



2018

International Conference of Athletics Excellence

October 19th - 20th, 2018
Vancouver College, Vancouver, Canada



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SCHEDULE

FRIDAY, OCTOBER 19 TH		
3:00 – 3:50	Keynote: Fuzz Caan "Finding Your Voice as a Coach"	
4:00 – 4:50	Dan Pfaff Essential Elements in Technique: The Long Jump	Nick Garcia Programming for High School Strength Coaches
5:00 – 6:00	DINNER	
6:00 – 6:50	PJ Vazel Elite Speed / Power Concepts	Nick Garcia Essential Elements in Technique: The Shot Put
7:00 – 7:50	Dan Pfaff: Why Mechanics Matter	A. Bondarchuk / D. Evely The Bondarchuk System of Training: An Overview
8:00 – 8:50	PJ Vazel Essential Elements in Technique: The Sprint Acceleration	Fuzz Caan Strength Training for Field Events
SATURDAY, OCTOBER 20 TH		
9:00 – 9:50	Keynote: Dan Pfaff "Three Stories That Will Shape Your Coaching Perspective"	
10:00 – 10:50	PJ Vazel Long Term Speed / Power Progressions	Nick Garcia Essential Elements in Technique: The Discus Throw
11:00 – 11:50	Dan Pfaff Essential Elements in Technique: The Hurdles	Fuzz Caan Jump Training for All Sports
12:00 – 12:50	Fuzz Caan Special Exercises for the High Jump (practical)	A. Bondarchuk / D. Evely Peculiarities of Sport Form: What Can be Learned from Them
1:00 – 2:00	LUNCH	
2:50 – 2:50	Roundtable Discussion: "Athlete Monitoring" followed by a Q&A Session	
3:00 – 3:50	PJ Vazel IAAF Biomechanics Project: London 2017 Findings & Interpretations – Part 1	Nick Garcia Discus Throw Progressions (practical)
4:00 – 4:50	PJ Vazel IAAF Biomechanics Project: London 2017 Findings & Interpretations – Part 2	Dan Pfaff Essential Elements in Technique: The Javelin Throw
5:00 – 5:50	Fuzz Caan Essential Elements in Technique: The High Jump	Nick Garcia Shot Put Progressions (practical)

REGISTRATION

Early Bird - For First 100 Registrations

For the first 100 registrations - \$119.99

Regular Fee

Last day to register is October 6th - \$149.99

Go to
www.EveltrakSport.com
and register now!

PRESENTERS

Dan Pfaff - USA

Coach Dan Pfaff is considered the pre-eminent speed/power coach and coach-educator in the world today. He has tutored 49 Olympians including nine medalists, 51 World Championship competitors, and five world-record holders. He has directed athletes to 57 national records across a multitude of events. His legacy of coach development is unprecedented and continues to inspire coaches today.

PJ Vazel – France

Pierre-Jean (PJ) Vazel is regarded as one of the world's brightest young minds in sport today. He was the coach to Olusoji Fasuba, Men's 100m African record holder (9.85s) and 2008 World Champion over 60m. He has also coached several of France's most famous sprinters including Ronald Pognon and Christine Arron. In addition to working with Elite athletes, he also coaches young developing sprinters and hurdlers at ES Montgeron Athletic club near Paris and is a reporter for the IAAF and La Monde. He also currently coaches Quentin Bigot, one of the world's top hammer throwers.

Derek Evely - Canada

Derek Evely is a highly successful coach and athletics educator. He is the former Sport Science Manager at the Canadian Athletics Coaching Centre (CACC) and the former UK Athletics Center Director for the Loughborough Performance Center in Loughborough, England. Today he is the owner / president of Eveltrak Sports Consulting & www.EveltrakSport.com, a website that specializes in athlete and coach development from all sport backgrounds and disciplines on matters relating to developmental and elite sport performance.

Fuzz Caan – Great Britain

Fuzz Caan has been the National Lead Coach for the high jump in Britain for over a decade, producing many of the UK's top high jumpers, including Robbie Grabarz, 2012 Olympic bronze medalist. Coaching performance and getting the best out of athletes are areas of expertise. A former 2.21m high jumper at Iowa State University, Fuzz is also a professional actor and brings a unique style to his coaching and presentations.

Dr. Anatoliy Bondarchuk – Ukraine / Canada

Dr. Bondarchuk, the 1972 Olympic Hammer Throw Champion, is regarded as the most accomplished hammer throw coach of all time. He is also one of the world's top sport scientists and a noted author, having published over a dozen books and 100 articles relating to sport training and methodology. Bondarchuk is currently living and coaching in Kamloops, British Columbia where he guided Canadian shot put record holder Dylan Armstrong to a bronze medal finish at the 2008 Summer Olympics.

Nick Garcia – USA

Nick Garcia is one of the leading high school throws coaches in the United States. Known for his systematic approach to athlete development and use of progressions in developing athletes, for the past 13 seasons he has served as the strength and throws coach at Notre Dame High School in Sherman Oaks, California. During this time he has guided more than 40 shot putters to over 50ft. (15 m), 15 over 55ft. (17m) and 5 athletes over 60 ft. (18m). He is certified as a level three USATF coach and level five IAAF coach, as well as by CSCS and USA Weightlifting. With a bachelor's and master's degree in Kinesiology, Nick is also an experienced presenter on both strength systems and throws training.

