

## **Atlantic Athletics Summit**

Université de Moncton, Moncton NB November 16-18, 2018

**Athletics New Brunswick** is pleased to host another in our series of Summits, and once again, we have a great line-up of presenters and clinicians for this one. This event will feature athlete training sessions, coaching education opportunities, and other workshops. The Summit will include training sessions in all event areas, as well as seminars on related training and athlete development topics. We will also be hosting NCCP Club Coach courses in *Jumps* and *Para-athletics*. And we will have world renowned coach Boo Schexnayder as our keynote presenter. Below are just a few of the outstanding people who will be presenting at this great event.



**Boo Schexnayder** – Coach Schexnayder is an internationally renowned coach with expertise in all areas of the speed & power events. He has coached 11 Olympians and numerous NCAA champions, and was a part of 12 NCAA Championship teams at LSU. Among other things, he is presently the strength coach for the LSU track & field program. He holds the designation of Master Coach from USATF. He is also a well-respected coach educator and is in constant demand as a speaker at coaching conferences around the world. We are extremely fortunate to have him bring his knowledge and skills to this year's Summit.



Joel Skinner – Joel is returning again to the Summit, having joined us at the Atlantic Jumps Summit back in 2013. Joel is possibly best known as the formative coach of Olympic HJ Champion Derek Drouin, but he has coached many other top-level Canadian athletes in several event areas. He brings lots of experience in the jumps, throws and combined events. He was recently the head coach for Team Canada at the IAAF U20 Championships in Finland. It is great to have him back with us!



David Foley – David is returning again this year to share his vaulting knowledge. He began vaulting in 1998, and was a member of 9 national teams between 2000 and 2017. He is a 2-time Canadian champion, and has 6 other national medals. He is also the 3-time CIS champion in PV. He still holds the Canadian youth record. He was coached by François Thenault up until 2012, and he has himself now started coaching. He holds a doctorate in mechanical engineering. Those who attended last year's sessions on PV will no doubt be glad to work with him again, and his sessions will be highly recommended for athletes and coaches alike looking to climb to new heights in their vault knowledge.

# Other presenters will include:

- **Dr. Mike Johnson** professor of kinesiology at the Université de Moncton
- Dr. Earl Church throws coach at the Université de Moncton
- Yvan Pelletier sprint coach at University of New Brunswick
- Rich Lehman head coach of track & field and cross country at Dalhousie University
- Steve LeBlanc head coach of track & field at the Université de Moncton

Register online at TrackieReg.ca under event "Atlantic Athletics Summit" or go to the following link: http://www.TrackieReg.com/Atlantic-Summit-2018/

Friday evening Sport Speed Session \$ 15

Full weekend pass for athletes and coaches \$ 50 (includes all three days)

One-day pass for athletes and coaches \$ 30

NCCP Club Coach \$150 (\$75 for ANB members)

Plan to join us in Moncton for the 2018 Atlantic Athletics Summit!

## **WEEKEND SCHEDULE**

## **FRIDAY**

# **Session 1** Speed Development

18:30-20:00 Presentation "Speed Development in Team Sports" with Boo Schexnayder

### **SATURDAY**

**Session 2A** Speed Development

09:00-09:30 Warming Up for Speed

09:30-10:30 Acceleration and Maximum Velocity
Running with Boo Schexnayder

**Session 2B** Throwing

09:00-10:30 Shot Put with Earl Church

**Session 3A** Sprinting

10:45-12:00 Sprint Starts with Yvan Pelletier

**Session 3B** Jumping

10:45-12:00 Long Jump Technique with Joel Skinner

**Session 3C** Vaulting

10:45-12:00 Pole Vault (part 1) with David Foley

**Session 3D** Throwing

10:45-12:15 Weight Throw with Earl Church

**Session 3E** Endurance

10:45-12:15 Presentation "Moving from the Sprints" to Middle Distance" with Rich Lehman

**Session 4** Speed Development

12:45-14:15 Presentation "Critical Factors in Speed Development" with Boo Schexnayder

**Session 5A** Sprinting

14:30-16:00 Sprinting Mechanics with Yvan Pelletier Session 5B *Jumping* 

14:30-16:00 High Jump (part 1) with Joel Skinner

Session 5C Vaulting

14:30-16:00 Pole Vault (part 2) with David Foley Session 5D Throwing

14:30-16:00 Presentation "Training for the Javelin" with Earl Church

Session 6A Jumping

16:15-17:45 High Jump (part 2) with Joel Skinner Session 6B Vaulting

16:15-17:45 Pole Vault (part 3) with David Foley

**Session 6C** Throwing

16:15-17:45 Javelin with Earl Church

**Session 6D** *Endurance* 

16:15-17:45 Tactics in Distance Racing with Rich Lehman

**Session 7** Coaches Round Table

18:00-19:00 Presentation "The Place of Speed in Athlete Development"

### **SUNDAY**

**Session 8A** Jumping

09:00-10:30 Triple Jump with Boo Schexnayder

**Session 8B** Throwing

09:00-10:30 Discus with Earl Church

**Session 8C** Endurance

09:00-10:30 Presentation "Monitoring and

Reporting for Endurance Training"

with Rich Lehman

**Session 9** Athlete Development

10:45-12:00 Functional Movement Screening for

Athletes with Dr Mike Johnson

Session 10 Strength

12:45-14:15 Presentation "Designing Strength

Training for Speed Acquisition" with

**Boo Schexnayder** 

Session 11A Strength

14:30-16:00 Strength Training and Olympic Lifting with Dr Mike Johnson

Session 11B Endurance

14:30-16:00 Strength Training for Endurance
Athletes with Rich Lehman

## **NCCP Club Coach Courses**

The Club Coach courses in Jumps and Paraathletics will run approximately:

	<u>Jumps</u>	<u>Para-athletics</u>
Friday	17:30-21:45	17:30-21:45
Saturday	09:00-17:45	09:00-16:45
Sunday	09:00-17:30	09:00-16:30

Course instructors are:

Ueli Albert, Chris Belof and Yvan Pelletier

For more information on the NCCP courses, contact Chris Belof at:

chris@anb.ca or 506-638-2489