



## 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](http://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](http://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](mailto:eledding@shaw.ca) OR Ian Cameron [tfcameron@hotmail.com](mailto:tfcameron@hotmail.com)