

# PUSH TO PODIUM

**ATHLETICS  
ATHLÉTISME  
CANADA**

With the 2023 World Championships and Paris 2024 Olympics around the corner, the Push to Podium Project is providing an in person session on wheelchair racing. The session looks to help coaches identify performance gaps within a program and develop strategies to help to maximize performance.

## THURSDAY

SEPT 15

## TIME

0900HRS TO 1700HRS

## LOCATION

IN PERSON - ATHLETICS  
CANADA'S WEST HUB  
(PISE) CAMOSUN  
COLLEGE INTERURBAN  
CAMPUS, 4371  
INTERURBAN RD,  
VICTORIA, BC

## COST

\$80 MEMBERS  
\$100 NON MEMBERS



### ARNO MUL

*Head Coach  
Netherlands Para  
Athletics  
Coach of Canada's  
Brett Lakatos*



### ROEL VAN DER HOOFT

*Sports Engineer  
Specializing in  
Wheelchair  
Customization.*

### Schedule:

0900 -1200hrs – Track Session  
1200-1300hrs - Lunch break  
1300-1700hrs Classroom presentation



## MAXIMIZING PERFORMANCE THROUGH:

- ✓ OPTIMAL ATHLETE POSITIONING
- ✓ OPTIMAL EQUIPMENT
- ✓ IDENTIFYING ELEMENTS OF A TRAINING PLAN TO ACHIEVE WORLD CLASS OUTCOME
- ✓ CONSIDERATIONS FOR COACHING ATHLETES WITHIN DIFFERENT SPORT CLASSES

**REGISTER NOW**



**coach.ca**  
Coaching Association of Canada  
Association canadienne des entraîneurs