

Athletics Canada Presents

# BIOMECHANICAL ANALYSIS APPLIED TO COACHING SPRINTS, HURDLES AND JUMPS

**NOVEMBER 1 AND 2, 2014**  
**9:00AM TO 4:00PM**  
**YORK UNIVERSITY, TORONTO**

Dr. Paul Brice, Senior Biomechanist for UK Athletics and UK Athletics Coach Rana Reider will present an interactive workshop combining classroom lectures with applied time track-side session centered on the theme of *Biomechanical Analysis Applied to Coaching Sprints, Hurdles and Jumps*. During this two day workshop, the presenters will touch on technique for each event, warm-up procedures and the integration of video and the use of speed gun in training.

Participating coaches will earn 3 NCCP Professional Development Points. NCCP number must be provided at time of registration in order to obtain credit.

## **Primary Workshop – November 1 and 2**

*Member of Athletics Canada Branch: \$200, non-member \$400*

**To register:** <https://adobeformscentral.com/?f=Uoz6ZzLiiW%2ACqFM8C6GRhQ>

**Registration Deadline:** October 24, 2014

First come, first serve basis – Maximum 30 registrations. Participating coaches should be Club Coach Certified for either Sprint/Hurdles or Jumps and/or have equivalent training and experience to benefit properly from this session.

## **Advanced Coaching Session Option November 3, 4 and 5 - \$150**

An advanced coaching session will be offered for up to 5 coaches working with National and/or International level athletes with minimum NCCP Level 3 or Performance Coach Certification. The advanced coaching session will explore primary themes in greater detail working directly onsite with coaches and athletes based at the Toronto training hub and will include specific Q&A sessions exploring the yearly training plan and technical development.

Applicants must be recommended by their branch, participate in the primary workshop and submit a one page document describing what they hope to learn by participating in this session and how this opportunity will positively impact the development of the athletes within their training group and how they intend to share the knowledge acquired with other coaches in their area.

**To register:** <https://adobeformscentral.com/?f=Uoz6ZzLiiW%2ACqFM8C6GRhQ>

**Registration Deadline:** October 17, 2014