



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

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### **SAVE THE DATE: 2018 Athletics Manitoba Super Seminar April 20-21<sup>st</sup>, 2018**

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Athletics Manitoba is once again pleased to present its annual Coaching Super Seminar!

This event is a great professional development opportunity for both school and club Track and Field Coaches. This year we are taking advantage of some of our local talent with a focus on Sprints, Hurdles and Relays! Alex Gardiner and Rory McIntyre, will be our two featured presenters and all sessions will occur at the University of Manitoba.

Both Alex and Rory have been integral to the success of our Manitoba sprinters in recent years. Their hard work and dedication to the University of Manitoba Bisons Track and Field team is unparalleled and we look forward to this unique opportunity for them to share their best practices!

<b>Friday, April 20<sup>th</sup> 2018,</b>	<b>9am – 3:30pm</b>	<b>Junior/High School Coach content</b>
<b>Friday, April 20<sup>th</sup> 2018,</b>	<b>4:30pm – 6:30pm</b>	<b>4x100m High School Relay Intensive (1)</b>
<b>Warm Up/ Passing and Receiving/ Zone Work/ Roles of each Runner/ Passing at Speed/ Training Plans</b>		
<b>Saturday, April 21<sup>st</sup> 2018,</b>	<b>10am – 12pm</b>	<b>4x100m High School Relay Intensive (2)</b>
<b>Warm Up/ Passing and Receiving/ Zone Work/ Roles of each Runner/ Passing at Speed/ Training Plans</b>		

The full weekend schedule will be finalized and posted online at [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

All conference registrations must be done through Trackiereg.com and the deadline to register will be Wednesday April 18<sup>th</sup>.