



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

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Super Coaching Seminar Announcement

Athletics Manitoba the sport governing body of track and field, cross country and road running is very excited to announce that Gary Winkler, will be the presenting at this year's Super Coaching Seminar.

Gary is a pre-eminent hurdle coach in the North America and one of the top coaches in the world today. His technical knowledge is internationally regarded in sprints and hurdles. Since 1992 Gary has guided ten athletes to the World Championships and Olympic Games. He has had the opportunity to work with some of the very best coaches and athletes in the world. Some of those athletes include Yvonne Harrison, Tonya Buford-Bailey, and 2003 World Champion Perdita Felicien.

'His expertise in sprints and hurdles are world class, and his ability to teach and mentor is truly unbelievable" Mingpu Wu, Athletics Manitoba Provincial Coach. Gary will be presenting April 11th throughout the day on various speed development topics. His presentations will cover: "Hurdle development for the High School Athlete", "Developing the female 100m hurdler" and "Developing the male 110m hurdler".

Seminar information can be found at athleticsmanitoba.com and registration can be done by contacting chris.belof@shaw.ca