



SUPER SEMINAR - CONFERENCE SCHEDULE

April 20-21, 2018 - WPG MB

DATE	TIME	CONTENT	PRESENTER	LOCATION	
Friday April 20					
	9:00am - 10:30am	Designing a 6 week training program for High School Sprinters This classroom session will present, explain and provide program templates applicable for a 6 week, school based speed development program. School and club coaches can draw from progressive "inventories" for strength, power, coordination and speed components. Discussions will also center around challenging some of the training and speed development myths that continue to be utilized.	Alex Gardiner	University of Manitoba - Room # TBD	1 PD pt
	15 minute break				
	10:45am - 12:15am	Speed Endurance Development for Long Sprints This classroom session will address some of the biomechanical and physiological components of sprinting events from 200m-400m. Examples will be used to demonstrate the training used to develop 400m sprinters and age/development appropriate training will be discussed.	Rory McIntyre	University of Manitoba - Room # TBD	1 PD pt
	12:15pm - 1:00pm	LUNCH - PROVIDED			
CHOOSE ONE	1:15pm - 2:30pm	Blocks and Sprint Mechanics in the drive phase Active technical session. Topics will include review and analysis of proper drive mechanics; drills and technical progressions	Alex & Rory	University of Manitoba - Fieldhouse	1 PD pt
	15 minute break				
	2:45pm - 4:00pm	Sprint Mechanics & Hurdle technical development Active technical session. Topics will include the importance and application of proper sprint mechanics in the hurdles; drills and technical progressions.	Rory McIntyre	University of Manitoba - Fieldhouse	1 PD pt

DATE	TIME	CONTENT	PRESENTER	LOCATION	ADDITIONAL NOTES
Friday April 20th					
	4:30pm - 6:30pm	High School Relay Intensive - Topics to covered include; Warm Ups, Passing and Receiving, Zone Work, Roles of each Runner, Passing at Speed, and Training Plans	Alex Gardiner & Rory McIntyre	University of Manitoba - Fieldhouse	2 PD points



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DATE	TIME	CONTENT	PRESENTER	LOCATION	ADDITIONAL NOTES
Saturday April 21st					
	10:00am-12:00pm	High School Relay Intensive - Topics to covered include; Warm Ups, Passing and Receiving, Zone Work, Roles of each Runner, Passing at Speed, and Training Plans	Alex Gardiner & Rory McIntyre	University of Manitoba - Fieldhouse	2 PD points