former national coach of German Female High Jumpers and has coached Olympic Athletes at 9 Olympic Games and World Championships including Olympic gold medalist Ulrike Meyfartha and Heike Henkel.

*****Please come prepared to be active! Happy Learning!*****

For more information for this course and others, follow the link below or contact Jennifer Brown at Jennifer.brown@bcathletics.org
<http://www.bcathletics.org/Education/Sub/upcoming-courses-pro-d-sessions/250/>

