



CLUB COACH COURSE

TRACK & FIELD – AN INTRODUCTION TO COMPETITION

REGINA -UNIVERSITY OF REGINA APRIL 20-22, 2018

Course Details:

- Ideal for school educators, coaches in a club or a coach with experience looking for a refresher.
- Ideal for coaches that are coaching seasonally; 12-14 weeks a year and/or 3-5 sessions a week.
- The course will benefit coaches who are working with athletes that have a foundation in track & field or come from a multi-sport background.
- This course will provide you with material, knowledge, and confidence to develop seasonal plans and introduce national level age class competition.
- Technical session will include technique, progressions, and drills for sprints & hurdles.

Course Schedule:

Friday April 20: 6:00pm – 9:00pm – Theory
Saturday April 21: 9:00am – 6:00pm – Theory
Sunday April 22: 9:00am – 6:00pm – Technical



**TECHNICAL
SESSION:
SPRINTS/HURDLES**

**WEAR
COMFORTABLE
CLOTHING AND
RUNNING SHOES,
FOR TECHNICAL
SESSION.**

**REGISTRATION
COST: \$200**

**DEADLINE TO
REGISTER:
APRIL 16, 2018**

**SEND REGISTRATION
TO JILL GEORGE AT
SASKATCHEWAN
ATHLETICS**

**2020 College Drive
Saskatoon, SK
S7N 2W4**

**Phone: 306-664-6744
Fax: 306-664-6761
programs@saskathletics.ca**

www.saskathletics.ca



CLUB COACH COURSE – SPRINTS/HURDLES TRACK & FIELD – AN INTRODUCTION TO COMPETITION UNIVERSITY OF REGINA, REGINA – APRIL 20-22, 2018

FRIDAY APRIL 20 2018 – 6:00PM-9:00PM – CLASSROOM SESSION
SATURDAY APRIL 21, 2018 – 9:00AM-6:00PM – CLASSROOM SESSION
SUNDAY APRIL 22, 2018 – 9:00AM-6:00PM – TECHNICAL SESSION (SPRINTS/HURDLES)

COST: \$200 – FULL COURSE
COST: \$100 - TECHNICAL SESSION ONLY (SPRINTS/HURDLES)

PLEASE RETURN THIS FORM WITH FEES PAYABLE TO SASK ATHLETICS NO LATER THAN APRIL 16, 2018

NAME: _____ DOB (D/M/Y): _____
ADDRESS: _____ POSTAL CODE: _____
CITY: _____ PHONE: _____
EMAIL: _____
NCCP # (not required to register): _____

PLEASE INDICATE YOUR 2nd EVENT AREA CHOICE:

PAYMENT INFORMATION

METHOD OF PAYMENT: CREDIT CHEQUE CLUB ACOP OTHER

CREDIT CARD #: _____ EXPIRY DATE: _____

RECEIPT: YES NO

Return form and payment to:

Jill George -Saskatchewan Athletics
2020 College Drive, Saskatoon, SK S7N 2W4
Email: programs@saskathletics.ca
Phone: 306-664-6744
Fax: 306-664-6761

