



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 Glenroy Gilbert will be the keynote speaker at this year's Super Coaching Seminar.

Glenroy is considered by his peers as one of the world's premiere sprint and relay coaches. He has had the opportunity to be coached by and work with some of the very best coaches in the world. Glenroy was also a member of the 1996 Atlanta Olympic Games 4x100m Gold medal winning relay team.

'His experiences as an athlete and coach are incredible. He has been a champion at the highest level of our sport multiple times" Mingpu Wu, Athletics Manitoba Provincial Coach.

Glenroy will be presenting April 11th throughout the day on various speed development topics. His Keynote address will open the Super Coaching Seminar "What it takes – my Olympic experience".

Alex Gardiner (Head Coach-Canadian Olympic Team 2004,2012, World Championship Team;2003,2005,2009,2011) commented "His (Glenroy's) knowledge of speed development, program design and athlete performance is exceptional and leading edge. He is a student of sport as well as a master coach. More importantly he is a kind and gracious man who will share his knowledge and experience."

The Super Coaching Seminar will be held at the University of Manitoba April 11th from 9am – 3pm. There will be a multi-sport presentation done Saturday April 12th from 9am - noon.

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