



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 Pacific Ave. Winnipeg, MB. R3B 2Z6 • Tel: 204-925-5744 • Fax: 204-925-5792

www.athleticsmanitoba.com

Athletics Manitoba is once again pleased to present its annual Coaching Super Seminar!

This event is a great professional development opportunity for both school and club Track and Field Coaches. This year our focus is on speed and power development with special technical focus on the throwing events.

Our special guest presenters this spring will be Derek Evely and Larry Steinke, who each have a wide breadth of technical expertise and have fantastic coaching resumes including their work with numerous World Championship and Olympic level athletes. Full coaching bios are included at the end of this package.

This year in conjunction with the conference we have a number of additional special events; Sport MB will be hosting a Multisport Coaching Academy on Thursday evening, Athletics MB will be running Part 1 of the Central Canada NCCP Performance Coach and there will be a Coaches appreciation reception on Friday evening!

Super Seminar Conference Overview

Thursday evening	Multisport Coaching Academy hosted by Sport MB
Friday full day	Junior/High School Coach content + Performance Coach Sessions
Friday evening	Coaches reception!
Saturday full day	Club/School & Provincial Team Coach content + Performance Coach Sessions
Sunday morning	Club/School & Provincial Team Coach content + Performance Coach Sessions

Participants are encouraged to attend the entire weekend of events however we have also set up a number of different package options for those that need to be more selective.

Registration Deadline: All conference registrations must be completed through Trackie.ca by April 15th, 2016



SUPER SEMINAR - PERFORMANCE COACH SCHEDULE

April 21-24, 2016 - WPG MB

DATE	CONTENT	LOCATION	ADDITIONAL NOTES
Friday April 22			
1:15pm - 2:15pm	Panel Discussion	U of W Classroom	Super Seminar Conference Session 1 PD point
2:45pm - 3:15pm	Introduction		5 PD points per module
3:15pm - 4:30pm	Module 1 Analyzing your Yearly Training Plan	Sport for Life Centre	
4:45pm - 5:45pm	Module 2 Event Audit, Physical/Physiological Demands	Sport for Life Centre	
5:45pm - 6:30pm	Module 3 Auditing your Event Demands	Sport for Life Centre	
7:30pm	Coaches Reception	TBA	Appetizers and 1 drink per person
8:00pm	Panel Discussion with Larry Steinke, Derek Evey and more!		1 PD point
DATE	CONTENT	LOCATION	ADDITIONAL NOTES
Saturday April 23			
9:00am - 12:00pm	Periodizing strength for power development	Sport for Life Centre	Super Seminar Conference Session 3 PD points
12:00pm - 1:00pm	LUNCH		
1:00pm - 2:30pm	Module 3 Auditing your Event Demands	Sport for Life Centre	5 PD points per module
2:45pm - 4:15pm	Module 4 Building the YTP Framework	Sport for Life Centre	
4:30pm - 5:15pm	Module 5 Adjusting the YTP	Sport for Life Centre	
DATE	CONTENT	LOCATION	ADDITIONAL NOTES
Sunday April 24			
9:00am - 10:00am	Module 6 Tapering and Peaking	Sport for Life Centre	5 PD points per module
10:15am - 12:00pm	Module 7 Microcycle and Mesocycle Design	Sport for Life Centre	
12:00pm - 1:00pm	LUNCH		
1:00pm - 2:15pm	Module 8 Microcycle and Mesocycle Design	Sport for Life Centre	
2:30pm - 3:30pm	Module 9 YTP Review	Sport for Life Centre	



SUPER SEMINAR - GENERAL CONFERENCE SCHEDULE

April 21-24, 2016 - WPG MB

DATE	TIME	CONTENT	TARGET AUDIENCE	PRESENTER	LOCATION	ADDITIONAL NOTES
Thursday April 21 - Winnipeg Coaching Academy supported by Sport Manitoba						
	7:00pm - 9:00pm	Speed & Power Development for Athletes	Multisport	Derek Evely	University of Manitoba - Room 133 Frank Kennedy	2 PD points

DATE	TIME	CONTENT	TARGET AUDIENCE	PRESENTER	LOCATION	ADDITIONAL NOTES
Friday April 22						
CHOOSE ONE	9:00am - 9:50am	Shot Put - Technical	Junior/High School Coaches	Derek Evely	University of Winnipeg - Rec Plex	3 PD points
	OR	9:00am - 9:50am	Seasonal Planning	Junior/High School Coaches	Larry Steinke	
CHOOSE ONE	10:00am - 10:50am	Javelin - Technical	Junior/High School Coaches	Larry Steinke	University of Winnipeg - Rec Plex	
	OR	10:00am - 10:50am	Sprint Technical	Junior/High School Coaches	Derek Evely	
CHOOSE ONE	11:00am - 11:50am	Seasonal Planning	Junior/High School Coaches	Larry Steinke	University of Winnipeg - Classroom	
	OR	11:00am - 11:50am	Strength Development	Junior/High School Coaches	Derek Evely	
	12:00pm - 1:15pm	LUNCH - PROVIDED			University of Winnipeg - Classroom	
	1:15pm - 2:15pm	Panel Discussion	Developmental Foundations - Resilient athletes		University of Winnipeg - Classroom	1 PD point
CHOOSE ONE	2:30 - 3:30	Discus - Technical	Junior/High School Coaches	Larry Steinke	University of Winnipeg - Rec Plex	1 PD point
	OR	2:30 - 3:30	Speed Development	Junior/High School Coaches	Derek Evely	
	7:30pm	Coaches Reception			TBA - Appetizers and 1 drink per person included	
	8:00pm	Panel Discussion	ALL	Derek Evely, Larry Steinke and more!		1 PD point



SUPER SEMINAR - GENERAL CONFERENCE SCHEDULE

April 21-24, 2016 - WPG MB

DATE	TIME	CONTENT	TARGET AUDIENCE	PRESENTER	LOCATION	ADDITIONAL NOTES
Saturday April 23						
	9:00am-12:00pm	Periodizing strength for power development	Club/School Provincial Team Coaches	Derek Evely and Larry Steinke	Sport for Life Centre	3 PD points
	12:00pm - 1:00pm	LUNCH				
CHOOSE ONE	1:15pm - 2:30pm	Hammer - Technical	Club/School Provincial Team Coaches	Derek Evely	University of Manitoba - Stadium	3 PD points
	1:15pm - 2:30pm	Javelin - Technical		Larry Steinke	University of Manitoba - Stadium	
	2:45pm - 4:30pm	Shot Put - Technical	Club/School Provincial Team Coaches	Derek Evely and Larry Steinke	University of Manitoba - Stadium	

DATE	TIME	CONTENT	TARGET AUDIENCE	PRESENTER	LOCATION	ADDITIONAL NOTES
Sunday April 24						
	9:00am - 10:00am	Hammer - Technical	Club/School Provincial Team Coaches	Larry Steinke	University of Manitoba - Stadium	3 PD points
	10:00am - 11:00am	Javelin - Technical		Larry Steinke	University of Manitoba - Stadium	
	11:00am - 12:00pm	Discus - Technical		Larry Steinke	University of Manitoba - Stadium	



SUPER SEMINAR CONFERENCE FEES

April 21-24, 2016 - WPG MB

PERFORMANCE COACH	\$200 plus GST
Friday April 22nd- Sunday 24th	Includes: Friday afternoon panel presentation Friday evening coaches reception and panel presentation (appetizers and 1 drink) Saturday morning Strength presentation Saturday and Sunday Lunch
MULTISPORT COACHING ACADEMY	FREE - Courtesy of Sport MB
Thursday April 21st	Includes: Thursday evening presentation BONUS: Friday evening coaches reception and panel presentation (appetizers and 1 drink)
GENERAL CONFERENCE TEACHER PD DAY	\$150 plus GST / 10% discount for multiple teachers from one school
Friday April 22nd	Includes: All Friday sessions Friday evening coaches reception and panel presentation (appetizers and 1 drink)
GENERAL CONFERENCE HIGH PERF WKND	\$225 plus GST
Saturday April 23rd & Sunday 24th	Includes: Friday evening coaches reception and panel presentation (appetizers and 1 drink) All Saturday and Sunday sessions
GENERAL CONFERENCE FULL WKND PACKAGE	\$300 plus GST
Thursday April 21st - Sunday 24th	Includes: Thursday evening presentation All Friday sessions Friday evening coaches reception and panel presentation (appetizers and 1 drink) All Saturday and Sunday sessions
SINGLE NCCP MODULE	\$50 plus GST
Friday April 22nd - Sunday 24th	Includes: Any single Performance Coach NCCP Module



SUPER SEMINAR PRESENTER BIOS

April 21-24, 2016 - WPG MB

DEREK EVELY

In addition to his know-how of training theory, Derek is also a highly successful coach and athletics administrator. Beginning in Canada in the mid-1990s, he was first the Head Coach of the Kamloops Track and Field Club (where developed international athletes and medalists Shane Niemi, Gary Reed, and Dylan Armstrong, amongst others), before moving to Edmonton to work alongside Kevin Tyler as the Sport Science Manager at the Canadian Athletics Coaching Centre (CACC). Established as part of the legacy from the 2001 IAAF World Championships in Edmonton, Kevin and Derek together built the CACC into one of the premier coaching and training centers in the world. Focussing on coach education and training, application of sport science to track and field, and the overall development of the sport in Canada, the CACC was a hugely successful endeavor that led to both Kevin and Derek being recruited to high-level positions in the UK.

Derek moved across the Atlantic in 2009 to become the Centre Director of the Loughborough High Performance Centre (one of two in the UK – the other being in London, where Dan Pfaff was the Centre Director). Besides managing a group of coaches, administrators, and support staff, Derek coached a young group of throwers in the UK, including Sophie Hitchon, who under his tutelage won a World Junior Championship, broke the British Record in the hammer at 19 years old, and qualified for the Olympic Final in 2012 at the age of 21!

Since 2012 Derek has returned to Kamloops and started a small training group focusing on the hammer throw. In 2014 he guided Sultana Frizell to a Commonwealth and North American record, as well as a Commonwealth Games gold medal and also worked with Olympic hammer thrower Heather Steacy.

Through his coaching career, Derek has been named to 4 World Championship Teams, 2 Olympic Teams, the European Championships, European Team Championships, European under-23 championships, and many others.

This bio provided by : <http://www.hmmrmedia.com/eveltrak/about/>



SUPER SEMINAR PRESENTER BIOS

April 21-24, 2016 - WPG MB

LARRY STEINKE

Head Coach at the University of Lethbridge, Larry Steinke is truly a graduate of track and field. He is nationally certified at level IV in the throws and combined events and has been involved in track and field for more than 30 years.

Along with being the Pronghorn head coach he has also been part of the Canadian National Team Program for more than 20 years and has coached at five World Championships and two Olympic Games as well as numerous other international events. His athletes have accounted for a plethora of international medals, 2 world records, 7 Canadian records, numerous provincial records, as well as many Canadian National Championship medals. While under his tutelage Pronghorn athletes have won 37 CIS national championship medals, 57 Canada West Championships medals, and have set 6 Canada West and CIS national records while many have also been the recipients of Canada West and CIS rookie of the year and Athlete of the Year accolades. Coaching awards for Steinke have included being named the Athletics Alberta High Performance Coach of the year 7 times and has received the Alberta Sport Coaching recognition award.

Larry not only works with the universities outstanding athletes, but also conducts clinics and camps Provincially and Nationally and is heavily involved with Coach Education and Mentorship across the country. A logical extension of his coaching is his interest in, and extensive knowledge of, Speed, Strength and Power development. He is involved with programs Nationally and in Southern Alberta that are designed to develop the speed and power of athletes in numerous sports. He runs speed and power sessions for athletes in numerous sports and has worked extensively with winter and summer sport Olympians. He has also developed high performance athletes for Rugby, Football, Basketball, and Volleyball as well as Strongman competitors, Highland Games athletes, and All-Strength Challenge athletes.

As an athlete Steinke was mentored by some of the best coaches in the world and was coached by George Gemer throughout his University career where he was a successful multi-event athlete. He was an accomplished hurdler and long/triple jumper while attending University and later went on to become a multiple national team member and national champion in javelin. He was named Athletics Alberta's Outstanding Athlete of the Year and was nominated for this award numerous times during his career. He won more than 28 provincial championships in Javelin, shot put and jumping events during his tenure.

This bio provided by: <http://gohorns.ca/coaches.aspx?rc=123&path=track>