



High Performance Jumps Clinic April 9th, 2017 Vernon, BC Canada

World class jumps coach, **Irving "Boo" Schexnayder** is regarded as a leading authority in training design and biomechanics. His wealth of knowledge is backed by 35 years of coaching and consulting experience.

Please visit www.sacspeed.com for Boo's full bio.

The Vernon AAA Track & Field Club and the Okanagan Athletics Club are excited to offer a full day High Performance Jumps (LJ, TJ, & HJ) Clinic lead by Boo Schexnayder.

Sunday April 9th 9:00am - 6:00pm

Okanagan College - Kalamalka Campus - 7000 College Way, Coldstream BC

Topics covered include :

- * Fundamental Jumps Coaching
- * Identification of Jumps Skills
- * Jumps Approach and Biomechanical Considerations
- * Cueing Systems for Jumps (error identification and correction)
- * Periodization of Technical Training
- * Strength Training Periodization for Jumps Events



Hotel Info - Sandman Hotel & Suites Vernon

4201- 32nd St. Vernon BC (250) 542-4325

Rooms - \$94.00/night, Booking # 32077, Rooms held until March 27th



Sanctioned by : BC Athletics

Register Now - www.trackie.com

Registration Fee: \$145.00 (includes lunch)

3 Pro D points offered for NCCP coaches

Questions? - please contact Pat Sima-Ledding eledding@shaw.ca OR Ian Cameron tfcameron@hotmail.com