



SPORT COACH COURSE

AN INTRODUCTION TO COACHING TRACK & FIELD

REGINA FIELD HOUSE

DECEMBER 5 - 6, 2020

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:

- Saturday December 5, 2020: 9:00am – 5:00pm – Theory @ Regina Field House
- Sunday December 6, 2020: 9:00am – 5:00pm – Technical @ Regina Field House



REGISTER TODAY!

WEAR COMFORTABLE CLOTHING AND RUNNING SHOES, FOR TECHNICAL SESSIONS.

REGISTRATION

\$200 – NON MEMBERS

\$170 - MEMBERS

**DEADLINE TO REGISTER:
NOVEMBER 26, 2020**

SEND REGISTRATION TO PAUL AYRES AT SASKATCHEWAN ATHLETICS

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