

2025 SPRING CAMP



Kick start your preparation for the School Sport Track & Field Season by experiencing what it's like to train with some of the best coaches in Nova Scotia!

INCLUDED IN REGISTRATION

- 8 HOURS OF TECHNICAL INSTRUCTION
- A PRESENTATION FROM THE CANADIAN SPORT INSTITUTE
- 2 LUNCHEES, 1 BREAKFAST, 1 DINNER
- HOTEL SUBSIDY FOR THOSE TRAVELING FROM OUTSIDE OF HRM



CANADA GAMES CENTRE

APRIL 19-20, 2025

26 THOMAS RADDALL AVE, HALIFAX, NS

FIND MORE INFORMATION AT

WWW.ATHLETICSNOVASCOTIA.CA/EVENTS

CAMP PURPOSE

The Athletics Nova Scotia Spring Camp is designed to provide rural high school athletes the opportunity to prepare for the School Sport and Provincial outdoor season by learning from expert coaches within the province and experience what training at a higher level is like.

SATURDAY SCHEDULE

- 10:30AM - TECHNICAL TRACK TIME
- 12:30PM - LUNCH BREAK
- 1:30PM - TECHNICAL TRACK TIME
- 3:30PM - SESSION WRAP UP
- 5:00PM - DINNER AT FUTURE INN HOTEL
- 6:00PM - SPORT SCIENCE PRESENTATION

SUNDAY SCHEDULE

- 10:00AM - TECHNICAL TRACK TIME
- 12:30PM - LUNCH BREAK
- 1:30PM - TECHNICAL TRACK TIME
- 3:30PM - CAMP WRAP UP

LEAD COACHES

PHILLIP HADLEY - SPRINTS

- ATHLETICS NS SPRINTS LEAD
- CANADA SUMMER GAMES HEAD COACH
- HEAD COACH OF NS/NU LEGION TEAM 2023-24

PETER LORD - JUMPS

- ATHLETICS NS JUMPS LEAD
- COACH OF MULTIPLE NATIONAL TEAMS
- FORMER DALHOUSIE UNIVERISTY HEAD COACH

RICH LEHMAN - ENDURANCE

- ATHLETICS NS ENDURANCE LEAD
- HEAD COACH - DALHOUSIE UNIVERSITY
- COACH OF MULTIPLE ATHLETICS CANADA NATIONAL TEAMS

JODI LANGLEY - THROWS

- ATHLETICS NS THROWS LEAD
- COACH AT SAINT MARY'S UNIVERISTY
- COACHED AT THE PARIS PARALYMPIC GAMES