



SUPER SEMINAR - GENERAL CONFERENCE SCHEDULE

April 6-8, 2017 - WPG MB

DATE	TIME	CONTENT		PRESENTER	LOCATION	ADDITIONAL NOTES
<b>Thursday April 6</b>						
	7:00pm - 9:00pm	Intergration of a Strength Specialist into the Bison Jumps program - IST Case Study/Discussion		Alanna Boudreau and Shawn Preston	U of M - Classroom 136 Frank Kennedy	2 PD points



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<b>Friday April 7</b>					
CHOOSE ONE	9:00am - 10:30am	<b>Combined Events</b> Topics that may be included - How to encourage HS athletes toward Combined Events; what makes an effective HS combined events program; what type of athletes should try CE, or what do you look for to ID a potential CE athlete. If time permits - LJ technical model discussion	<b>Joel Skinner</b>	<b>U of M - Seminar B</b>	1 PD point
	OR				
CHOOSE ONE	9:00am - 10:30am	<b>Distance - Topic 1</b> Topics may include: General distance program planning. What University coaches look for in a new recruit. What they like to see in a first year athlete and/or expectations they have of a first year athlete. What type of work/skills/KPIs, need to be in place to ensure success? KPI's in different events, levels etc.	<b>Guy Schultz</b>	<b>U of M - Classroom 193 Frank Kennedy</b>	1 PD point
	OR				
CHOOSE ONE	10:45am - 12:15am	<b>High Jump Technical 1</b> Classroom based HJ technical session. Discussions around tech models, drills, diagrams/videos etc.	<b>Joel Skinner</b>	<b>U of M - Seminar B</b>	1 PD point
	OR				
	10:45am - 12:15am	<b>Cross Country Programming</b> Cross Country development and program planning. Important variables that coaches should consider.	<b>Guy Schultz</b>	<b>U of M - Alumni Lounge Room 300</b>	
	12:30pm - 1:15pm	LUNCH - PROVIDED			
CHOOSE ONE	1:30pm - 3:00pm	<b>High Jump Technical 2</b> On-Track technical HJ session. Combination of drills and full jumps with athlete demonstrators. Ideally some analysis of the athletes present, strengths/weaknesses. Error detection & correction.	<b>Joel Skinner</b>	<b>University of Manitoba - Fieldhouse</b>	1 PD point
	OR				
	1:30pm - 3:00pm	<b>Steeple Development</b> Classroom session. What makes someone an effective steeple athlete? Where do they start? How should they start? Do they transition in later in a career or is it more effective to plan it long term? Program planning.	<b>Guy Schultz</b>	<b>U of M - Classroom 193 Frank Kennedy</b>	
CHOOSE ONE	3:15pm - 4:30pm	<b>Long Jump Technical</b> On-Track technical LJ session. Combination of drills and full jumps with athlete demonstrators. Ideally some analysis of the athletes present, strengths/weaknesses. Error detection & Correction.	<b>Joel Skinner</b>	<b>University of Manitoba - Fieldhouse</b>	1 PD point
	OR				
	3:15pm - 4:30pm	<b>Hurdle Technical for Steeple</b> On-Track technical session. Hurdle technique for Steeple.	<b>Guy Schultz</b>	<b>University of Manitoba - Fieldhouse</b>	



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<b>Saturday April 8</b>						
	10:00am-12:00pm	<b>Long Term Coach Athlete relationships and the NCAA/USport Experience</b>	<b>Joel Skinner + Guy Schultz</b>	<b>U of M - Classroom 193 Frank Kennedy</b>	2 PD points	
	12:00pm - 1:00pm	LUNCH				
CHOOSE ONE	1:15pm - 2:45pm	<b>High School to Post Secondary transition</b> How to help an athlete transition from HS competition into Post Secondary competition. What work/skills/KPIs, need to be in place to ensure success? KPI's in different events, levels etc. Trying to breakdown an idea of what really should be the focus at the different stages of development.	<b>Joel Skinner</b>	<b>U of M - Classroom 193 Frank Kennedy</b>	1 PD point	
	OR					
	1:15pm - 2:30pm	<b>Distance - Strength + Mobility</b> Exercises, workouts. Periodized plan and different cycles.	<b>Guy Schultz</b>	<b>University of Manitoba - Alumni Lounge</b>		
CHOOSE ONE	3:00pm - 4:30pm	<b>CE/HJ Program Development</b> Topics may include: planning and periodization, organizing micro cycles, individual workouts etc.	<b>Joel Skinner</b>	<b>U of M - Classroom 193 Frank Kennedy</b>	1 PD point	
	OR					
	3:00pm - 4:30pm	<b>Distance - Athlete Case Study/Discussion</b> This session will be a basic overview/case study of a current or former athlete. Discussion around things that worked well, others that didn't etc.	<b>Guy Schultz</b>	<b>University of Manitoba - Alumni Lounge</b>		