

NORTH AMERICA, CENTRAL AMERICA AND CARIBBEAN TRACK & FIELD COACHES ASSOCIATION

NACACTFCA BULLETIN Vol. 5 Number 2 - Aug. 2007



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NACACTFCA Regional Information:

IAAF Academy Website:

The IAAF Academy has a site to help promote the regional coaches associations of the IAAF and for development of World Class Coaches. Great articles available with login. Go here for more info: <http://www.iaafacademy.com/>

Regional Calendar Information:

Go to CAC and NACAC sites for regional calendars: <http://www.athlecac.org/>
<http://www.nacac.sportcentric.com/>

NACACTFCA Members info:

NACACTFCA members, including members of the USTFCCCA who opt to join, are entitled to important benefits. Details on page 3.

Technical Coaching Sites:

www.athleticscoaching.ca has great sport science articles & www.coaches-eye.com (currently under repair!) is a great interactive technical site.

2008 Barbados Relay Fair:

Elite Sports informs you that the Barbados Relay Fair will take place on Saturday 09 February 2008 at the national stadium in Barbados. Please notify the schools in your territory of the event organized as a competition for schools and run in the age categories: Primary, Under 15, Under 17, Under 20, Tertiary & Clubs - male and female. Schools may compete in any or all categories as there will be a separate champion of each age division. Each group will compete in 4x100, 4x400 and a medley relay. Participants will be responsible for their own expenses but, on request, assistance will be given in making the necessary arrangements. Elite Sports looks forward to having representation from each territory in 2008. - Thanks in advance for your co-operation. Respectfully

June Rudder - Event Co-ordinator

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Articles on the NACACTFCA Website

Access to most of the articles on the NACACTFCA Website (www.nacactfca.org) is now restricted to active members. To become a member or renew membership, go to the website and look on the left frame for the link to the Membership Information. This will download a WORD file that can be completed and emailed to rmercado@sis.org and victorlp8@aol.com; check may be sent to Victor Lopez at address listed. Direct link to file:
<http://nacactfca.org/NACACTFCA%20MEMBERSHIP.doc>

Articles online are drawn from sixteen years of NACACTFCA Congress presentations and other articles by some of the best international coaches in Athletics.

Contributions to the NACACTFCA Bulletin and the Electronic Athletics Journal

Please submit articles and information to rmercado@sis.org for inclusion in this NACACTFCA Bulletin and on the Electronic Athletics Journal online through the site. We especially desire original research and work based on training and technical analysis.

Student paper wins European Athletics Science Award

20 September 2006 (from EAA Website)

Christina Hunneshagen from the German Sport University in Cologne has been named the winner of the 2006 European Athletics Science Awards. The winning paper, entitled "Coaches'Eye" - Technical analysis and fault finding as an internet application for coaching high jump was Hunneshagen's final thesis for her Diploma studies completed in 2005. The tool described in the paper can be accessed on www.coaches-eye.com. The award was made by an EAA appointed jury, chaired by Vice President Agoston Schulek. "The jury was impressed with Christina's innovative approach to coach education using information technology," said Schulek, "the tool she has developed has great potential to bring theory and practice together for a large number of coaches wherever they might be in Europe." "With this award the jury is demonstrating its belief in the importance of the role coaches have to play in serving athletes, developing the level of performance in Europe and maintaining the strength of European Athletics," Schulek added. Hunneshagen, who currently works as a lecturer at the German Sports University in Cologne, will be invited to accept her award and the 10,000 Swiss franc prize at a ceremony in Varna, Bulgaria, on the occasion of the European Athletics Calendar Conference 12-14 October. The fifth edition of the biennial European Athletics Science awards attracted 26 entries from 14 countries. The next European Athletics Science Awards contest will take place in 2008.

ed. note – The Coaches-Eye site is being repaired right now to fix server issues, but will soon include technical areas on Pole Vault and the throws.



North America, Central America, and Caribbean Track & Field Coaches Association Member Benefits



NOTE: USTFCCCA members are affiliated with *NACACTFCA* and enjoy full member privileges:

- Access to website: www.nacactfca.org
- Full Electronic Bulletin article access: <http://nacactfca.org/articles/nacactfcabulletin.htm>
- Receive email *NACACTFCA Bulletins* quarterly
- Receive a copy of 2007-2008 IAAF Competition Rules Handbook
- \$35.00 USD Member rate for IAAF *New Studies in Athletics* subscription
- Member registration rate for Congress each October (2007 El Salvador)
- Part of World Class Coaches Club at World Championships
- Previous Congress locations: *2007 in San Salvador, El Salvador*
 - 2006 – Carolina, Puerto Rico
 - 2005 – Dominican Republic
 - 2004 – Bonaire, Netherlands Antilles
 - 2003 – Monterrey, Mexico
 - 2002 – San Juan, Puerto Rico
 - 2001 – Montego Bay, Jamaica
- Previous Congress Presenters: Günter Tidow (GER) / Don Babbitt (USA) / Dan Pfaff (USA) / Santiago Antuñez (CUB) / Tom Tellez (USA) / Rudiger Harksen (GER) / Stephen Francis (JAM) / Cliff Rovelto (USA) / Eladio Hernandez (CUB) / Elio Locatelli (ITA) / Les Gramantik (CAN) / Amy Deem (USA) / Frank Dick (GBR) / Loren Seagrave (USA) / Nelio Moura (BRA) / Luis Miguel Landa (ESP) / Ramona Pagel (USA)

For more information, contact Richie Mercado – Secretary – rmercado@sis.org
or Victor Lopez – President – Victorlp8@aol.com



17th NACTFCA INTERNATIONAL ATHLETIC CONGRESS

October 11-14, 2007

Hotel Real Intercontinental - San Salvador, El Salvador

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TRACK AND FIELD NEWS / ATHLETICS CANADA / NORDIC SPORT AB
SALVADOREANATHLETICS FEDERATION / SALVADOREAN OLYMPIC COMMITTEE / INDES**

CONGRESS GUEST SPEAKERS:

Jerry Clayton -Throwing Events - USA - Senior Assistant Coach at Auburn University. One of the top throwing events coaches in the USA. In his productive career of over 25 years coach Clayton has developed a number of Olympic and world medalists.

Carlos Carvariello - Endurance Events - Brazil - The Head National Coach of Brazil and personal coach of some of the best long distance runners from Brazil. His scientific approach to the training and long term development of his athletes is unique and proven to obtain great results.

Irving “Boo”Schexnayder - Jumps - USA - One of the top jumping events coaches in the world. Personal coach of many Olympic and world medalists. Former jumping events coach at Louisiana State University.

Les Gramantik - Combined Events - Canada - Canada’s Head National Coach one of the most respected combined events coaches in the world. Head Coach at the University of Calgary in Alberta, Canada.

Victor Lopez - Sprints/Hurdles - Puerto Rico – Former Head Women’s Coach at Rice University for 26 years. His systems and methodology in the training of sprinters and hurdlers are used by many. The Chairman of the IAAF Coaches Commission.

** In this year’s Congress we would be offering simultaneous presentations by event groups and practical sessions, plus event groups roundtables and time for short presentations (20 minutes) by coaches in the association – contact rmmercado@sjs.org if you wish to present in San Salvador**



17th NACACTFCA CONGRESS PROGRAM – San Salvador

Thursday, October 11

All Day - Arrivals
4:00 7:00pm - Registration
7:00 9:00 Welcome Reception
9:00pm BOD Meeting

Friday, October 12

8:00 9:00am Registration
9:00 9:45 Congress Inauguration
10:00 12:00 Event overview, trends, research, etc.
 10:00-11:15 Throws
 11:15-12:30 Jumps
12:30-2:00pm LUNCH - Sponsored by Nordic Sports
2:00-6:00 Event overview, trends, research, etc.
 2:00-3:15 Endurance
 3:15-4:30 Sprints / Hurdles
 4:45-6:00 Combined Events
7:00pm Night in San Salvador

Saturday, October 13

9:00-10:00 Practical session I by event group - Training/drills
10:15-11:15 Practical Session II by event group - Training/drills
11:15-12:15 Member Coach Presentations – 20 minutes each
12:15-2:00 LUNCH - Sponsor - MONDO
2:00-3:00 Practical Session I – Repeat?
3:15-4:15 Concluding Discussion/Practical C
4:30-5:30 Wrap up - All Groups
7:30pm Banquet

CONGRESS HEADQUARTERS HOTEL REAL INTERCONTINENTAL SAN SALVADOR, EL SALVADOR



The Hotel Real Intercontinental, a five star resort located in the financial and commercial district of San Salvador, has been selected as the headquarters for the 17th NACACTFCA Congress. This luxurious hotel is offering a special rate of \$80.00 for a single room and \$90.00 USD for a double per night plus 18% hotel tax, for the delegates to the Congress. The rate includes breakfast buffet and free use of the fitness center.

You must make your own reservation since NACACTFCA will not include the hotel in the registration fee. Please make your reservation with: **Gisele Alemán, Group Sales Manager - Hotel Real Intercontinental. Tel. (503) 2211-3333 Ext. 4033 / Fax. (503) 2211-4444 email: gisele.aleman@realhotelsandresorts.com / www.realhotelsandresorts.com**

Be sure to make your reservation by September 11th and mention that you are making your reservation for the NACACTFCA Congress in order to get the special rate. Make your reservation on time since the rooms with that rate are limited. Please visit the NACACTFCA web site: www.nacactfca.org

Congress fee includes registration, materials, proceedings, T-shirt, welcome reception, door prizes, luncheon, banquet, ground transportation. **(To provide ground transportation we must receive your arrival information by October 8th).**

***In order to get the registration fee discount for members you must have paid your membership fee by September 30th, 2007.** Please complete the above registration form and return with International Bank Draft, Traveler Check or Money Order. You can send registration to: **Víctor López - PO Box 4770 Carolina, Puerto Rico 00984-4770**

Tel: (787) 762-5400 / Office Tel: (787) 791-7032 / Private (787) 253-2982 / Fax. (787) 367-1421

Mobile email: victorlp8@aol.com

Personal Check will not be accepted

MONDO

NACACTFCA CONGRESS REGISTRATION San Salvador, El Salvador

NAME _____

ADDRESS _____

CITY _____

STATE or PROVINCE _____

COUNTRY _____

POSTAL CODE _____

email _____

CONGRESS REGISTRATION FEE

\$175.00 for NACACTFCA members (paid by September 30th, 2007)

\$225.00 for non-members

Go to www.nacactfca.org for Hotel Registration and more Congress information!





Canadian Athletics Coaching Centre presents

International Throws Conference 07 Sat Sep 29 2007 - Sun 30 Sep 2007

THE CONFERENCE

European schools of throwing have produced some of the greatest success stories in athletics history, as well as providing the world with unique systems of training and methodological frameworks that are the basis of many of the world's most accomplished sport training models. In this one-of-a-kind weekend conference the **Canadian Athletics Coaching Centre** will present the fathers of three of these schools: Dr. Ekkart Arbeit (Germany), Dr. Anatoly Bondarchuk (Ukraine) and Kari Ihalainen (Finland).

THE PRESENTERS

Dr. Ekkart Arbeit (Germany) was, for more than 25 years, involved in the competitive sport system of the G.D.R. Initially in the area of competitive sports research, then later as a coach inside the GDR Athletic Federation, he developed the systems of training that led to the development of such athletes as Udo Beyer, Ulf Timmerman, and Petra Felke. Since 1990 he has coached and advised in Italy, Greece and Israel. Dr. Arbeit will cover German models of athlete development from beginner to elite, as well as the development of strength and power in the throws.

Dr. Anatoly Bondarchuk (Ukraine) owns credentials in the sport of athletics that are virtually unparalleled. As an athlete, he was 1972 Olympic Gold Medalist in the hammer throw. As a coach, he developed the Russian national team hammer program from 1976 to 1992. His athletes have won numerous Olympic and World Championship titles and include Yuri Sedyh, Olympic Champion and World Record Holder. Dr. Bondarchuk will cover all aspects of hammer throw development from beginner to elite level.

Kari Ihalainen (Finland) was head coach of the Finnish javelin program from 1990 until 2005 and is considered one of the greatest coaches in the history of the event. During his time as head coach of the national team program Finnish javelin throwers won 13 Olympic, World and European Championship medals. Amongst these successes were such legendary names as Seppo Raty, Kimmo Kinnunen, Aki Parviainen and Mikaela Ingberg. Mr. Ihalainen is undoubtedly one of the foremost experts on the javelin throw in the world today. He will cover all aspects of Finnish javelin training.

Don Babbitt (USA – University of Georgia) is currently one of the world's premier throws coaches, having coached eight Olympians in the throwing events in 2004. His stable of current athletes include shot putters Adam Nelson (22.51m - 2 time Olympic Silver Medalist, 2005 World Champion) and Reese Hoffa (22.11m - 2006 World Indoor Champion), as well as javelin thrower Breaux Greer (87.68m – American Record Holder, 7 time US Champion). Coach Babbitt will cover rotational shot put mechanics.

For more information about the International Throws Conference 07, please [click here](#) to download our conference brochure.

[Click here](#) to register for the International Throws Conference 07 (editable PDF file). You can simply fill in the registration form and submit via the email button on the form or print the filled out form and submit via mail or fax (information provided on conference brochure).



2007 USTFCCCA Convention - Phoenix, Arizona / December 16 - 19, 2007



The 2007 USTFCCCA convention will take place on December 16th through 19th at the J.W. Marriott Desert Ridge Resort and Spa in Phoenix, Arizona.

The USTFCCCA convention is *YOUR* opportunity to help shape the future of your sport and your profession.

The NCAA Division I, II and III Track & Field and Cross Country meetings provide member coaches the chance to offer their input on issues that directly impact their athletes and programs.

The 2007 USTFCCCA Convention will also feature:

- Technical Symposiums daily beginning on Sunday night
- Meals and Social Events on Monday, Tuesday and Wednesday
- Complimentary Airport Shuttle (available on Sunday, Monday and Thursday)
- Hall of Fame Induction and Dinner
- And a whole lot more.....

You can navigate to all of the convention related information that you will need directly from this page. Feel free to contact the USTFCCCA National office if you have any questions. We look forward to seeing you in Phoenix this December.

Advanced Coaching Symposiums - presented by TARTAN

The Advanced Coaching Symposiums presented by TARTAN, a hugely popular event at the 2006 USTFCCCA convention, have been expanded for 2007 with the addition of a fourth event topic.

The Advanced Coaching Symposiums will once again be featured on Sunday evening beginning at 6:00 PM and continuing Monday morning at 8:00 AM.

A dedicated eight hour symposium session will be conducted on each of the following event areas:

- Horizontal Jumps
- Middle Distance Training
- Sprint Training and Mechanics
- Shot Put

Technical Seminars presented by TARTAN will be held on Tuesday and Wednesday mornings from 8:00 AM through 9:30 AM.

Tuesday's Technical Seminars:

- 400-meter Hurdles
- Javelin
- Pole Vault
- Strength Training for Distance Runners

Wednesday's Technical Seminars:

- Strength Training for Speed and Power Events
- Transitioning from Cross Country to Indoor
- Weight Throw

"The symposiums and technical seminars provided us with a great opportunity to hear some of the top coaches in the sport. I'm really looking forward to attending all of the sessions at the 2007 convention."

- Ron Grigg, Jacksonville University



The Pole Vault Project – The Pole Vault Project will be a long term study of the mechanical concepts of the pole vault as they are understood by athletes and coaches of all levels internationally, how they are taught, and how the coaching and scientific community can improve understanding, teaching, learning, and performance in the discipline. A survey will be constructed to ascertain the mechanical understanding and concepts of coaches and athletes which will be translated into several languages eventually



With Vitaly Petrov in Formia, July 2007

(English, Spanish, German to start), and eventually posted on the internet as a form which can be submitted electronically. Data will be gathered and interpreted with the guidance of several international coaches and sport scientists who have already contributed to the formulation of this project. A comparison of the concepts of vaulters and coaches will be made with contemporary research of leading biomechanical studies of the event. A further analysis will be conducted to discern patterns by ability or coaching level, region, and coaching professionalization/certification and competitive culture. The project is already underway

with the cooperation and contributions of coaches and scientists in the United States, Italy, Germany, and Australia. Further goals of the project are to utilize new technology to further the understanding of the event, increase interaction between scientists, coaches, and athletes worldwide, and to allow great efficiency of feedback and interaction between sport scientists and the coach and athlete. This will be done by the future creation of a wiki site where researchers, coaches, and athletes can participate in building the body of research, discussion, and experiences to allow readers worldwide to read and experience the latest in science, practical application, pedagogy, and performance in the pole vault. Additionally, the site may contain an RSS feed that will gather and organize discussion, articles, research, etc. related to the pole vault. Another new tool for pulling people together around the world is the use of Skype – a free online software that allows users to communicate by text message and live by phone free to any other Skype user in the world! Conference calling by Skype will allow those involved in the Pole Vault Project to meet by phone and even face-to-face for those who have cameras attached to their computer!

There will be a brief presentation of the Pole Vault Project and Survey in its present state at the NACACTFCA Congress in San Salvador this October.

Richie Mercado – Secretary NACACTFCA
rmercado@sjs.org

With German National Women's Coach
and www.stabhochsprung.com creator
Herbert Czingon in Mainz, Germany



IAAF Academy Coaching Courses

Go to <http://iaafacademy.com/> for more details.

Coaching Development Director

24/08/2007 to 02/09/2007

Osaka

Language:English

Elite Coaches Course

09/09/2007 to 16/09/2007

Loughborough

Language:English

Management Group Meeting

22/09/2007 to 23/09/2007

Monaco

Language:English

Elite Coaches Course

23/09/2007 to 30/09/2007

San Juan

Language:English

Coaching Development Director

29/10/2007 to 05/11/2007

Singapore

Language:English

Coaching Development Director

04/11/2007 to 11/11/2007

Litoral

Language:English

Chief Coaches Course

17/11/2007 to 30/11/2007

Cairo

Language:English

Chief Coaches Course

09/12/2007 to 23/12/2007

Beijing

Language:English

Coaching Development Director

16/12/2007 to 23/12/2007

Moscow

Language:English

