

## LTAD DVD Release

Coaching Manitoba is pleased to present a new educational DVD for coaches!

Dynamic warm-up, Core strength, and speed development are all highlighted in this DVD available from Coaching Manitoba. This coach friendly DVD, which has easy to implement drills for the Learn to Train (Females: 8-11, and Males: 9-12) and Train to Train (Females: 11-15 and Males: 12-16) age group athletes has been sport engineered by the Sport Medicine and Science Council of Manitoba. It features developmental athletes in age appropriate drills and is the first of a series of multi-sport videos dealing with the crucial subject of Long Term Athlete Development.

The video will be available for purchase mid- October for \$10.00 plus postage & handling from Coaching Manitoba, 200 Main St. R3C 4M2. To order your video today, please call 925-5913 or contact us by email at [coaching@sport.mb.ca](mailto:coaching@sport.mb.ca)

Coaching Manitoba will also be offering 1.5 hour Coaching Clinics featuring the training on the DVD. Stay tuned for more information in our next Coaching Manitoba E-News.