



Team Manitoba - Athletics
2007 Western Canada Summer Games
Prep Squad Training Camp
Sunday, February 4, 2007
Max Bell Centre

Schedule

- 11:30-12:00** Warm-up and Meet in Max Bell – team information distribution
- 12:00-1:30** Derek Evely - **Strength Training for WCSG athletes**
- Room 136 Frank Kennedy
Bruce Pirnie - **Technical model for throws** - Max Bell
Marvin Nash - **Relays** - Max Bell
MATA - **Flexibility for endurance athletes** - Recreation Room, Frank Kennedy
- 1:30-2:00** **Snack** in Max Bell
- 2:00-3:30** Derek Evely – **Practical Strength Training** in weight area - Max Bell
Bruce Pirnie - **Practical throwing** - Max Bell
TBA - **Practical jumping** - Max Bell
Marvin Nash – **Practical start and acceleration training** - Max Bell
MATA - **Recovering and Regeneration for endurance athletes**
- Room 136 Frank Kennedy

Featured Coaches:

Bruce Pirnie

- Head of Development Program for Athletics Canada
- Head Coach National Junior Team – Beijing, 2007
- Pan American Gold Medalist and two time Olympian in the Shot Put.

Derek Evely

- Manager Sport Science/ High Performance Training Academy, Canadian Athletics Coaching Centre, Edmonton
- Personal Coach to many of Canada's Top Athletes
- Working out for Kamloops, B.C. developed Shane Niemi, Gary Reid, Dylan Armstrong

Marvin Nash - Sprint Coach, Former Olympian in 100m, 4 X 100m

Open to Western Canada Games Prep /Squad, Senior, Junior and Juvenile Provincial Team Members, Parents and Personal Coaches – There will be no registration fee for the exciting seminar – It is included in your Provincial team fee.

Please indicate your attendance – email -jikaye@mts.net or

Call Athletics Manitoba – 204-925-5743