



Track and Field Spring Super Seminar

**Theme: Long Term Athlete Development –
Moving from Concept to Application**

For Who? All coaches interested in expanding their knowledge and incorporating development/technical concepts into everyday training routines.

Dates: Friday, April 13 and Saturday, April 14, 2007

Location: Max Bell Centre, University of Manitoba

Costs: \$40.00 For Coaches who are members of Athletics Manitoba/Athletics Canada
\$50.00 for non-members (Includes \$10 Coach Membership)
\$25 single day for members
\$30.00 single day for non-members

***Lunch included: Friday and Saturday*
Topics & Tentative Schedule**

Friday, April 13, 2007

8:30 AM Registration - Coffee
9:00 AM The Long Term Athlete Development Model – Moving from Concept to Application, Dr. Linda Blade
10:30 AM Refreshment Break
10:45 AM Throws – Biomechanics of Throws, Bruce Pirnie
10:45 AM Jumps – Long Jump and Triple Jump: Fundamentals for Performance, Dallas Mooney
10:45 AM Hurdles: Hurdling Progressions, Wayne McMahon
12:15 PM Lunch
12:45 PM Round Table on Improving and Growing our Sport for the Future
1:30 PM Throws – Practical Shot Put and Discus , Bruce Pirnie
1:30 PM Jumps – High Jump Technique, Dr. Linda Blade
1:30 PM Relays – Marvin Nash

Saturday, April 14, 2007

9:00 AM Middle Distance - Long Term Preparation of Middle Distance Athletes, Claude Berube
9:00 AM Throws – Javelin, Mingpu Wu
9:00 AM Sprints - Seasonal Preparation of Sprinters, Marvin Nash
10:30 AM Refreshment Break
10:45 AM Middle Distance - Seasonal Preparation of Middle Distance Athletes, Claude Berube
10:45 AM Sprints & Hurdles - Circuits for Sprinters and Hurdlers, Marvin Nash
10:45 AM Discus – TBA
12:15 PM Lunch and Discussion of Athletics Manitoba Coaches Association

Supported By:



To register, contact **Athletics Manitoba** at **925-5743**, by fax at **925-5792** or by email: coaching@athleticsmanitoba.com

Name: _____ Email: _____

Address: _____ Telephone: _____

_____ Fax: _____

Are you a member of Athletics Manitoba? Yes: _____ No: _____