

2022

# JUMPS SYMPOSIUM

UNIVERSITY OF TORONTO: DECEMBER 9-11, 2022



## TIM MACK

Tim Mack, 2004 Olympic Champion and Olympic Record holder in the pole vault knows the ins and outs of becoming the best in the world. Quite exceptionally, Tim developed all of his own training programs for his entire professional career (while simultaneously coaching athletes). As a coach, Tim has guided many athletes to find their own success such as Mark Hollis (5.82m), US Indoor Champion, and Kelsie Ahbe (4.55m), Canadian pole vaulter and 2016 Rio Olympic finalist. Tim Mack understands every level of development for a pole vaulter, coaching 7- to 65-year-old athletes.



## JEREMY FISCHER

Jeremy Fischer is one of the world's most successful jumps coaches. Jeremy's impressive coaching resume includes NCAA, Olympic and Paralympic champions while crossing over to other athletes in the NFL, MLB, and MLS. His athletes include Will Claye (3 x Olympic Medals – TJ/LJ), Brittney Reese (Olympic Gold – LJ), Keturah Orgi (U.S. Record Holder – TJ), Ricky Robertson (2016 Olympian, HJ) and Chris Benard (2 x Olympian, TJ) among others. As a World Athletics Level 5 in Sprints/Jumps, Jeremy Fischer's is committed to coach education. He has written coaching education material for USATF and World Athletics (formerly IAAF).



## CARL GEORGEVSKI

Carl Georgevski is in his 26th season as the Head Coach for the University of Toronto Varsity Blues Track and Field program. Carl is a 5 x CIS/USport and 4 x oUA Women's Track & Field Coach of the Year. Carl has coached for athletics Canada at World Championships, Commonwealth Games, and the FISU Games. He was also a member of the team Canada coaching staff at the 1988 Seoul, 1992 Barcelona, and 2000 Sydney Olympic Games. Carl works daily with elite varsity athletes and has worked with some of Canada's greatest high jumpers like Greg Joy, Milt Ottey, Alex Zaliauskas, Michael Ponikvar, Wanita Dykstra and Nicole Forester.



## KATHERINE TAMMINEN

Katherine Tamminen is an Assistant Professor in the Faculty of Kinesiology of Physical Education at the University of Toronto. With a PhD in Physical Education and Recreation, Sport Psychology and an M.Ed in Counseling Psychotherapy, her research focuses on two areas: Youth Sport and Processes of Stress, Coping & Emotion in Sport, covering athletes at all levels, from youth and recreational to competitive and elite athletes. Katherine is an editor and reviewer for several sport psychology research journals and also works directly with athletes as a sport psychology consultant working with recreational to high performance.



## DR. DOUG RICHARDS

Dr. Doug Richards practiced clinical sport medicine at the University of Toronto for over 40 years. He was also the director of the David L. MacIntosh Sport Medicine Clinic culminating in extensive experience providing health care for intercollegiate, professional, Olympic, and Paralympic athletes. Dr. Richards retired from clinical practice in 2021 and continues to work as an Associate Professor Teaching Stream in the Faculty of Kinesiology and Physical Education at the University of Toronto.



## TIM TAHA

Tim Taha has 30 years of experience working in high performance sport as a coach and scientist. With a PhD in Exercise Physiology, Tim has worked with Hockey Canada, Rowing Canada, and Athletics Canada. He also works with the Toronto Football Club during their championship season. Tim is particularly interested in training methods including training periodization with a focus on speed and power.