



CLUB COACH COURSE

TRACK & FIELD – AN INTRODUCTION TO COMPETITION

SASKATOON – SASKATOON FIELDHOUSE APRIL 3-5, 2020

Course Details:

- Ideal for school educators, coaches in a club or a coach with experience looking for a refresher.
- Ideal for coaches that are coaching seasonally; 12-14 weeks a year and/or 3-5 sessions a week.
- The course will benefit coaches who are working with athletes that have a foundation in track & field or come from a multi-sport background.
- This course will provide you with material, knowledge, and confidence to develop seasonal plans and introduce national level age class competition.
- Technical session will include technique, progressions, and drills for sprints & hurdles, jumps, and endurance.

Course Schedule:

Friday April 3: 6:00pm – 9:00pm – Theory
Saturday April 4: 9:00am – 5:00pm – Theory
Sunday April 5: 9:00am – 5:00pm – Technical

TECHNICAL SESSIONS:

SPRINTS & HURDLES
JUMPS
ENDURANCE
THROWS

WEAR COMFORTABLE
CLOTHING AND
RUNNING SHOES, FOR
TECHNICAL SESSIONS.

REGISTRATION:

FULL COURSE
\$230 – NON MEMBERS
\$200 – MEMBERS
TECHNICAL ONLY
\$130 – NON MEMBERS
\$100 – MEMBERS

DEADLINE TO
REGISTER:
MARCH 26, 2020

SEND REGISTRATION
TO PAUL AYRES AT
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ATHLETICS

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