



ATLANTIC SPEED & POWER

COACHING SUMMIT 2022

FRANK DICK

One of the UK's best and most consistently inspiring motivational speakers, Frank is also the author of four major publications: 'Winning Matters', 'Sports Training Principles', 'Winning' and 'Winning Lines', all classics in their fields. In 2011, Frank was awarded an Honorary Professorship by the National Sports Academy of Bulgaria in recognition of his influence in advancement of coaching in Europe. This followed an Honorary Doctorate by Loughborough University for his contribution to coaching and coach development. He is also President of the European Athletics Coaches Association, Member of the IAAF Coaches Commission, as well as Chair (and architect) of the IAAF Academy. From 1979 to 1994 he was the British Athletics Federation's Director of Coaching, where he was widely acknowledged as and remains one of the outstanding sports coaches and coach mentors in the world. Frank's contribution to sport and coaching has been recognised in being awarded an OBE in 1989, induction to the UK Coaches Hall of Fame in 1999 and the prestigious title "UK Sporting Hero" by Sport UK in 2001





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SHARON HANNAN

Coach Sharon Hannan is an Australian Sprints and Hurdles Athletics Coaches and former coach of Commonwealth, World, and Olympic Champion, Sally Pearson.. As a Level 4 Sprints Relays and Hurdles, Hannan has coached athletes who have competed at the Commonwealth Youth Games, Commonwealth Games, World Championships, IPC World Championships, World Indoor Championships & Olympic Games. Hanna has represented Australia as a team coach at the World Championships (2009), (2011) (2013), Commonwealth Youth Games (2008) Commonwealth Games (2010), World Indoor Championships (2012), Olympic Games (2012), Youth Olympic Games (2018). Sharon is currently working with Liz Clay, an Australian 100m hurdler who reached the semi finals at the Tokyo Olympics and holds a Personal Best of 12.71, making her the second fastest in Australian History.





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BOO SCHEXNAYDER

Irving “Boo” Schexnayder is regarded internationally as one of the leading authorities in training design. As co-founder of Schexnayder Athletic Consulting (SAC), he brings 39 years of experience in the coaching and consulting fields to the organization. He is most noted for his previous 12-year term on the LSU Staff. Schexnayder, who coached collegiately at Louisiana-Lafayette and Blinn Junior College before arriving at LSU, made quite an imprint on the collegiate track and field scene. Coach Boo coached 19 NCAA Champions during his collegiate coaching career. He was a part of 12 NCAA Championship teams and a pair of Juco National titles, as well as developing a host of conference champions and All-Americans.





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ANGELA WHYTE

Angela Whyte is a 3-time Olympian in the sport of track and field, competing in the 100m hurdles at the 2004, 2008, and 2016 games. They are also a 3-time Commonwealth Games medallist, a 2-time Pan American Games medallist and has represented Canada at seven World Athletics Championships (formerly IAAF). Beyond the hurdles, Angela has also competed in the heptathlon, competing for Canada in that event at the 2018 Gold Coast Commonwealth Games. Alongside her athletic career, Angela also earned their M.S. in Movement and Leisure Sciences, with an emphasis in Sport Psychology, as well as coached for 10 years at the NCAA Division I level.





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GARY MCGRATH, MSc. CSCS

Gary is a Strength and Conditioning Coach with the Canadian Sport Institute Ontario, where he works full time with Athletics Canada at the East Hub in Toronto. Gary works primarily with Speed and Power Olympic and Paralympic athletes.

Gary completed an MSc. In Sports Performance in the University of Limerick, Ireland. Prior to working with Athletics, Gary worked with professional soccer and Rugby teams in the UK and Ireland. Gary's personal and research interests include Velocity Based Training, Sport Specific Isometrics and the Olympic Weightlifting for Sports Performance.





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KURT DOWNES

Regarded as one of the leading coaches in Canada, Kurt Downes currently coaches athletes from grassroots through professional levels with Border City Athletics Club. Downes has been awarded Athletics Canada's Dr. Doug Clement Award for Coach of the Year (2019) and Canadian Running Magazine Community Builder of the Year (2020). Downes has coached two Olympians, one Paralympian and multiple Team Canada athletes. Downes led Brandon McBride to a Canadian record in the 800m. He has served on Team Canada's coaching staff several times, including the Tokyo Olympics 2021, IAAF World Athletics Championship 2019, Pan American Senior Championships 2019, NACAC Senior Championships 2018, IAAF World Championship 2017, Pan American Junior Championships 2015, IAAF World Youth Championships 2013, IAAF World Junior Championships 2012.

