



SPORT COACH COURSE

AN INTRODUCTION TO COACHING TRACK & FIELD

REGINA FIELDHOUSE

NOVEMBER 22-24, 2019

Course Details:

- Ideal for the beginner coach or a coach with lots of experience looking for a refresher.
- The course will help prepare you to plan practices and how to properly introduce competition in regional and provincial levels.
- This course will provide you with material, knowledge, and confidence to help you with your coaching.
- Technical session will include technique, progressions, and drills for all event areas.

Course Schedule:

- Friday November 22, 2019: 6:00pm – 9:30pm -Theory @ Classroom #1
- Saturday November 23, 2019: 9:00am – 1:00pm -Technical @ Indoor Track
- Saturday November 23, 2019: 1:00pm – 6:00pm - Theory @ Classroom #1
- Sunday November 24, 2019: 9:00am – 1:00pm – Technical @ Indoor Track



REGISTER TODAY!

WEAR COMFORTABLE CLOTHING AND RUNNING SHOES, FOR TECHNICAL SESSIONS.

REGISTRATION COST: \$200

DEADLINE TO REGISTER: NOVEMBER 13, 2019

SEND REGISTRATION TO PAUL AYRES AT SASKATCHEWAN ATHLETICS

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