



## **Athletics Nova Scotia**

### **Technical Event Learning Series**

Athletics Nova Scotia will be hosting a series of **free**, in-person, practical sessions focused on teaching the fundamentals of the technical events in Track & Field.

These sessions are perfect for coaches new to the event group, coaches or teachers working within the School Sport system, or those just looking to ask questions and further their knowledge with information from some of Nova Scotia's most experienced coaches.

Each session will be led by the provincial coaching lead for that event group. More information on facilitators below.

#### **Session #1 - Jumps**

Location: Cougar Dome, 72 North Street, Truro

Date/Time: 5:30-8:30pm, Wednesday, April 3rd

#### **Session #2 - Throws**

Location: Cougar Dome, 72 North Street, Truro

Date/Time: 6:00-8:00pm, Thursday, April 11th

#### **More dates and locations TBA**

#### **Facilitators:**

**Peter Lord** - Athletics NS Coaching Lead for Jumps. Former Head Coach of Dalhousie University, coach of multiple national medalists, including Olympian Adrienne Power.

**Jodi Langley** - Athletics NS Coaching Lead for Throws. Throws coach at St. Mary's University, coach of Senior National Team member Katie Pegg.