



CLUB COACH COURSE

TRACK & FIELD – AN INTRODUCTION TO COMPETITION

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

ONLINE THEORY SESSIONS via ZOOM

OCTOBER 27, NOVEMBER 3, 10, 17, 2020 – 7:00PM – 9:00PM

TECHNICAL SESSION (SPRINTS & HURDLES OR ENDURANCE)

NOVEMBER 29, 2020 – 8:00AM - 4:00PM @ REGINA FIELD HOUSE

TECHNICAL SESSIONS:

SPRINTS & HURDLES
ENDURANCE

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:
OCTOBER 23, 2020

SEND REGISTRATION
TO PAUL AYRES AT
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ATHLETICS

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