SUPER SEMINAR CONFERENCE SCHEDULE
April 27-28th, 2019

DATE	TIME	CONTENT	PRESENTER	LOCATION
Friday April 26				
	9:00am-10:15am	Intro to Kin Stretch	Moses Bernard	University of Winnipeg - Rec Plex Field
CHOOSE ONE	10:30am-12:00pm	Kin Stretch principles applied to Sprints & Hurdles	Moses Bernard	University of Winnipeg - Rec Plex Track
	10:30am-12:00pm	Strength program development for Jumps & Throws	Cole Scheller	University of Winnipeg Duckworth Centre-Classroom 2D12
	12:00pm - 1:00pm	LUNCH - PROVIDED: U of W Rec Plex 2nd Floor Boardroom		
	1:00pm-2:30pm	Topic TBD	Moses Bernard	University of Winnipeg Duckworth Centre-Classroom 2D12
CHOOSE ONE	2:45pm-4:30pm	Kin Stretch principles applied to Jumps & Throws	Moses Bernard	Univeristy of Winnipeg -Rec Plex Track
	2:45pm-4:30pm	Strength program development for Sprints & Hurdles	Cole Scheller	University of Winnipeg Duckworth Centre-Classroom 2D12
	7:30pm-9:30pm	Coaches Reception and round table discussions		Clay Oven Shaw Park

SUPER SEMINAR CONFERENCE SCHEDULE
April 27-28th, 2019

DATE	TIME	CONTENT	PRESENTER	LOCATION
Saturday April 27				
	9:00am-10:30am	Strength & Conditioning for speed - practical session	Cole Scheller & Alex Gardiner	Univeristy of Winnipeg Bill Wedlake Fitness Centre
	10:45am-12:00pm	Strength Transfer for high performance speed development	Cole Scheller & Alex Gardiner	University of Winnipeg - Rec Plex Field
	12:00pm - 1:00pm	LUNCH - NOT PROVIDED		
	1:15pm-2:30pm	Kin Stretch Multi-Sport Session	Moses Bernard	University of Winnipeg - Rec Plex Field
	2:45pm-4:00pm	Running & Relay Technical Information Session + WCSG Athlete Practical Session	Rory McIntyre & Alex Gardiner	Univeristy of Winnipeg -Rec Plex Track