



## **Track and Field Spring Super Seminar**

***Theme: Long Term Athlete Development –  
Moving from Concept to Application***

**For Who?** All coaches interested in expanding their knowledge and incorporating development/technical concepts into everyday training routines.

**Dates:** Friday, April 13 and Saturday, April 14, 2007

**Location:** Max Bell Centre, University of Manitoba

**Costs:** \$40.00 For Coaches who are members of Athletics Manitoba/Athletics Canada  
\$50.00 for non-members  
\$25 single day for members  
\$30.00 single day for non-members

**\*Lunch included: Friday and Saturday\***



### **Topics:**

Main Session - Applying the Long Term Athlete Development Model – Speaker TBA

Throws – Sessions in Javelin, Shot Put and Discus

Jumps – Sessions in High Jump, Long Jump and Triple Jump

Sprints – Sessions in Sprint Preparation and Relays

Middle Distance - Long Term Preparation of Middle Distance athletes

- Seasonal Preparation of Middle Distance athletes

Round Table on Improving and Growing our Sport for the Future.

For registration information contact **Athletics Manitoba** at **925-5743** or by email: **coaching@athleticsmanitoba.com**