



Speed Development MASTER CLASS

FOR THE ADVANCED COACH

Presented by Bison Track & Field

PRESENTERS

GLENROY GILBERT

Glenroy Gilbert is regarded as one of the world's premier speed and sprint coaches. Glenroy has won gold medals in every major International Track and Field event including the Atlanta Olympic Games and two World Championships.

During his time as an athlete and coach Glenroy has worked extensively with many of Track and Field's very best coaches; Dan Pfaff, Loren Seagrave, Gary Winckler, Boo Schexnader and Andy McInnis.

GARY WINCKLER

Gary Winckler is considered among the best sprint and hurdle coaches in the world. He has worked with athletes from around the world including World Championship gold medallist Perdita Felicien, Bershawn Jackson (multi-medallist Olympic Games and World Championships and international medallist Susanna Kallur from Sweden.) Gary is in demand as a master coach and coach educator.

THURSDAY APRIL 10TH PROGRAM: 630-930 PM
ALUMNI ROOM MAX BELL CENTRE-U OF M CAMPUS

SPEED DEVELOPMENT FUNDAMENTALS
MECHANICS AND FORCE APPLICATION
ACCELERATION MECHANICS AND PROGRAM DESIGN
MAXIMUM SPEED DEVELOPMENT
PROGRAM DESIGN-THE MEZZOCYCLE

LIMITED SPACE 20 PARTICIPANTS ONLY

COST: \$50 INCLUDES REFRESHMENTS AND MATERIALS

REGISTRATION: CONTACT ALEX GARDINER AT John.Gardiner@umanitoba.ca

SUPPORTING PARTNERS: ATHLETICS CANADA, ATHLETICS MANITOBA.CSCM