



# ATLANTIC SPEED & POWER

## COACHING SUMMIT 2022

### EVENT DETAILS

**Thursday April 7, starting at 8pm AT**  
**Everything Jumps Roundtable Session [Alanna Boudreau, Kurt Downes, Wade Huber, Patrick Russell, Mavis Dzaka]**

**Saturday, April 9, starting at 1pm AT**

**1:00pm AT Introductions**

**1:15pm AT - Keynote "Make Excellence Possible" [Frank Dick]**

**2:30pm AT - Break**

**2:45pm AT - "The Path to Excellence - Athletic Development Youth to Adult" [Angela Whyte]**

**4:15pm AT - Break**

**4:45pm AT - "Incorporating Olympic Lifts in Training for Speed and Power" [Gary McGrath]**

**Sunday, April 10, starting at 1pm AT**

**1:00pm AT - "Mechanics of Jump Takeoffs" [Boo Schexnayder]**

**2:15pm AT - Break**

**2:45pm AT - "Plyometric Training for Speed & Power Development" [Boo Schexnayder]**

**4:15pm AT - Break**

**4:45pm AT - "Long Term Athlete Development - A Case Study of Hurdler Liz Clay" [Sharon Hannan]**

**Wednesday April 13, starting at 8pm AT**

**Incorporating an Effective IST Roundtable Session [TBC]**

**REGISTER**