

Steps to Success

England Athletics

National Coaching Conferences 2010

**Sunday 28 November
Manchester**

**Saturday 4 December
London**

**Sunday 5 December
Cardiff**



WELSH ATHLETICS
ATHLETAU CYMRU

England Athletics National Coaching Conferences 2010 *Steps to Success*

England Athletics is delighted to invite you to join us for our National Coaching Conferences for 2010.

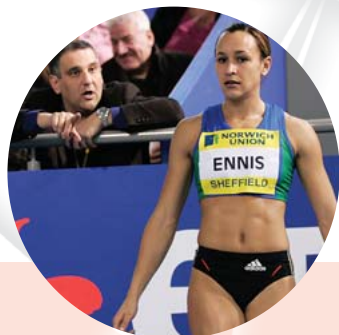
We are running the conference in three venues to give everyone the best opportunity to attend. The conference format is almost identical at each so that coaches can pick the venue most convenient for them.

SportCity Manchester Sunday 28 November
Lee Valley, London Saturday 4 December
NIAC, Cardiff Sunday 5 December

The day will begin with a keynote speech from Dr Jitka Vinduskova of the faculty of physical education and sport at Charles University in Prague, a leading authority on multi-events training and youth development. Dr Vinduskova will speak on planning through the earliest years of athletics.

Delegates will then have the opportunity to choose an event group to participate in throughout the morning, with some event specific choices in the afternoon. At the end of the conference Loren Seagrave, five time NCAA Track & Field Champion Coach, will deliver a keynote speech to round off the event.

For details about speakers and workshop leaders see page 4.



Timetable

09:30	Registration
10:00	Welcome and introductions
10:20	Keynote Speech <i>Dr Jitka Vinduskova</i>
11:00	Event Group Introductions (see page 3)
11:10	Event Group Session (see page 3)
12:45	Lunch
13:30	Event Specific Session (see page 3)
15:00	Event Group Discussions
16:05	Keynote Speech <i>Loren Seagrave</i>

11:00 Event Group Introductions

Jumps

- ◆ Graham Ravenscroft (Manchester)
- ◆ Peter Stanley (Lee Valley)
- ◆ Denis Doyle (Cardiff)

Speed

- ◆ Tony Hadley

Throws

- ◆ Malcolm Fenton

Youth Development

- ◆ Scott Grace

Endurance

- ◆ Dave Sunderland & Jenny Harris (Manchester)
- ◆ Martin Rush (Lee Valley)
- ◆ Bud Baldaro (Cardiff)

Combined Events

- ◆ Darrell Bunn

11:10 Event Group Sessions

Jumps (J1)

- ◆ *Technical Training and the Annual Plan* – Peter Stanley & Alan Richardson (Manchester/Cardiff)
- ◆ Dan Pffaff (Lee Valley)

Speed (S1)

- ◆ *Key factors to consider in the long term planning of a sprinter in their late teens* – Loren Seagrave (David Lease, Cardiff)

Youth Development (Y1)

- ◆ *Athlete centred coaching for young athletes* – Scott Grace

Throws (T1)

- ◆ *Train don't strain: assessing and planning physical preparation for throws* – Rob Earle

Endurance - youth (E1)

- ◆ *What, if any, changes would you make in the programme of a young athlete going through puberty?*

Endurance - senior track (E2)

- ◆ *What differences are there between a single and double periodised year?*

Endurance - road (E3)

- ◆ *What is the balance between intensities and volume in the road runners programme?*

Combined Events (C1)

- ◆ *Planning for progression in teenage combined event athletes* – National Coach Development Programme Coaches

13:30 Event Specific Sessions

Pole Vault (J2)

- ◆ *Developing an effective approach run* – Alan Richardson

High Jump (J3)

- ◆ *LTAD – preparing for a successful 'elite' junior to senior transition* – Graham Ravenscroft
- ◆ *Safe plyometric development for high jumpers* – Denis Doyle

Horizontal Jumps (J4)

- ◆ *Approach run construction and development* – Peter Stanley & John Crotty

Sprints (S2)

- ◆ *Developing starts and acceleration throughout the year* – Dave Lease

Hurdles (S3)

- ◆ *Speed development and technical conditioning for women's hurdles* – Malcolm Arnold (Loren Seagrave, Cardiff)

400m (S4)

- ◆ *Developing a 400m athlete through the teen years* – Mike Smith

Javelin (T2)

- ◆ *Javelin annual planning, including Sanni Utriainen's programme to World Junior Gold* – Esa Utriainen

Heavy Throws (T3)

- ◆ *Balancing speed and power: the art of integrating speed & power into annual plans and beyond* – John Dagata

Endurance - youth (E4)

- ◆ *On only two to three sessions per week how can all the basic requirements be fitted into the programme?*

Endurance - senior track (E5)

- ◆ *How does the training plan change when moving into the track season?*

Endurance - road (E6)

- ◆ *With the road season being all year round, how do you plan and work towards a racing peak?*

Youth Development (Y2)

- ◆ *9-14 – planning through the tricky years* – Jitka Vinduskova

About the Speakers and Workshop Leaders

Mike Smith

Mike Smith has been one of GB's most successful coaches in 400m. He has coached Iwan Thomas and Roger Black, both of whom have been British record holders, European and Commonwealth Champions. He developed Kriss Akabusi, Todd Bennett and Donna Hartley to World class status and achieved international success with Paul Sanders and Paul Harmsworth. Mike has been passionate about coach development delivering seminars not only in the UK but across the World.

Dave Lease

David Lease is probably best known for coaching sprinter Jason Gardener - from an 11.20 seconds runner as a seventeen year old 100 metres runner to become only the third European to break the 10.00 seconds barrier. In a professional career spanning twenty-four years he has been employed by Great Britain in the roles of National Coach, U23 Team Director and High Performance Manager. He has also been Great Britain's Head Coach of Combined Events & Hurdles and in the six years he was Head Jumps Coach Britain won an unprecedented 36 medals in major senior and junior championships.

Malcolm Arnold

Malcolm is currently a UK National Event Coach for hurdles, enjoying great success with Dai Green, Rhys William, Lawrence Clarke and Craig Pickering. His long and distinguished career has developed Colin Jackson (World Record 110m hurdles), John Akii-Bua, (Olympic Champion/World Record Holder) Mark McKoy (Olympic Champion). Professional posts he has held have been: Director of Coaching, Uganda 1968-1972; Welsh National Coach, 1974-1994; British Athletics Head Coach & Development 1994-1997; Performance Director, UK Athletics 1996-1997.

Loren Seagrave

Five time NCAA Track & Field Champion Coach, and currently coach to Angelo Taylor and Dwight Phillips. He founded Velocity Sports performance in 1999, and he is co-author of the Speed Dynamics Training System. For a number of years Loren has been technical advisor on Speed for the IAAF and he is one of the most sought after speakers on Speed in the World.

Tony Hadley

Tony Hadley is the National Coach Mentor for Speed and 400m. He has coached world class sprinters including Derek Redmond, Duaine Ladejo and Phil Brown.

Darrell Bunn

Darrell has worked with athlete's including Olympic Heptathlon Champion Denise Lewis. He is current coach to Phyllis Agbo and was formerly National Coach for Heptathlon.

Bud Baldaro

Bud Baldaro is one of the most respected coaches in Britain with a reputation built over the past 20 years. He has worked with athletes at all levels and across a wide range of ages – his most successful athletes include major championship medallists and two time Chicago marathon winner Marian Sutton.

Dave Sunderland

David Sunderland was a national coach in athletics for 15 years and has coached numerous international medallists including world indoor record holder Jane Colebrook.

Martin Rush

Martin is England Athletics National Coach Mentor for long distance and walks. As well as his experience in athletics development Martin has coached Olympic, World Cup and Commonwealth walkers, and GB marathon, track and XC runners.

Peter Stanley

Peter's stable of athlete's speaks volumes about Peter's coaching ability. He was coach to Jonathan Edwards, the triple jump world record holder who became one of only four athletes to hold Olympic, World, European and Commonwealth titles at the same time, and to Chris Tomlinson.

Dave Rowland

Dave has coached at senior international level, and has qualifications in sports injury management as well as experience of working alongside medical and other practitioners in athlete support teams. He has also worked at grass roots level and with junior internationals.

John Crotty

John Crotty is a former National Coach in both Long and Triple Jump and has recently coached the World Youth Champion, Ben Williams to his first international title. He is the former coach to Commonwealth Champion Jo Wise and is very experienced in the field of coach development, working across both athletics and other sports.

Alan Richardson

An IAAF Level 5 elite jumps coach and England Athletics National Coach Mentor. Alan has guided a number of athletes to junior and senior international representation including the euro U23 championships and most recently coaching six athletes to the commonwealth games in Delhi for England, Scotland and Welsh teams.

Scott Grace

Scott is a Level 4 Performance coach for Sprints and Hurdles. He is a UKA Regional Trainer and England Athletics Senior Tutor for Coach Education. Scott worked for sports coach UK as a Coach Development Officer supporting and mentoring coaches across several sports. He coauthored three sports coach UK workshops focusing on the Fundamentals of Movement. He also acted as a part of the Long-term Athlete Development and Fundamentals resource development group.

Esa Utrianen

Esa is the National Event Coach for Javelin and has recently guided Laura Whittingham to the Commonwealth Games. He coached the female winner of the World Junior Championships.

Denis Doyle

National Coach Mentor Denis Doyle is one of the UK's most experienced and successful high jump coaches. An IAAF Level five and UKA Level 4 coach and international lecturer, he has produced over thirty international athletes including four Olympians and coached with British, Irish and Indian teams at four Olympics and six World Championships.

Dan Pfaff

Dan Pfaff is the UKA Centre Director for Lee Valley one of the world's most respected sprint coaches. He has coached more than 30 Olympians, who between them have won

seven Olympic medals. Forty-five of his athletes have gone to the IAAF World Championships, bringing home 10 medals. Among his protégés is former Olympic and World 100m champion and world record holder Donovan Bailey.

Dr. Jitka Vinduskova

Dr. Vinduskova is a world leading authority on multi-events and training and youth development in athletics. She works in the faculty of physical education and sport at Charles University in Prague, Czech Republic and is an expert in the teaching aspects of youth training and biomechanics of athletics. She had been involved in much research studying youth development and sport in young children and also works with her national federation.

Kevin Tyler

Kevin is the Strategic Head of Coaching and Development. Kevin founded the Canadian Coaching centre which has gathered a world wide reputation for coach education and development. As a personal coach, Kevin guided Tyler Christopher to World Indoor gold and four athletes to the Beijing Olympics.

Graham Ravenscroft

Graham has spent 23 years developing his coaching skills, gaining a Level 4 High Jump qualification and an IAAF Elite Coach Diploma. He has been England Team manager and Great Britain Junior Team jumps coach, and is currently a National Coach Mentor for High Jump. He has coached his own athletes to a number of World and European Junior and Senior Championships, two Commonwealth Games and many National titles. Graham coached Michelle Dunkley to the current Junior Indoor British Record and Vikki Hubbard to the National Senior Schools Record. He continued to work with Vikki and is currently working with Louise Hazel (Heptathlon).

Richard Wheeler

Richard is Head of Coaching for England Athletics and formerly worked as Head Coach at Cambridge University. He has coached in the speed and middle distance event groups, although the hurdles events are a key area of interest for him.

Booking form Cost £40 (or £30 when booking online). Booking closes 16 November.

Name

Address

Postcode

Club

Email

Telephone

Coach Award Level

Event

Gender Coaching Licence number

Venue – Manchester 28 Nov / London 4 Dec / Cardiff 5 Dec
(tick one only)

Workshop codes – morning session: / afternoon session:

(codes are shown in brackets after workshop titles on page 3 – enter one code per session)

Please list any special dietary requirements? (e.g. vegetarian etc)

Any other requirements we should know about? (e.g. learning aids or specific support)

Please help us by answering the following additional questions:

What one thing could England Athletics do to help you develop as a coach?

Are you happy to receive further information from England Athletics? Yes / No

Are you currently involved in the National or Local Coach Development Programmes?

Yes, national / Yes, local / No

If no, would you like to hear more about them? Yes / No

Return by 16.11.10 with cheque for £40 payable to 'England Athletics' to:

England Athletics. PO Box 10584, Braintree, Essex CM7 5WU

or book online at www.englandathletics.org/coaching-conferences and save £10

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Steps to Success

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Sunday 28 November

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Gate 13, Rowsley Street
Manchester M11 3FF
Telephone: 0161 220 3800
sportcity-manchester.com

South:

Saturday 4 December

Lee Valley Athletics Centre
Meridian Way
Edmonton N9 0AR.
Tel: 020 8344 7230
www.leevalleypark.org.uk

Midlands & SW:

Sunday 5 December

NIAC
Cyncoed Road
Cardiff
CF23 6BN
Tel: 029 2041 6777



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