

2019 International Conference of Athletics Excellence

Vancouver College High School, Vancouver, BC, Canada

Youth Development Seminar

December. 1st, 2019

Presenter: Derek Evely

Course Length: 4 hours, 8:30am – 12:30pm Sunday, December 1st

Target Coaches: Club coaches of Junior Development / Youth Athletes, Elementary School and Junior High Coaches.

*This course is for coaches at any level of development that are looking for guidance in terms of what types of exercise, training activities or methods they should be employing for athletes at any age along the developmental spectrum. Parent-coaches, young or novice coaches as well as experienced developmental coaches will all gain insight from taking this course.

Synopsis:

This is a 4-hour intensive crash course in programming for those coaching athletes between the ages of 9 and 19, focusing primarily on program design, organization and exercise selection. Coaches taking this course will come away with everything they need to design and implement speed, strength, power and endurance programs for the critically important developmental age ranges.

More importantly, coaches will learn how to **organize** their program implementation to ensure that they a) are doing the appropriate work at the appropriate ages and b) they can focus on the important day to day aspects of coaching, like technique and athlete management.

Topics to be discussed:

- Specialization: Do's & Don'ts
- Why program organization is important
- Speed development guidelines
- Strength development guidelines
- Putting together general and specific strength routines
- Technique considerations for key exercises in youth strength development
- Endurance development considerations
- Developing an exercise inventory
- How to organize your exercise inventory into manageable and effective routines
- How and when to cycle strength
- Organization of large groups
- Many others

NOTE: This course is being held within the International Conference of Athletics Excellence being held over 2 days (Nov. 30th / Dec. 1st). Those wanting to take this course have 2 options:

1. Register for the entire conference. Cost is \$225 and includes access to all conference presentations including this course. Price includes lunch both days.
2. Register for only this course. Cost is \$90. Price includes lunch after the course.

Registration is available at www.eveltraksport.com