



SUPER SEMINAR - WCSG PREP SQUAD ATHLETE SESSIONS
April 27th, 2019

DATE	TIME	CONTENT	TARGET AUDIENCE	PRESENTER	LOCATION
Saturday April 27					
	9:00am-10:30am	Kin Stretch	ALL	Moses Bernard	University of Winnipeg Rec Plex-Field
CHOOSE ONE	10:45am-12:00pm	Mental Prep for Jumpers	WCSG Prep-Squad	TBD	University of Winnipeg Rec Plex-Classroom
	10:45am-12:00pm	Throws Technical Session	WCSG Prep-Squad	Justin Charrier	University of Winnipeg Rec Plex-Field
	10:45am-12:00pm	Nutrition for Sprinters/Hurdlers/Distance	WCSG Prep-Squad	Jorie & Janelle	University of Winnipeg MPR
	12:00pm - 1:00pm	LUNCH			
CHOOSE ONE	1:15pm-2:30pm	Mental Prep for Sprinters/Hurdlers/Distance	WCSG Prep-Squad	TBD	University of Winnipeg Classroom
	1:15pm-2:30pm	Sprint technique for jumpers	WCSG Prep-Squad	Rory	University of Winnipeg Rec Plex-Track/Pit
	1:15pm-2:30pm	Nutrition for Throwers	WCSG Prep-Squad	Jorie & Janelle	Univeristy of Winnipeg MPR
CHOOSE ONE	2:45pm-4:00pm	Mental Prep for Throwers	WCSG Prep-Squad	TBD	University of Winnipeg Classroom
	2:45pm-4:00pm	Sprints & Relay technical session	WCSG Prep-Squad	Rory/Bryce	University of Winnipeg Rec Plex-Track/Pit
	2:45pm-4:00pm	Nutrition for Jumpers	WCSG Prep-Squad	Jorie & Janelle	Univeristy of Winnipeg MPR