



ATHLETICS ONTARIO PRESENTS: 2022 Jumps Symposium Hosted by the University of Toronto

SCHEDULE

FRIDAY, DECEMBER 9TH 2022	
5:45pm	Registration/Meet & Greet
6:30pm	Katherine Tamminen – Sport Psychology <i>“Supporting Excellence: The Role of Coaches in Developing High Performance Athletes”</i>
7:30pm	Dr. Doug Richards – Sport Medicine <i>“Get a Jump Start on Healthy High Performance: Training Young Athletes”</i>
SATURDAY, DECEMBER 10TH 2022	
9:30am	Tim Taha – Physiology of Speed and Power <i>“Understanding the Science of Plyometrics”</i>
11:00am	Jeremy Fischer – Long Jump Practical Session <i>“Progressive Technical Drill Acquisition for a Jumper”</i>
12:30pm	Lunch/Coach Discussion
2:00pm	Carl Georgevski – High Jump Practical Session <i>“High Jump Progression”</i>
3:30pm	Break
4:00pm	Jeremy Fischer – Triple Jump Practical Session <i>“Progressive Technical Drill Acquisition for a Jumper”</i>
SUNDAY, DECEMBER 11TH 2022	
10:30am	Carl Georgevski – Program Development <i>“Designing, Creating, and Delivering the Essentials of a Jumps Program”</i>
11:30am	Lunch
12:30pm	Tim Mack – Pole Vault Practical Session <i>“Learning the Pole Vault from the Mind of a Self-Made Olympic Gold Medalist”</i>
2:30pm	Q&A Panel/Wrap Up