



**SWIM
MANITOBA**

TECHNICAL EDGE

**MASTERING TECHNIQUE AND
MOVEMENT FOR GROWING SWIMMERS**

SEPTEMBER 18 – SEPTEMBER 20, 2026

Winnipeg, MB

*TAKE YOUR COACHING SKILLS TO THE NEXT
LEVEL WITH OUR TECHNIQUE AND BODY
MOVEMENT FOCUSED COACHING CLINIC*

- JY LAWRENCE – Head Coach, Pacific Sea Wolves and Paralympic Coach
- VLASTIMIL CERNY – Olympic Coach and Head Coach, University of Manitoba Bisons
- KELSEY WOG – Olympian
- AJ ZEGLAN – Psychotherapist and Author
- Odette Heyn, C.M. – Artistic Director – Performer Master Teacher



For More Information
www.swimmanitoba.mb.ca



Contact Us
swim.tech@sportmanitoba.ca

THANK YOU TO OUR SPONSORS:

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Holiday Inn
— BY IHG —
Winnipeg South



**EARLY BIRD
DISCOUNT**

\$150

after August 17, 2026
\$200

**TO LEARN MORE OR TO
REGISTER, SCAN
THE QR CODE BELOW!**





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Pan Am Pool – 25 Poseidon Bay, Winnipeg, MB

**Friday, September 18
5:00 PM – 9:00 PM**

- Welcome & Introduction
- Jy Lawrence
- Odette Heyn
Body Movement
- Vlastimil Cerny

**Saturday, September 18
9:00 AM – 5:30 PM**

- Odette Heyn
Body Stretching
- Kelsey Wog
Canadian Olympian
- AJ Zeglan
Sport Psychotherapy
- Pool Session
Vlastik & Jy

**Sunday, September 18
9:00 AM – 12:30 PM**

- Technical Talk & Open
Roundtable
Vlastik & Jy
- Wrap Up

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