



2011 Athletics Manitoba Coaching Super Seminar

Dates: April 15th & 16th 2011
Location: Held at the University of Manitoba in Winnipeg
Costs: \$50 for Members of Athletics Manitoba/Athletics Canada
\$65 for Non-Members

Tentative Schedule - Friday April 15th

9:00 – 9:45am

Keynote by Alex Gardiner - “Start Basics & Mechanics with Progressions”

10:00 – 11:00am Breakout Event Group Sessions

Lyle Sanderson - “High Jump”,
Georgette Reed - “Shot Put”

11:00 – 12:00pm Breakout Event Group Sessions

Sean Baynton - “Middle Distance Program Planning”
Alex Gardiner - “Sprint Starts”

12:00 – 1:00pm Lunch Break; (Lunch included in event registration)

1:00 – 2:00pm

Keynote by Georgette Reed - “Dynamic strength training for the high school track and field athlete; preparing for a future in sport”

2:00 – 3:00pm Breakout Event Group Sessions

Lyle Sanderson - “Triple Jump”,
Georgette Reed - “Discus”,
Sean Baynton - “Middle Distance Program Planning”

3:00 – 3:45pm Coaching Forum & Feedback

For registration information contact **Athletics Manitoba** at **925-5745** or by email:
chris.belof@athleticsmanitoba.com

2011 Coaching Super Seminar Presenters

Lyle Sanderson:

- 2010 Coaching Association of Canada Geoff Gowan award winner
- BAPE'63, MSc'69, NCCP Level 5 certified
- Coach Emeritus of the University of Saskatchewan

Lyle Sanderson has not only influenced and coached at the national level through University athletics but has also coached at the international level, including three Olympic Games. His career and dedication have been rewarded on several occasions; he has received honours as the University of Saskatchewan's Coach of the Year 10 times, CIS Coach of the Year five times, Canada West Track and Field Coach of the Year every year it was awarded but one, a two-time winner of Athletics Canada's Coach of the Year award, and he has been inducted into three Halls of Fame.

A pioneer in integrating NCCP training into university programs, Lyle has trained hundreds of technical track and field candidates and has conducted coach education clinics and workshops on four continents. He has also held numerous leadership posts including being a member of the IAAF's Working Group on Youth Athletics, a team leader of its Athletics World Plan for School and Youth, and a member of its School Youth Commission.

Georgette Reed:

- NCCP Level 4 certified in throws
- Masters of Coaching Sciences from the University of Alberta

Georgette is in her eighth year at the helm of the U of A Track, Field and Cross Country Program. She is a certified track and field and strength and conditioning coach with 35 years of competitive experience under her belt in the sports of athletics, bobsleigh, swimming and water polo. During her athletic career, Georgette represented Canada in the Olympic Games, the World Athletics Championships, the World Bobsleigh Championships, the Pan American Games, the Commonwealth Games and many other international events. As a competitor, Georgette won 17 national titles (15 in the shot put and two discus titles). In addition to her coaching at the U of A, Georgette is currently involved with coaching at the provincial and national levels and is a mentor coach for Special Olympics Athletics athletes and coaches in Alberta

Alex Gardiner:

- Head Coach of Athletics Canada Olympic Team Program
- NCCP Level 5 certified

A coach with over 30 years of experience, Gardiner served as the General Manager of the National Sport Centre – Winnipeg from 1997 to 2002 before assuming Athletics Canada's head coach and Chief Technical Officer duties. Alex has also served as an Athletics Canada executive from 1994-1997, as Chief Executive Officer and Director of Technical Programs from 1992-1994. He was also the organization's Head Coach for the 1991, 1993 and 2003 World Championships. Alex also coached at the 2004 Athens Games but left a year later to become senior technical director of Olympic programs with the Canadian Olympic Committee. Alex was also employed by the Canadian Olympic Committee as Senior Technical Director of Olympic Programs from 2005-2008.