



NATIONAL SPEED SUMMIT

HOSTED BY Saskatchewan Athletics

Thank you for attending the National Speed Summit hosted by Saskatchewan Athletics. We hope that you enjoy the summit and can take your learnings back to your groups and communities.

FRIDAY November 17, 2023

Time:	Session:	Presenter:	Location:
4:15 PM	Summit Check-In		Hilton Garden Inn- Garden South room
4:45 PM	Welcome and Introductions	Bob Reindl/Jamie Epp (Sask Athletics)	
5:00 PM	Session 1: Case Study of Savannah Sutherland	Steven Rajewsky	
6:00 PM	Dinner (Provided)		
7:00 PM	Session 2: Case Study of Michelle Harrison	Jason Reindl	
8:00 PM	Session 3: Sarah Mitton Pathway	Richard Parkinson	
9:00 PM	Coaches Social (Cash Bar)		



Saskatchewan Athletics
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SATURDAY November 18, 2023

Time:	Session:	Presenter:	Location:
7:30 AM	Breakfast (Provided)		Hilton Garden Inn- Garden South room
8:45 AM	Bus Leaves for Gordie Howe Indoor Training Center		In Front of Hilton Garden Inn
9:15 AM	In Field Session (Session 4) (Choose a, b, or c)		
	a) How to overcome technical issues & associated drills (continued into session 5)	Richard Parkinson	Gordie Howe Indoor Training Center- Turf Field 2 North (1303 Avenue P South)
	b) Acceleration: On the Track Application	Steven Rajewsky	
	c) Getting Ready: Warmup	Jason Reindl	
10:45 AM	In Field Session (Session 5) (Choose a, b, or c)		
	a) How to overcome technical issues & associated drills (continued from session 4)	Richard Parkinson	Gordie Howe Indoor Training Center- Turf Field 2 North (1303 Avenue P South)
	b) Sprinting: How to fit the pieces together	Steven Rajewsky	
	c) Resisted Sprints for Acceleration Development	Graham Black	
12:00 PM	Bus returning from Gordie Howe Complex to Hilton Garden Inn		In front of Gordie Howe Complex
12:30 PM	Lunch (Provided)		Hilton Garden Inn- Garden South room
1:30 PM	Session 6: Para Athletics Video + discussion/Q+A	Video- Bob Westman, Discussion- Jason Reindl, Maegan Ciesielski, Jane Kolodnicki	Hilton Garden Inn- Garden South room
2:30 PM	Session 7 (Choose a or b)		
	a) Speed Improvement: Tools to enhance and develop speed in Track & Field and beyond	Steven Rajewsky	Hilton Garden Inn- Garden South room
	b) Long term rehab and preparing for return to speed	Ainsley Oliver	Hilton Garden Inn- Garden North room
3:30 PM	Session 8 (Choose a or b)		
	a) Strength Training Methodology for Acceleration Development	Graham Black	Hilton Garden Inn- Garden South room
	b) Influence of speed in endurance events/ What is speed for endurance events?	Jamie Epp	Hilton Garden Inn- Garden North room
4:30 PM	Session 9 (Choose a or b)		
	a) Speed Power Influence on Shotput	Richard Parkinson	Hilton Garden Inn- Garden South room
	b) Speed and Jumping Success	Jason Reindl	Hilton Garden Inn- Garden North room
5:30 PM	Dinner (Provided)		Hilton Garden Inn- Garden South room
7:00 PM	Session 10: Panel Presentation/Q+A: Strength and Conditioning, IST Integration	Graham Black, Ainsley Oliver, Jason Reindl	Hilton Garden Inn- Garden South room
8:45 PM	Bus leaves for Coaches Social at Purity		In Front of Hilton Garden Inn
9:00 PM	Coaches Social (Cash Bar)		Purity (731 Broadway Ave)
11:30 PM	Bus back to Hilton Garden Inn (Can stay at social longer, but no transportation will be provided)		In Front of Purity



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SUNDAY November 19, 2023

Time:	Session:	Presenter:	Location:
8:00 AM	Breakfast (Provided)		Hilton Garden Inn- Garden South room
9:00 AM	Session 11: Building the Body for ShotPut	Richard Parkinson	
10:00 AM	Session 12: Acceleration: A technical and practical discussion	Steven Rajewsky	
11:00 AM	Session 13: Panel Discussion	Steven Rajewsky, Richard Parkinson, Jason Reindl	
12:00 PM	Lunch (Provided) and closing remarks		



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