

### TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5744 FAX: 204-925-5792 www.athleticsmanitoba.com

## Semi-Annual Planning Meetings

In an effort to increase and improve the dialogue between the office and our membership, we will be hosting 2 dinner meetings over the course of the year, one in the fall and one in the spring. These meetings will serve as an opportunity to review competition calendars; coach education plans as well as any other topics brought forward by those in attendance. These meetings will be attended (at a minimum) by one member of the office staff and one member of the board of directors.

Dinner will NOT be provided, but all meetings will be held in a restaurant setting to allow for informal, casual conversation of topics. The goal is casual and honest discussion where a variety of opinions may be voiced and used to help further our programs. General minutes of the meetings will be taken and distributed.

An online RSVP system will be set up so that so that an appropriate dinner reservation can be made.

The fall meeting will be held Wednesday Oct 5<sup>th</sup>, 2016.

Individuals who are unable to attend but would like to suggest topics for discussion are welcome to submit them in advance to Alanna <a href="mailto:programs@athleticsmanitoba.com">programs@athleticsmanitoba.com</a> or Chris <a href="mailto:athletics.admin@shaw.ca">athletics.admin@shaw.ca</a>

## Student Volunteer and Leadership Program Opportunities

Athletics Manitoba would love to work with your school to develop a long term leadership/volunteer program. In general our sport requires a huge number of volunteers and we are looking for new ways to get people engaged in our community. We can offer training, works hours as well as supervised mentorship opportunities. A number of National events are coming to Manitoba in the summer of 2017 so now would be a great time to start a project that could offer development stages and a final project.

Please contact Alanna Boudreau at 925-5743 or <a href="mailto:programs@athleticsmanitoba.com">programs@athleticsmanitoba.com</a> if this sounds like something your school might be interested in!

# **Regional Coach Clinics**

If you are interested in hosting a coaching clinic in your area or want to create a new professional development opportunity that doesn't quite fit into our other existing programs, please let us know! We are always interested in getting out of the office to support as many programs as possible but due to budget constraints can only fulfill a certain numbers of requests each season. Please contact Alanna Boudreau at 925-5743 or <a href="mailto:programs@athleticsmanitoba.com">programs@athleticsmanitoba.com</a> if you have a proposal you would like us to consider.



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# **Indoor Program Coach Education Night**

This will be a 1-night training session for all teachers and coaches assisting with any of our main Indoor school based Track and Field competitions.

The session will be held at the Sport for Life Centre 145 Pacific Ave. Tuesday January 11<sup>th</sup> 2016. Dinner (pizza) will be provided.

Tentative Evening Schedule

5:30pm - 6:00pm	All Attendees	
	Welcome, Review evening plan and officiating information, Dinner	
6:00pm - 7:00pm	Track Attack	High School
	Marshalling/Start Line	Flash Photo Finish System
	High Jump	Finish Line
	Shot Put/Long Jump	
7:00pm - 7:15pm	All Attendees	
	Break and switch to second session	
7:15pm - 8:15pm	Track Attack	High School
	Flash Photo Finish System	Finish Line
	Finish Line	High Jump
		Shot Put/Long Jump

## **NCCP Clinics**

#### Club Coach Technical Sessions – University of Manitoba

These sessions will cover the event specific technical content for the following event groups. For coaches who attend the in-class Club Coach training last fall, this will complete their Club Coach training. For coaches just starting the Club Coach training this will be part 1 of 2.

Sprints/Hurdles Saturday Nov 19
Endurance Saturday Nov 19
Throws Sunday Nov 20
Jumps Sunday Nov 20

Cost: \*No cost for participants from Nov 2015 course\*

\$100.00 – Athletics Manitoba Members \$115.00 – Non Athletics Manitoba Members

Registration Deadline: Wednesday Nov 16<sup>th</sup>

A registration form will be made available online at www.athleticsmanitoba.com

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# **Athletics Manitoba Coaching Super Seminar**

This year our annual spring coach education seminar will be held Friday, April 7<sup>th</sup> at the University of MB.

The event groups/technical areas of focus for the event will High Jump and Endurance. Additional topics and a Thursday evening presentation may also be scheduled once our Guest presenters have been confirmed.

Registration information and costs will be posted on our website and distributed by email to all members.

## Canada Summer Games Next-Gen Leadership Seminar

This summer in conjunction with the Canada Summer Games, Athletics Manitoba has partnered with Coaching Manitoba and are planning to host the first ever CSG Next-Gen Leadership Seminar. Our goal is to make this a professional development opportunity designed specifically for those coaches interested in becoming involved in future Provincial Games teams.

Coaches will attend a combination of multi-sport and athletics specific sessions and will have access (as spectators) to a portion of the Athletics competition at the Games.

Additional details regarding the seminar will be posted on our website and distributed by email to all members.