



SUPER SEMINAR CONFERENCE SCHEDULE
April 27-28th, 2019

DATE	TIME	CONTENT	PRESENTER	LOCATION	ADDITIONAL NOTES
Friday April 26					
	9:00am-10:15am	Intro to Kin Stretch	Moses Bernard	University of Winnipeg - Rec Plex Field	ACTIVE SESSION
CHOOSE ONE	10:30am-12:00pm	Kin Stretch principles applied to Sprints & Hurdles	Moses Bernard	University of Winnipeg - Rec Plex Track	
	10:30am-12:00pm	Strength program development for Jumps & Throws	Cole Scheller	University of Winnipeg - Classroom	
	12:00pm - 1:00pm	LUNCH - PROVIDED			
	1:00pm-2:30pm	Topic TBD	Moses Bernard	University of Winnipeg - Classroom	
CHOOSE ONE	2:45pm-4:30pm	Kin Stretch principles applied to Jumps & Throws	Moses Bernard	Univeristy of Winnipeg -Rec Plex Track	
	2:45pm-4:30pm	Strength program development for Sprints & Hurdles	Cole Scheller	University of Winnipeg - Classroom	
	7:30pm-9:30pm	Coaches Reception and round table discussions		TBD	1 PD Point Appetizers + 1 drink per person included



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Saturday April 27					
CHOOSE ONE	9:00am-10:30am	WCSG Athlete Session - Kin Stretch	Moses Bernard	University of Winnipeg - Rec Plex Field	Athlete session - coaches may observe
	9:00am-10:30am	Strength & Conditioning for speed - practical session	Cole Scheller & Alex Gardiner	Univeristy of Winnipeg Weight Room	Multi-sport content
CHOOSE ONE	10:45am-12:00pm	WCSG Athlete Session - Throws Technical	Justin Charrier	University of Winnipeg - Rec Plex Field	Athlete session - coaches may observe
	10:45am-12:00pm	Strength Transfer for high performance speed development	Cole Scheller & Alex Gardiner	University of Winnipeg - Rec Plex Track	Multi-sport content
	12:00pm - 1:00pm	LUNCH - Not provided			
CHOOSE ONE	1:15pm-2:30pm	WCSG Athlete Session - Sprint technique for jumpers	Rory McIntyre	Univeristy of Winnipeg -Rec Plex Track	Athlete session - coaches may observe
	1:15pm-2:30pm	Kin Stretch Multi-Sport Session	Moses Bernard	University of Winnipeg - Rec Plex Field	Multi-sport content
	2:45pm-4:00pm	WCSG Athlete Session - Running & Relay Technical Session	Rory McIntyre & Alex Gardiner	Univeristy of Winnipeg -Rec Plex Track	Athlete session - coaches may observe