

**Learning
Facilitators**

Athletics Canada (AC)

Carla Nicholls

Kayla Cornale

Athletics Ontario (AO)

Tony Sharpe

Sue Wise

OFSAA

Patrick Russell

**Canadian Sport Institute
Ontario (CSIO)**

Biomechanist

This Workshop will focus on the specific needs of High School Track and Field Coaches.

Coaches may switch from one group in the morning to another in the afternoon if that suits their needs.

Those coaches that attend will be given credit towards obtaining Athletics Canada Sport Coach Certification (old Level 1).

www.athleticsontario.ca

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**Athletics Ontario
presents
OFSAA Track and Field
Coaches Workshop**

November 7-8, 2014



**Toronto Track and Field
Centre @York University
(Home of Athletics Canada HP
Hub (East) and Pan Am Games
Legacy Facility)**

Friday, November 7th

(Location: Toronto Track & Field Centre)

5:45 pm—6:00 pm

Registration

6:00 pm—7:00 pm

Technology in Coaching (CSIO)

Nutrition for HS Athletes (CSIO)

7:00 pm—8:00 pm

Integration of Para Athletes into your
program -Kayla Cornale

LTAD—Sue Wise

8:00 pm—9:00 pm

Program planning for HS Coaches

Tony Sharpe/Patrick Russell

9:00 pm—11:00 pm

Coaches Social

Saturday, November 8th

(Location: Toronto Track & Field Centre)

*coaches will select **one** event area from the
following

9:00 am—1:00 pm

- 1) Jumps (Long Jump, Triple Jump, High Jump)
- 2) Throws (Shot, Discus, Javelin, seated
throws)
- 3) Sprints (Sprint Starts, Hurdles, Relay)
- 4) Other (Cross Country, Steeplechase
Wheelchair racing)

1:00 pm—2:00 pm

Lunch (Provided)

2:00 pm—3:30 pm

- 1) Training for Jumps
- 2) Training for Throwers
- 3) Training for Sprints and Hurdles
- 4)



Cost

Friday (only): \$50 (includes social)

Saturday (only): \$75 (includes lunch)

Friday and Saturday: \$115 (\$105 for AO
Members) (includes social, and lunch)

*max 15-20 per group

