

## WEEKEND SCHEDULE

FRIDAY
<p><b>Session 1</b> <i>Speed Development</i> 18:30-20:00 Presentation “Speed Development in Team Sports” with Boo Schexnayder</p>

SATURDAY
<p><b>Session 2A</b> <i>Speed Development</i> 09:00-09:30 Warming Up for Speed 09:30-10:30 Acceleration and Maximum Velocity Running with Boo Schexnayder</p> <p><b>Session 2B</b> <i>Throwing</i> 09:00-10:30 Shot Put with Earl Church</p>
<p><b>Session 3A</b> <i>Sprinting</i> 10:45-12:00 Sprint Starts with Yvan Pelletier</p> <p><b>Session 3B</b> <i>Jumping</i> 10:45-12:00 Long Jump Technique with Joel Skinner</p> <p><b>Session 3C</b> <i>Vaulting</i> 10:45-12:00 Pole Vault (part 1) with David Foley</p> <p><b>Session 3D</b> <i>Throwing</i> 10:45-12:15 Weight Throw with Earl Church</p> <p><b>Session 3E</b> <i>Endurance</i> 10:45-12:15 Presentation “Moving from the Sprints to Middle Distance” with Rich Lehman</p>
<p><b>Session 4</b> <i>Speed Development</i> 12:45-14:15 Presentation “Critical Factors in Speed Development” with Boo Schexnayder</p>
<p><b>Session 5A</b> <i>Sprinting</i> 14:30-16:00 Sprinting Mechanics with Yvan Pelletier</p> <p><b>Session 5B</b> <i>Jumping</i> 14:30-16:00 High Jump (part 1) with Joel Skinner</p> <p><b>Session 5C</b> <i>Vaulting</i> 14:30-16:00 Pole Vault (part 2) with David Foley</p> <p><b>Session 5D</b> <i>Throwing</i> 14:30-16:00 Presentation “Training for the Javelin” with Earl Church</p>
<p><b>Session 6A</b> <i>Jumping</i> 16:15-17:45 High Jump (part 2) with Joel Skinner</p> <p><b>Session 6B</b> <i>Vaulting</i> 16:15-17:45 Pole Vault (part 3) with David Foley</p> <p><b>Session 6C</b> <i>Throwing</i> 16:15-17:45 Javelin with Earl Church</p> <p><b>Session 6D</b> <i>Endurance</i> 16:15-17:45 Tactics in Distance Racing with Rich Lehman</p>
<p><b>Session 7</b> <i>Coaches Round Table</i> 18:00-19:00 Presentation “The Place of Speed in Athlete Development”</p>

SUNDAY
<p><b>Session 8A</b> <i>Jumping</i> 09:00-10:30 Triple Jump with Boo Schexnayder</p> <p><b>Session 8B</b> <i>Throwing</i> 09:00-10:30 Discus with Earl Church</p> <p><b>Session 8C</b> <i>Endurance</i> 09:00-10:30 Presentation “Monitoring and Reporting for Endurance Training” with Rich Lehman</p>
<p><b>Session 9</b> <i>Athlete Development</i> 10:45-12:00 Functional Movement Screening for Athletes with Dr Mike Johnson</p>
<p><b>Session 10</b> <i>Strength</i> 12:45-14:15 Presentation “Designing Strength Training for Speed Acquisition” with Boo Schexnayder</p>
<p><b>Session 11A</b> <i>Strength</i> 14:30-16:00 Strength Training and Olympic Lifting with Dr Mike Johnson</p> <p><b>Session 11B</b> <i>Endurance</i> 14:30-16:00 Strength Training for Endurance Athletes with Rich Lehman</p>

### NCCP Club Coach Courses

The Club Coach courses in Jumps and Para-athletics will run approximately:

	<u>Jumps</u>	<u>Para-athletics</u>
Friday	17:30-21:45	17:30-21:45
Saturday	09:00-17:45	09:00-16:45
Sunday	09:00-17:30	09:00-16:30

Course instructors are:

Ueli Albert, Chris Belof and Yvan Pelletier

For more information on the NCCP courses, contact Chris Belof at:

[chris@anb.ca](mailto:chris@anb.ca) or 506-638-2489