



# **TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY**

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

Date: April 18, 2008

Location: Max Bell Centre, University of Manitoba

### Presenters:

Dr. Melanie Gregg, Sport Psychologist, U of Winnipeg, High Jump Coach  
Bruce Pirnie, 3 time Olympian, Former Head Coach, U of Manitoba and Former Director  
of Athlete Development for Athletics Canada

Marven Nash, Olympian, Sprint Coach U of Manitoba and Winnipeg Optimist Athletics

Alanna Boudreau, Manager of Grassroots Programs, Athletics Canada,  
University Triple Jump Champion 2006, former National team member.

Wayne McMahon, Coach, Athletics Manitoba Provincial team programs  
TBA – Preparation of Middle Distance athletes.

### Schedule

8:30 M – Registration - Coffee

9:00 AM – Introductions and Remarks by Presenters

9:30 AM – Dr. Melanie Gregg – Positive Approaches to preparation of young athletes.

10:30 AM – Option #1

- 1A – Shot Put – Preparation of young athletes – Bruce Pirnie
- 3B - Sprints – Preparation of young athletes – Marven Nash
- 4B – The Accessibility component of Run Jump Throw - Alanna Boudreau
- 5C – Preparation of Young Hurdlers - Wayne McMahon
- 6B – Preparation of Middle Distance Athletes – TBA

12:00 Noon – Lunch – Discussion- Lunch will be served

12:45 PM – Option #2

- 1B – Discus – Preparation of young athletes – Bruce Pirnie
- 2B – High Jump – Melanie Gregg
- 3A – Relay – Fundamentals – Marven Nash
- 6C – Middle Distance Running - TBA

2:15 PM – Option #3

- 1C – Javelin – Preparation of young athletes – Bruce Pirnie
- 2C – High Jump – Melanie Gregg
- 3C – Sprint – Preparation of young athletes – Marven Nash
- 4C – Long Jump and triple Jump for young athletes – Alanna Boudreau
- 5C - Preparation of Young Hurdlers - Wayne McMahon

.Cost - \$40.00 - Lunch included





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## Track and Field Spring Seminar 2008 Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City/Town \_\_\_\_\_

Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Work \_\_\_\_\_

Fax – Work \_\_\_\_\_ Home \_\_\_\_\_

Email \_\_\_\_\_

School/ Club \_\_\_\_\_

### **Please circle one choice in each session.**

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Return to Athletics Manitoba

