



BCATHLETICS

COACHING SUMMIT

SPEED • POWER • PERFORMANCE

November 7–8, 2026

METRO VANCOUVER

IN PARTNERSHIP WITH



FEATURING

Dane Miller

Founder, Garage Strength

Internationally recognized coach in track & field, weightlifting and strength & conditioning, returning to B.C. nearly two decades after training in Kamloops under renowned coach and sport scientist Dr. Anatoliy Bondarchuk.



20+

YEARS COACHING
AT THE HIGHEST LEVELS

2

OLYMPIC GAMES
TOKYO 2021 & PARIS 2024

12+

OLYMPIANS &
WORLD MEDALISTS

5

SPORTS, YOUTH TO
OLYMPIC LEVEL

WHAT YOU'LL LEARN

Periodization Principles

Using Weightlifting to Develop Power

Injury Prevention

Building a Culture of Excellence

REGISTER NOW

EARN 3 NCCP PD POINTS

Learn, connect and exchange ideas with coaches from across B.C.
Registration and event details on Trackie | bcathletics.org



SCAN TO REGISTER

FOR IMMEDIATE RELEASE

BC Athletics & Athletics Canada Announces 2026 BC Athletics Coaching Summit Featuring Elite Coach Dane Miller

BURNABY, B.C. — October 6, 2026 — BC Athletics is pleased to announce that Dane Miller, founder of Garage Strength and internationally recognized coach in track & field, weightlifting and strength & conditioning will headline the upcoming BC Athletics Coaching Summit: Speed, Power and Performance, in partnership with Athletics Canada on **November 7–8, 2026**.

BC Athletics is especially excited to welcome Miller back to British Columbia, nearly two decades after he spent a year training in Kamloops in 2007 and 2008. During that time, he had the opportunity to learn from renowned coach and sport scientist Dr. Anatoliy Bondarchuk, an experience that formed part of Miller's own development as a coach. His return to BC provides a unique opportunity for coaches in the province to learn from a coach whose career has since taken him to the Olympic Games and the highest levels of sport.

With more than 20 years of experience coaching athletes at the highest levels of sport, Miller brings a wealth of practical experience working with athletes across multiple sports and stages of development. He has coached at two Olympic Games—Tokyo 2021 and Paris 2024—and has worked with athletes who have qualified for three consecutive Olympic Games: Rio, Tokyo and Paris.

Throughout his career, Miller has coached more than a dozen Olympians and world medalists across five sports, including weightlifting, track and field, freestyle wrestling, sprint cycling and swimming. His athletes have set continental and American records and gone on to compete professionally, including multiple NFL players and an NFL Draft pick whom Miller began coaching when the athlete was in sixth grade.

The BC Athletics Coaching Summit will provide coaches with an opportunity to learn directly from an experienced practitioner who has worked across a wide range of athletic environments and performance levels.

"We are excited to bring someone of Dane's experience and perspective to British Columbia," said Megann VanderVliet, CEO of BC Athletics. "His experience working with athletes across multiple sports, from youth development through to the Olympic level, provides a valuable opportunity for coaches to learn from someone who has spent more than two decades applying training and coaching principles in the real world."

The BC Athletics Coaching Summit is designed to support coaches in their ongoing professional development and provide opportunities to learn, connect and exchange ideas with other coaches from across the province.

The Coaching Summit will cover topics such as;

- Periodization Principles
- Using Weightlifting to Develop Power
- Injury Prevention
- Building a Culture of Excellence

Outside of his coaching career, Miller is a father of four and lives with his wife, Caitlin.

About BC Athletics

BC Athletics is the provincial sport organization for Track & Field, Race Walking, Road Running, Cross Country and Mountain & Trail Running. A Branch member of Athletics Canada.

BC Athletics is dedicated to inspiring a lifelong passion for athletics by fostering participation, excellence, and community. Through accessible programs, supportive networks, and innovative opportunities, we aim to ignite the potential within every participant and celebrate the spirit of the sport across British Columbia.

For more information about the BC Athletics Coaching Summit, including registration and event details, visit the [event registration page](#).

Media Contact:

Megann VanderVliet

CEO, BC Athletics

Megann.vandervliet@bcathletics.org

