

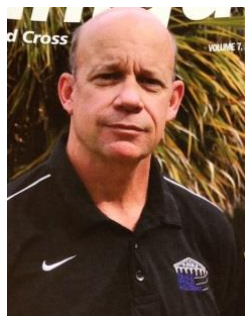
Speed Development for Team Sports

Insights on Training from Coach Boo Schexnayder

CEPS, Université de Moncton, Moncton NB

6:30-8pm on November 16, 2018

Athletics New Brunswick is pleased to present world renowned coach **Boo Schexnayder** in this unique opportunity to learn from one of the most knowledgeable speed & power coaches in the world. Coaches and athletes alike will have a chance to get new insights and learn new approaches for developing one of the most important skills in any sport – SPEED!



Boo Schexnayder – Coach Schexnayder is an internationally renowned coach with 38 years of experience as a coach and consultant. As a track & field coach, he has coached 11 Olympians and numerous NCAA champions, and was a part of 12 NCAA Championship teams at Louisiana State University. He has also acted as a training consultant and program designer for athletes and teams in football, basketball, soccer, and volleyball. Among other things, he is presently the strength coach for the LSU track & field program. He holds the designation of Master Coach from USATF. He is also a well-respected coach educator and is in constant demand as a speaker at coaching conferences around the world. We are extremely fortunate to have him bring his knowledge and skills to this year's Atlantic Athletics Summit.

This is an incredible chance to learn from one of the best. He will be covering the concepts of acceleration and speed with a particular focus on team sports that rely on running speed. And for even more insight, join us and Coach Schexnayder during the rest of the weekend at the Atlantic Athletics Summit. Of particular interest will be Boo's sessions on *speed development* and *strength training*.

The 90min session is only \$15.

Register in advance to ensure you receive the hand-out materials.

Register online at TrackieReg.ca under event "Atlantic Athletics Summit" or go to the following link:

<http://www.TrackieReg.com/Atlantic-Summit-2018/>

Inquiries can be sent to Steve LeBlanc at: teamatlantic@yahoo.ca

Atlantic Athletics Summit

November 16-18, 2018

Other Summit presenters will include:

- **Joel Skinner** – formative coach of Olympic high jump champion, Derek Drouin
- **David Foley** – two-time Canadian pole vault champion
- **Dr Mike Johnson** – professor of kinesiology at the Université de Moncton
- **Dr. Earl Church** – throws coach at the Université de Moncton
- **Rich Lehman** – head coach of track & field and cross country at Dalhousie University
- **Steve LeBlanc** – head coach of track & field at the Université de Moncton

Friday session "Speed Development for Team Sports"	\$ 15
Full weekend Summit pass for athletes and coaches	\$ 50 (includes all three days)
One-day Summit pass for athletes and coaches	\$ 30
NCCP Club Coach courses (Jumps or Para-Athletics)	\$150 (\$75 for ANB members)

Plan to join us in Moncton for the 2018 Atlantic Athletics Summit!