

# 2014 Spring Sports & Athletics Conference

April 11 - 13th Bridgewater, NS



## *Coaching the Adolescent Athlete* Multisport topics to build & strengthen your coaching

**SPEED, POWER & EXPLOSIVENESS** for the young athlete  
**TESTING** & how it can make a difference  
**STRENGTH** training for the youth multi sport athlete  
**LEADERSHIP** & team building  
Building a successful **TRACK & FIELD** program

### ----- Featured Presenters -----

Ueli Albert

Sekou Clarke

Scott Wilgress

Mike Bawol

Maria Mountain

Tiffany Williams

John Charman

Patrick Russell

Steve Wolmuth

Ernest Wiggins

Best Western Plus Bridgewater  
527 Highway to Exit 12  
(902) 530 0101  
Ref \*Spring Sport Conference

Register online at [www.trackie.com](http://www.trackie.com)  
Coaches: \$60 until March 23, then \$80  
Athletes: \$30 until March 23, then \$40

Friday 7:30pm - 9:30pm  
Saturday 8:30am - 3:00pm  
Sunday 9:30am - 12:00pm

