



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

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2015 Athletics Manitoba Super Coaching Seminar

Dates: April 25th & 26th 2015

Location: Sport for Life Centre & University of Winnipeg

Presenter: Les Gramantik

Registration Fee Members:

\$50 for All 3 sessions

\$25 for Saturday Session

\$25 for Sunday sessions

Registration Fee for Non-Members

\$65 for All 3 sessions

\$40 for Saturday Session

\$40 for Sunday Sessions

Schedule – Saturday April 25th

1:00pm – 4:00pm – Sport for Life Centre – Hall of Fame and Weight Room

Strength Development for Train Compete and Train to Win athletes. Through both classroom and technical sessions, Les will cover a variety of areas including:

- Progressions
- Coordination
- Application
- Sequencing
- Periodization
- Yearly Planning

Schedule – Saturday April 26th

9:00am – 11:00am – University of Winnipeg – United Health and RecPlex/Soccer Complex

Technical track session: Hurdle session targeted toward developmental athletes (high school aged athletes) and progressions in the sprint hurdles

1:00pm – 3:00pm – Sport for Life Centre –Strength Area (2nd Floor)

Strength Development for Train to Train and Learn to Compete athletes. Les will present progressions and concepts that will allow for a variety of skill levels targeted to club and high school coaches.

Registration Deadline April 20th, 2015

Please register online at: <http://www.trackie.com/online-registration/event.php?id=2093>.

Under Event #1, select Entire weekend; Saturday Session only or Sunday Session only.

Questions may be directed to Chris Belof at 204-925-5745 or programs@athleticsmanitoba.com

