

- SWIM MANITOBA -



COACHES CONFERENCE

Winnipeg
October 5-6, 2019



Main Speakers

OLIVIER TRUDEL

Graduate in the sciences of physical activity (Doctorate, specialization in sports psychology), in education (Master's degree), and in psychology (Bachelor's degree); Olivier puts his knowledge and skills into practice on a daily basis with his athletes.

Also NCCP Level 4 certified coach, he regularly acts as a coach-tutor and professional consultant at the National Sport Institute of Quebec (INSQ).

MYRIAM PAQUETTE

Myriam holds a Master degree in kinesiology. She is working as a sport physiologist at INS Québec. Her work focuses on optimizing the training of athletes, particularly through training planning and monitoring of athletes' status.

In her doctorate research, she aims to develop new tools to measure physiological adaptations to training and better understand the effect of different training protocols on performance.



FEES

	Manitoba Coaches	Others
1st coach	\$75	\$125
2nd coach	\$50	\$100
3rd coach	\$40	\$75
4th coach	\$30	\$50
5th coach	\$25	\$25

More information on our website:
www.swimmanitoba.mb.ca