



2010 Super Coaching Seminar

Friday, April 16, 2010
University of Manitoba – Room 198 (Frank Kennedy, Extended Education)
9:00 am – 4:00 pm
\$50.00 (Lunch included)

Special Guest Presenter Announced!

It is with great pleasure that we announce that Gary Winckler, former head coach of the University of Illinois women’s track and field team and coach of Canadian hurdler Perdita Felicien, will be our special guest presenter this year. Gary is a world renowned sprint and hurdle coach and will be sharing his training expertise. He is the co-founder of the USA Track and Field Coaching education program and co-Author of *Sport Specific Speed – The 3S System* and developer of the computer program called the Training Design Pro.

TENTATIVE SCHEDULE

9:00 am	Registration/Coffee
9:15 am	<i>Effectus Fitness – Strength Training for the Developing Athlete</i>
10:15 am	Session 1 (choose one) <i>Wayne McMahon – Horizontal Jumps</i> <i>Bruce Pirnie – Shot/Discus</i>
11:15 am	Session 2 (choose one) <i>Bruce Pirnie – Javelin</i> <i>Wayne McMahon – Vertical Jumps</i>
12:15 pm	Lunch
1:00 pm	Feature Presentation <i>Gary Winckler – Sprints & Hurdles</i>
3:00 pm	Session 3 (choose one) <i>Donna Harris – Sprints</i> <i>Rob Guy – Middle Distance Training for the Developing Athlete (round table discussion)</i>

REGISTRATION

Name: _____

School/Club: _____

Address: _____

Postal Code: _____ Email: _____

Telephone: _____ Fax: _____

Session Options: Session 1: _____ Session 2: _____

Session 3: _____

Cash, cheque or credit card accepted.

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