

# HIGH PERFORMANCE SPRINTS/HURDLES CLINIC



**PRESENTER: WORLD CLASS COACH  
DEREK EVELY**

**Date: Saturday April 2<sup>nd</sup>**

**Time: 1:00 - 7:00pm**

**Location: 7000 College Way, Vernon. B.C. @ Okanagan College**

**Cost: \$95**

**Registration Limited. Contact Karen: 250 862 6039 [manager@okac.ca](mailto:manager@okac.ca)**

*Accommodation: Prestige Inn, Vernon - Special rate of \$99.95 per night if booked prior to March 20<sup>th</sup>  
Quote: High performance clinic.*

## **Program:**

- Classroom analysis of sprint & acceleration mechanics
- Practical on track sessions in sprint mechanics and technique development
- A world class guest speaker
- Program design and training considerations
- Periodization concepts
- Ideas on strength development

## Derek Evely:

Beginning in the mid-1990s, Derek was, first, the Head Coach of the [Kamloops Track and Field Club](#), where he worked with international athletes Shane Niemi, Gary Reed, and Dylan Armstrong, among others. From Kamloops, he moved to Edmonton to work alongside Kevin Tyler as the Sport Science Manager and National Team Long Sprints coach at the [Canadian Athletics Coaching Centre \(CACC\)](#). Focusing on coach education and training, application of sport science to track and field, and the overall development of the sport in Canada, the CACC was a hugely successful endeavour that led to both Kevin and Derek being recruited to high-level positions in the United Kingdom. Derek moved across the Atlantic in 2009 to become the Director of the Loughborough High Performance Centre (one of two in the UK – the other being in London, where Dan Pfaff was the Centre Director). Besides managing a group of coaches, administrators, and support staff, Derek coached a young group of throwers in the UK, including Sophie Hitchon, who, under Derek's tutelage, broke the British record in the hammer at 19 years old, and qualified for the Olympic Final in 2012 at the age of 21! Upon returning to Canada in 2012, Derek coached Sultana Frizell to a new Canadian record in the hammer throw.

Derek lectures extensively on athlete preparation and development, long term planning for athletes, and youth development. During his coaching career, he has been named to 5 World Championship Teams, 2 Olympic Teams, the European Championships, European Team Championships, European under-23 championships, and many others.

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