



# **Atlantic Athletics Summit**

## **Irving Oil Field House, Saint John, New Brunswick**

Saint John is proud to host the 2019 Atlantic Athletics Summit which will provide a great line-up of presenters and clinicians including renowned coach Kevin Tyler as our keynote presenter. This event will be the first athletics event held in the new Irving Oil Field House and 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. These Summit sessions are open to athletes and coaches. This weekend event will also include a NCCP Performance Coach course in all events for Atlantic Canada

## **Saturday – November 16, 2019 – Coach/Athlete Summit Technical Sessions**

**High Performance presentation with Kevin Tyler / Technical Event Sessions with the following coaches:**

**Sprints with Kevin Tyler & Colin McAdam / Mid Distance & Endurance with Bill MacMackin & Chris Belof  
/ Jumps with Steve LeBlanc / Throws with Earl Church**



**Kevin Tyler:** An accomplished coach with significant international experience and a former Canadian Olympic athlete in bobsleigh, Kevin Tyler is currently the President and long sprints coach at ALTIS. Tyler has been with the Phoenix based company since 2015, previously serving as the Assistant Coach for Sprints & Hurdles for 2 years at the University of Oklahoma.

Prior to his time at Oklahoma, Kevin was the Head of Coaching and Development at UK Athletics leading into the London 2012 Olympics. He was Head Coach for Great Britain's Junior Team on six occasions. He has been a Coach for Athletics Canada and served in a other leadership roles including: Director of the Canadian Athletics Coaching Centre at the University of Alberta, NIKE Canada as the Sports Marketing Manager for Running and Olympic sports, Technical Manager of Track and Field for BC Athletics. Tyler has coached nine Olympians from five nations and athletes under his charge have broken 18 national records.

**Sport Psychology presentation by Ashley Duguay** – There are numerous mental skills (e.g., self-talk, imagery, goal setting) that athletes and coaches can learn to help them improve their mindset, personal development, and performance within and beyond sport. These skills can help individuals consistently perform at their optimal level, overcome obstacles, deal with pressure, increase self-awareness, and generally improve their experiences in sport. Importantly, mental skills can be learned and improved through instruction and practice. In her session, Dr. Duguay will introduce several mental skills and discuss how to facilitate their development.

**Ashley Duguay** holds a Ph.D. from the University of Windsor in Kinesiology (Sport and Exercise Psychology). She has also earned a Master of Human Kinetics in Applied Human Performance (Sport and Exercise Psychology) from the University of Windsor and a Master of Education (Sport Leadership) from the Center for Sport Leadership at Virginia Commonwealth University. Dr. Duguay is interested in studying group dynamics with a particular focus on athlete leadership. She has presented her research at national and international conferences and has several published works. In addition to her research, Dr. Duguay has her own consulting business, Team First Consulting, where she seeks to combine her understanding of group dynamics principles and mental skills with her athletic experiences to help athletes, coaches, and teams achieve their performance goals.

## Sunday - November 17, 2019 – Coach/Athlete Summit Mentoring Sessions

Small group coach Mentoring Sessions with the following coaches:

Sprints with Kevin Tyler / Mid Distance & Endurance with Bill MacMackin & Chris Belof / Jumps with Steve LeBlanc / Throws with Earl Church

**Pre-requisite:** For mentoring, coaches must be Club Coach Trained and coaching an athlete at U16 or higher who is competing for provincial teams and/or national championships. We would ask that you come with your athlete but will also provide some one-on-one time with coach and mentor coach.

## Friday – Sunday November 15-17, 2019 - NCCP Performance Coach Education (Sprints/Hurdles, Endurance, Jumps & Throws)

Sprints with Learning Facilitators, Les Gramantik/Kevin Tyler: / Endurance with Learning Facilitator – Sean Baynton /Jumps with Learning Facilitator – Brett Lumley / Throws Learning Facilitator – Larry Steinke

Register for NCCP Performance Coach - Complete intake form <http://athletics.ca/machform/view.php?id=99094>

### Registration

#### Summit Registration Fees (+GST)

Summit Technical Sessions	
Coach Registration	\$50.00
Athlete Registration	\$10.00
Summit Mentoring Sessions – Coach/Athlete	\$50.00

**Non-Registered Coach Members:** Add provincial Membership fees \* All Coach & Athlete participants need to be Members with an Athletics Canada Branch.

### Schedule

Friday- Sunday Full Days

Saturday 8:00am – 8:00pm

Sunday 8:00am – 12:00pm

**Please come prepared to be active.**

For more information contact Chris Belof - [chris.belof@unb.ca](mailto:chris.belof@unb.ca) - [506-638-2489](tel:506-638-2489)

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#### Steps to Register for Summit Sessions:

- 1) Register for Summit Technical Sessions at: [www.TrackieReg.com/AtlanticAthleticsSummit](http://www.TrackieReg.com/AtlanticAthleticsSummit)
- 2) Apply for Summit Mentoring Sessions: Contact Chris Belof – [chris.belof@unb.ca](mailto:chris.belof@unb.ca) - [506-638-2489](tel:506-638-2489)
- 3) Hotel information for the Best Western Saint John:



Hotel Details  
[Best Western Plus Saint John Hotel & Suites](#)  
Saint John, New Brunswick, Canada

\$129.99 for up to 2 people in a room and  
\$139.99 for 4 people in the room  
Reservations must be made by calling  
1-506-657-9966

55 Majors Brook Drive, Saint John, New Brunswick E2J 0B2

## Detailed Schedule

<b>Sat – Nov 16</b>	<b><u>Coach Summit Program</u></b>	<b><u>Location &amp; Details</u></b>
8:00 am	8:00 – 10:00 Coach / Athlete Technical Sessions: - Endurance – Chris B & Bill M - Pole Vault – Steve LeBlanc	Irving Oil Field House
10:00 am	10:00 – 12:00 Coach / Athlete Technical Sessions - High Jump – Steve L - Shot Put/Weight - Earl Church	Irving Oil Field House
12:00 pm	Lunch Break - Sandwiches @ Irving Oil Field House	
12:30 pm	12:30 – 2:00 Coach / Athlete Technical Sessions: - Sprint/Hurdles - Kevin Tyler & Colin M	Irving Oil Field House
2:00 pm	2:00 – 3:00 Coach / Athlete Technical Sessions: - Long & Triple Jump – Steve L - Javelin & Discus - Earl Church	Irving Oil Field House
3:00 pm	3:00 – 4:00 <b>Coach / Athlete Sport Psych</b> - Individual mental skills - <b>Ashley Duguay</b> M.Ed., M.H.K. Ph.D. Kinesiology	Irving Oil Field House Multi Purpose Room
4:30 pm	<b>Practical Strength Session, Presentation &amp; Panel Discussion (2 hours)</b> All groups together at Irving Oil Field House Multi Purpose Room & Irving Oil Field House including those in the NCCP Performance Coach education program. A lite supper will be provided.	
6:30 – 8:30 pm	<b>Keynote Presentation: Kevin Tyler – Developing a High-Performance Attitude &amp; Training Environment (Bringing it all together)</b> Irving Oil Field House Multi-Purpose Room	
<b>Sunday – Nov 17</b>		
8:00 pm – 12:00 am	<b>Coach Mentoring Sessions:</b> Special mentoring sessions will be provided to coaches and athletes with the following coaches: Irving Oil Field House - Kevin Tyler – Sprint/Hurdles / Earl Church – Throws / Bill MacMackin & Chris Belof – Endurance / Steve L – Jumps - Coaches are asked to apply with up to 2 athletes to participate. - Coaches can also apply for Sport or Club Coach Assessments at this time	