



## 2014 Athletics Manitoba Super Coaching Seminar

Dates: April 11<sup>th</sup> 2014  
Location: University of Manitoba in Winnipeg  
Costs: \$65 for Members of Athletics Manitoba/Athletics Canada  
\$80 for Non-Members  
\$110 for both Friday and Saturday (members or non members)

### Tentative Schedule - Friday April 11<sup>th</sup>

9:00 – 10:00am - Room 193 Frank Kennedy Centre  
Keynote by Glenroy Gilbert: WHAT IT TAKES “My Olympic Experience – Athlete to Coach”

10:10 – 11:45am - Breakout Event Group Sessions – Max Bell Centre Fieldhouse  
Glenroy Gilbert “Developing speed for track and jumps athletes” Focus on Grades 9-12  
or  
Gary Winckler: Hurdle development for the High School Athlete (grades 9-12)

11:45 – 12:30pm – Lunch - 193 Frank Kennedy Centre (included with registration)  
Alex Gardiner Five Things that Good Coaches Do

12:30 – 1:45pm – Classroom - Max Bell Centre Fieldhouse  
Glenroy Gilbert “ Warm-ups and basic drills and skills for the High School Athlete Speed Athlete”  
or  
Gary Winckler “ Developing the female 100m hurdler’

1:55 – 3:10pm - Breakout Event Group Sessions - Max Bell Centre Fieldhouse  
Gary Winckler “Developing the male 110m hurdler”  
or  
Glenroy Gilbert – “Successful relay development and programming”

3:15 – 3:25pm Wrap up and Coaching Forum/Feedback - Max Bell Centre Fieldhouse

### **Advanced Clinic By Invitation-University of Manitoba**

4:15-5:15 Advanced Hurdle Development (Grade 12-University+ Open) Winckler

4:15-5:15 Advanced Speed Development (Grade 12-University+Open) Gilbert

To register, or for more information, contact Athletics Manitoba at 925-5745 or by email:

[chris.belof@athleticsmanitoba.com](mailto:chris.belof@athleticsmanitoba.com) or [chris.belof@shaw.ca](mailto:chris.belof@shaw.ca)

**Registration Deadline – Tuesday April 8<sup>th</sup>, 2014**





## 2014 Athletics Manitoba Super Coaching Seminar

Date: April 12<sup>th</sup> 2014: 9am- Noon  
Location: University of Manitoba in Winnipeg  
Costs: \$65 for Members of Athletics Manitoba/Athletics Canada  
\$80 for Non-Members  
\$110 for both Friday and Saturday

9am – 10:30am - Room 193 Frank Kennedy Centre  
Keynote by Glenroy Gilbert - Speed/Power Development for all Sports

10:45am – Noon  
“Speed/Power Strength Program – from Development to Olympic Champion programing.”

To register or for more information contact Athletics Manitoba at 925-5745 or by email:  
[chris.belof@athleticsmanitoba.com](mailto:chris.belof@athleticsmanitoba.com) or [chris.belof@shaw.ca](mailto:chris.belof@shaw.ca)

**Registration Deadline – Tuesday April 8<sup>th</sup>, 2014**

