



ATLANTIC SPEED & POWER

COACHING SUMMIT 2022

The 2022 Atlantic Speed Power Coaching Summit will be held virtually April 9 & 10, 2022. Our speaker presentations, held over two days, will offer fantastic professional development opportunities on a range of topics including, plyometric training for speed acquisition, Olympic lifting, Jumps Takeoff Mechanics, Long Term Athlete Development, The Path to Excellence: A View on Athletic Development from Youth to Elite, and a keynote presentation from famed coach, Frank Dick, titled "Making Excellence Possible". Two FREE sessions have been included April 7 and April 13 where you can be part of the coaches roundtable discussions on everything speed and power. The conference targets coaches, leaders and athletes in speed and power events and is open to all. Join these expert speakers as they share their knowledge and insights from the comfort of your own home.

EVENT DETAILS

Thursday April 7 (FREE)

8:00pm -9:00pm AST

Jumps Roundtable Discussion

Saturday April 9

1:00pm - 6:00pm AST

Make Excellence Possible · Incorporating Olympic lifts into training · Path to Excellence: Athletic Development from Youth to Elite

Sunday April 10

1:00pm - 6:00pm AST

Jumps Takeoff Mechanics · Plyometric Training for Speed Acquisition · Long Term Athlete Development – a Case Study with Australian 100m hurdler Liz Clay

Wednesday April 13 (FREE)

8:00pm-9:00pm AST

IST Roundtable Discussion

REGISTER



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FRANK DICK

OBE former UK Athletics
director of coaching
Keynote - Make
Excellence Possible

PANELISTS



SHARON HANNAN

Director Sports
Credentials Pty
Long Term Athlete
Development



BOO SCHEXNAYDER

SAC SPEED
Jumps Takeoff Mechanics &
Plyometric Training for
Speed Acquisition



ANGELA WHYTE

OLY, Coach U Guelph
Path to Excellence: A View
on Athletic Development
from Youth to Elite



GARY MCGRATH

MSc. CSCS
Olympic Lifts for Building
Speed & Power



ALFREDO VILLAR-SBAFFI

Coach -Saint-Laurent
Sélect Roundtable
Discussion



WADE HUBER

Head Coach - U Regina
Roundtable Discussion



KURT DOWNES

Head Coach - Border City AC
Roundtable Discussion



ALANNA BOUDREAU

ED Manitoba Athletics
Roundtable Discussion



PATRICK RUSSELL

Coach -The Speed Academy
Roundtable Discussion



STEVE LEBLANC

Director of HP -New
Brunswick
RoundTable Discussion

REGISTER