

## 2016 Athletics NS Endurance Summit

December 10-11, 2016

Halifax, NS



Athletics NS will be hosting an Endurance Summit in Halifax on December 10-11. This event will be targeted to coaches but athletes are welcome to attend. The weekend will feature a wealth of knowledge with coaches working at all levels, from international level athletes, University athletes and age group athletes.

**Dates:** December 10th-11th

**Time:** 9:00am-3:00pm

**Location:** Canada Games Center, Halifax

**Presenters:** Heather Hennigar – Athletics Canada National Team Coach

Rich Lehman – Dalhousie Head Coach – Cross Country and Track and Field

Steve Morley – YHZ Head Coach – NCCP Level 4 Certified Coach

**Cost:** \$50

**Schedule:**

<b>Endurance Summit Schedule</b>			
<b>Saturday December 10</b>			
<b>Time</b>	<b>Session Lead</b>	<b>Session Name</b>	<b>Location</b>
9:00am-10:30am	Heather Hennigar	High Performance Athlete Case Study	Canada Games Center Community Room
10:30am-12:00pm	Heather Hennigar	Testing and Monitoring	Canada Games Center Community Room
12:00-1:00pm	Lunch		Track
1:00-2:00pm	Steve Morley	Technical Aspects of Endurance Running	Canada Games Center Track
2:00-3:00pm	Steve Morley	Coaching the Teenage Athlete	Canada Games Center Track
<b>Sunday, December 11</b>			
<b>Time</b>	<b>Session Lead</b>	<b>Session Name</b>	<b>Location</b>
9:00-10:30	Heather Hennigar	Dynamic Warm-Up	Canada Games Center Track
10:30-12:00	Heather Hennigar	Strength Training	Canada Games Center Track
11:30-12:30	Lunch		Track
12:30-2:00	Rich Lehman	Developmental Athlete Case Study	TBD
2:00-3:00	TBD	TBD	TBD

**Registration:** TrackieReg