



## 2009 Super Coaching Seminar



Friday, April 17, 2009

University of Manitoba

9:00 am – 4:00 pm

\$40.00

Includes Lunch

Speakers/Clinicians include:

Effectus Fitness (medicine ball and resistance training), Paul Hrynkow (Injury Prevention), Wayne McMahon (Jumps), Marv Nash (starts & sprints), Bruce Pirnie (throws), Russ Zacharias (hurdles)

### Tentative Schedule

8:30 am	Registration/ Coffee – Frank Kennedy Centre, Room 136
9:00 am	Paul Hrynkow – Injury Prevention – Frank Kennedy Centre, Room 136
10:00 am	Session 1 options Long Jump or Sprints
11:15 am	Session 2 options Throws or Sprints
12:15 pm	Lunch
1:00 pm	Session 3 options High Jump or Hurdles
2:15 pm	Effectus Fitness – Medicine Ball/Resistance Training
3:30 pm	Wrap Up

### Registration

Name: \_\_\_\_\_

School/ Club: \_\_\_\_\_ AM member: Yes \_\_\_ No \_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_ Telephone: \_\_\_\_\_

Alternate Phone (cell/home): \_\_\_\_\_ Fax: \_\_\_\_\_

Session Options:

Session 1: \_\_\_\_\_ Session 2: \_\_\_\_\_

Session 3: \_\_\_\_\_

Payment options: Cash, cheque or online credit card payment (go to [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)) and click on the right hand side, the Quick Links for membership payments. Scroll down to the provincial teams and select clinics.