



NACAC TRACK & FIELD CHAMPIONSHIPS

# COACH CONFERENCE

WEDNESDAY, AUG. 8 TO SATURDAY, AUG. 11  
VARSITY STADIUM

IN-CLASS LECTURES AND  
ON-TRACK PRACTICAL SESSIONS,  
BUILT AROUND THE  
**NACAC SENIOR CHAMPIONSHIPS**  
COMPETITION.

**\$150 FOR FULL ACCESS**



## CONFIRMED SPEAKERS



**JULI BENSON**  
*Former coach of  
Canadian Olympian  
Kevin Sullivan*



**VICKIE CROLEY**  
*Head Coach of University of  
Western Ontario, coached  
Damian Warner)*



**JEREMY FISCHER**  
*Maximum Velocity  
Athletics*



**DONNA HARRIS**  
*Former Executive Director  
Athletics Manitoba*



**LEROY BURRELL**  
*Former World Record  
Holder, 100m, Head Coach  
University of Houston  
Track & Field*



**CARMYN JAMES**  
*Former Head Coach at  
University of Hawaii*



**HARRY MARRA**  
*OTC Elite, Coach of  
Ashton Eaton, Brienne  
Theisen-Eaton*



**RICHARD PARKINSON**  
*Athletics Canada Throws Coach,  
Coach of Brittany Crew*



**BROOKE RASNICK**  
*University of Louisville -  
Assistant Track & Field Coach*

## CONFERENCE TOPICS

- The Science of Movement
- Horizontal Jumps Elite
- Physical and Mental Approaches to Distance Running
- Athletics Canada Coaching Program Overview
- Women in Coaching
- Training Sequence
- Reactive Strength Training
- Running a University Program
- Shot Put Shuffle Events
- The Role and Limitations of Technical Model
- Combined Events Hurdles
- Pole Vault
- Planning for Throws
- Coaching Rotational Shot for Women
- Coaches Well-Being

For more information contact:

**John Lofranco**

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[athletics.ca/toronto2018](http://athletics.ca/toronto2018)

WEDNESDAY, AUGUST 8 TO SATURDAY, AUGUST 11 VARSITY STADIUM

## CONFERENCE SCHEDULE

### Thursday, August 9

#### 9:00am-11:00am

- In-Class
- The Science of Movement Detailed - Harry Marra (OTC Elite, coach of Ashton Eaton, Brienne Theisen-Eaton)
- Horizontal Jumps Elite Development - Jeremy Fischer (USOTC San Diego)
- Physical and Mental Approaches to Distance Running - Juli Benson (Former coach of Canadian Olympian Kevin Sullivan)

#### 12:00pm-2:00pm

- On Track
- Science in Coaching LJ and Block Starts - Harry Marra
- Commonalities of Jump Drills Practicum - Jeremy Fischer
- Distance - Juli Benson

#### 5:30pm-7:30pm

- Panel Discussions

#### 5:30pm-5:45pm

- AC Coaching Program Overview (John Lofranco)

#### 5:45pm-6:45pm

- Women in Coaching (Juli Benson, Vickie Croley, Carmyn James, Brooke Rasnick)

#### 6:50pm-7:30pm

- General Q&A (Juli Benson, Leroy Burrell, Vickie Croley, Jeremy Fischer, Carmyn James, Harry Marra, Richard Parkinson, Brooke Rasnick, Wolfgang Ritzdorf)

### Friday, August 10

#### 2:00pm-3:00pm

- In-Class Training Sequence - Harry Marra
- Technical Models and Physical Qualities - Wolfgang Ritzdorf (Director of IAAF World High Jump Center)

- Sprints - Leroy Burrell (Former World Record Holder, 100m, Head Coach University of Houston Track and Field)
- Running a University Program - Carmyn James (Former Head Coach at University of Hawaii)

#### 3:00pm-5:00pm

- On Track
- Shot Put Shue Events - Harry Marra
- Technical Drills and Jumping Exercises - Wolfgang Ritzdorf (Director of IAAF World High Jump Center)
- Sprints - Leroy Burrell

### Saturday, August 11

#### 8:00am-10:00am

- In-Class
- Combined Events Hurdles - Vickie Croley (Head Coach of University of Western Ontario, coached Damian Warner)
- Pole Vault - Brooke Rasnick (Pole Vault Coach at University of Louisville)
- Planning for Throws - Richard Parkinson (Athletics Canada Throws Coach, Coach of Brittany Crew)

#### 10:00am-12:00pm

- On Track
- Combined Events Hurdles - Vickie Croley
- Pole Vault - Brooke Rasnick
- Coaching Rotational Shot for Women - Richard Parkinson

#### 8:00pm-10:00pm

- Closing

#### 8:00pm-9:00pm

- Coaches Well-Being - Donna Harris (Former Executive Director Athletics Manitoba)

#### 9:00pm-10:00pm

- TBA

Schedule, subject to change

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## SPEAKER BIOS

### **Juli Benson** (Former Coach of Canadian Olympian Kevin Sullivan)

Juli Benson is one of the most accomplished distance runners and coaches in the country. Benson brings a plethora of experience to her coaching including previous coaching stops at Penn State, the Air Force Academy, George Mason, Georgetown and James Madison.

While at Georgetown, Benson coached Chris Lukezic to a USATF Junior National Championship, a fourth-place finish at the 2004 U.S. Olympic Trials, a runner-up finish at the 2005 USATF Outdoor Championships as well as a semifinalist spot at the 2005 World Outdoor Championships in the 1,500 meters in Helsinki, Finland. She also guided Treniere Clement to a runner-up performance at the 2004 NCAA Outdoor Championships and led more than 20 athletes to USATFCCCA All-America honors during her five years with the Hoyas.

On the international stage, Benson coached U.S. distance star Jenny Barringer Simpson to a gold medal at the 2011 World Championships in Daegu, South Korea as well as a 2012 berth to the London Olympic Games. She also assisted Kevin Sullivan to Canadian records in the indoor and outdoor 3,000 meters and Lukezic to a seventh-place finish at the 2006 World Indoor Championships and the seventh-fastest 1,500 of all-time in U.S. history.

Benson was selected as an assistant women's coach for the 2007 U.S. World Championship team in Osaka, Japan and as the junior women's coach for the 2003 U.S. Cross Country team that captured their highest finish in history at the World Cross Country Championships in Lusanne, Switzerland. She has also been elected to the United States Women's Track and Field Coaches Association advisory board and was a representative for USATF Women's High Performance in the middle distances.

As an athlete, Benson was a preeminent talent in the middle distances and represented the U.S. in the 1,500 meters at the 1996 Olympic Games. Sponsored by Reebok International and Asics Tiger Corporation, Benson competed in over 200 national and international competitions during her time as a professional athlete. She holds a B.S. in Political Science and a M.S. in Sports Administration from James Madison University and was a 2002 inductee into the JMU Athletic Hall of Fame.

Benson and her husband, Penn associate head football coach Bob Benson, have a daughter, Kaylyn.

### **Leroy Burrell** (Former World Record Holder, 100m, Head Coach University of Houston Track and Field)

Leroy Burrell twice set the world record in the 100m. He first set the world record in June 1991 with a time of 9.90 seconds. This was broken that September by Carl Lewis who ran 9.86 sec at the World Track and Field Championships where Burrell finished second in a new personal best time of 9.88 sec. In July 1994, Burrell set the world record for the second time when he ran 9.85 sec (a record that stood until the 1996 Olympics when Donovan Bailey ran 9.84 sec). Burrell won gold in the 100 m ahead of Carl Lewis at the 1990 Goodwill Games in Seattle. He won the silver in the 100 m at the 1991 World Championships. At the 1992 Summer Olympics in Barcelona, Burrell finished fifth in the 100m and won a relay gold as part of the U.S. 4 × 100 m team.

Since his retirement in 1998, Burrell has replaced his old college mentor, Tom Tellez, as coach of the University of Houston's track team. Burrell has led UH to 14 men's Conference USA titles (nine indoor, five outdoor) and nine women's titles (four indoor, five outdoor). He was inducted into the Texas Track and Field Coaches Hall of Fame in 2014.

### **Vickie Croley** (Head Coach of University of Western Ontario, Coached Damian Warner)

Croley's coaching resume also boasts appointments as a National Team Coach at Commonwealth Games (2014), the North American Central American Caribbean Combined Events Championships (2009), World Student Games Jumps/Combined Events Coach (2005, 1991), North American, Central American, Caribbean Track & Field Championships Jumps & Combined Events Coach (2002), Canada vs Netherlands Combined Events Coach (1999), World Championships Combined Events Coach (1995), Canada vs Northern Ireland Jumps Coach (1992), and Canada Summer Games Combined Events Coach (1989).

Croley has been awarded with several coaching awards; the Ontario Sport Alliance Female Coach of the Year twice, a three-time Petro Canada Coaching Award Recipient, Three-time CIS Track and Field Coach of the Year, four-time OUA Track and Field Coach of the Year, and two-time OUA Women's Coach of the Year for all sports. Croley is also in both the McMaster Sports Hall of Fame and the Western University Sports Hall of Fame. In 2017 she was recognized as a YMCA Women of Excellence in Western Ontario. Croley was the lead coach of Olympic Bronze medalist Damian Warner at the 2016 Olympics.

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## SPEAKER BIOS

### **Jeremy Fischer** (USOTC San Diego)

Jeremy Fischer is the director of the USATF Residence program at the Chula Vista Elite Athlete Training Center in Chula Vista, CA. At the Rio Olympics the program won 5 Olympic medals, and over 10 Paralympic medals. Jeremy is the lead instructor for USATF coaches education and instructor for the IAAF. He has coached athletes to 13 Olympic and World Medalist and over 10 USATF Championships.

### **Donna Harris** (Former Executive Director Athletics Manitoba)

Donna is a Mom, a coach, a wife and has a coach husband. She is nearing 20 years experience in coach development and sport administration, spending ten years at Athletics Canada leading national coaching certification program (NCCP) and long term athlete development (LTAD) program development, as well working on coach recruitment and retention strategies. Her national role in Athletics then shifted to a provincial position as Executive Director at Athletics Manitoba. Donna recently completed a M.A. in Kinesiology at the University of Manitoba. Her thesis focused on the role of passion in the performance and life of expert coaches and their families. Donna is a Level 4 Chartered Professional Coach. She is currently the Executive Director at Racquetball Canada.

### **Jerry Howarth** (Retired broadcaster and high school basketball coach)

Jerry made the radio booth at Exhibition Stadium and the Rogers Centre his second home from 1981 until 2017. He broadcasted over 7,500 ballgames, including the two World Series Championships in 1992 and 1993 for the Toronto Blue Jays. For his lifetime contributions to baseball in Canada, he was honoured by the Canadian Baseball Hall of Fame in 2012. He coached basketball at Etobicoke Collegiate Institute for 20 years and five years for the Islington Panthers basketball club.

### **Carmyn James** (Former Head Coach at University of Hawaii)

Carmyn James jumped into her career as a coach while at the University of British Columbia. Upon graduating with a Master's degree in Coaching Science, Carmyn was named the head coach of the UBC Men's & Women's Thunderbirds in 1988. During her time in that position she was named Coach of the Year by the Canadian Inter-University Athletic Union, was an IAAF sessional instructor and served as the National Jumps Coordinator for Athletics Canada. In addition, Carmyn was named head coach of three national teams. One of which was for the 1995 World Championships of Athletics where she was the first female in Canadian history to lead a national senior team. In 2000 Carmyn was hired to resurrect the NCAA Division I Women's Track & Field Program at the University of Hawaii. After initiating and facilitating the installation of an award winning track and field facility she went on to coach a number of top scholar-athletes. Most notably were Annett Wichmann and Amber Kaufman. Annett won the Stan Bates Award for being chosen as the Top Female Scholar-Athlete of all sports in the Western Athletics Conference (2009). She was a seven time multi-event conference champion who had a highest placing of 4th in the pentathlon at the NCAA Indoor Championship and 6th in the heptathlon at the NCAA Outdoor Championship. Amber won the Joe Kearney Award for being chosen at the Most Outstanding Female Athlete of all sports in the WAC (2010). She placed 2nd in the high jump at the NCAA Indoor Championship and finished 1st at the NCAA Outdoor Championship. After 17 years of living on a tropical island, Carmyn returned to Canada to be closer to family. She is presently an assistant coach at the University of Toronto working with one of her mentors, Carl Georgevski.

### **Harry Marra** (OTC Elite, Coach of Ashton Eaton, Brianne Theisen-Eaton)

Harry Marra is the best track and field coach in the world, hands down. Not only has he coached the best athletes in the world, he's coached the best coaches! Even those from other countries. He coached Ashton to 2 Olympic Gold Medals and 5 world records, and he coached Brianne to multiple world medals, the best Canadian female track athlete in history, and an Olympic Bronze!

Marra joined Oregon Track Club Elite's coaching staff in the summer of 2010. He serves as the team's combined-event coach, specifically working with OTC Elite decathlete Ashton Eaton. An offer to coach at the University of Oregon brought longtime multi-event guru Harry Marra to Eugene in the fall of 2009. He served as the Ducks' assistant coach for both the indoor and outdoor seasons in 2010.

A former decathlete himself, Marra served as Head Coach of the USA National Decathlon Team from 1990 to 2000. During that time, the team set every possible World Record in the decathlon, highlighted by Dan O'Brien's gold-medal victory in the 1996 Atlanta Olympic Games.

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## SPEAKER BIOS

### **Richard Parkinson** (Athletics Canada Throws Coach, Coach of Brittany Crew)

- IAAF – Level 5 Elite Throws Coach
- NCCP – Level 5 Certification
- 2017 Athletics Canada's Dr. Doug Clement Coach of the Year Award
- 2017 Athletics Ontario Coach of The Year

After 25 years as a successful corporate marketing and advertising executive, Richard has been fortunate enough to turn a life-long passion of coaching throws into a second professional career as Athletics Canada's NextGen Throws coach. A passionate, athlete focused coach with over 20 years of successfully developing athletes on and off the field of play through an understanding of their individual needs to motivate them towards desired results. Richard has had a successful coaching record at the provincial, USport, national levels and now most recently his athletes are beginning to leave their marks at the international level; a bronze medal finish at 2015 World Universiade, a 5th place finish at the 2017 IAAF World Outdoor Championships (a Canadian first in women throws), gold medal at 2017 World Universiade (another Canadian first in throws), a double gold medal performance in Canadian record setting fashion at the 2017 Youth Commonwealth Games and 2 bronze medals at the 2018 Commonwealth Games by shot putters Tim Nedow and Brittany Crew. Richard's coaching experience includes 10 national team-coaching assignments, including: 3 IAAF World Championships, 2015 Pan Am Games, 2016 Olympic Games and the 2018 Commonwealth Games.

A highly technical and analytical planner, Richard is relentless in monitoring and tracking each athlete's training progress to ensure that they successfully perform on the specific day it when it counts. In constant pursuit of high performance success and providing the very best training and technical advances for his athletes to he has developed long-standing relationships with some of the very best throws coaches from across Canada and around the world. Richard regularly, collaborates and shares information with other coaches and participates in coaching mentoring, cross -club/university coaching, training camps, clinics and throws conferences around the world. In the fall 2018, Richard will begin the Canadian Sport Institute Ontario (CSIO) Advanced Coaching Diploma Program (ACD).

### **Brooke Rasnick** (Pole Vault Coach at University of Louisville)

Brooke Rasnick is the current pole vault and combined events coach at the University of Louisville. Previous assistant coach at Kent State University and volunteer assistant coach at the University of Oregon. While at Louisville, she has coached multiple All-Americans and 10 athletes who have out performed previous school records. Rasnick pole vaulted at Wichita State University from 2004-2009 with a personal best mark of 4.20m.

### **Wolfgang Ritzdorf** (Director of IAAF World High Jump Center)

Dr. Wolfgang Ritzdorf is a senior lecturer at German Sport University Cologne, vice director of Institute of Movement and Neurosciences and head of department of athletics. The focus of his research is on reactive strength and technique and training of the jumps events.

He is the IAAF chief editor for the entire CECS jumps material and a regular keynote speaker in international coaches' conferences and IAAF Academy. As a former national coach of German female high jumpers he is now director of the IAAF World High Jump Center where he is personal coach to 9 Olympic Games / World Championships high jumpers since 2007.

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