



The Canadian Athletics
Coaching Centre
Canadien d'entraîneurs
d'athlétisme

COACHING

CONFERENCE 2006

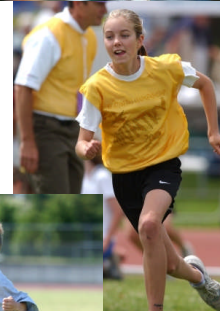
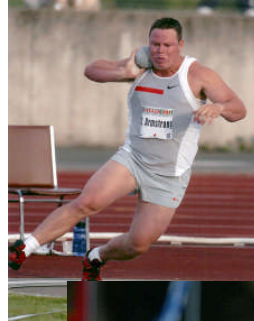
Edmonton

August 25th, 26th, 27th

**BRINGING YOU WORLD
RENOWNED EXPERTS IN
JUMPS, SPRINTS AND
HURDLES, DISTANCE AND
THROWS**

Event Specific Seminars on:

- Planning and Training Systems
- Technical Performance
- Recovery and Regeneration



Professional Development Opportunities

Educate the Motivated. Motivate the Brilliant.
Produce the Best.



Presenting

Jumps



Irving Schexnayder

Coach Schexnayder is one of the finest jumps coach's in the world, most recently guiding Walter Davis to the World Indoor and Outdoor Championship titles in Triple Jump.

Currently the head jumps coach at Louisiana State University, Coach Schexnayder also serves as the USA Track and Field Jumps Development Chair, and lectures for USATF at their level II and level III Coach Education Schools. Respected world wide he has been asked to present his methods to coaches in the UK and the NACAC regions.

Sprints and Hurdles



Mike Murray

Coach Murray developed some of the best national team sprinters and hurdlers to represent Canada. His athletes (Robert Esmie, Tara Self (nee Perry), Tim Kroeker, Laurier Primeau, Tom Zverina, Yvonne Mensah, Philomena Mensah, and Peter Ogilvie) have competed at the Olympic Games, World Championships, Commonwealth Games, Francophone Games, World Junior Championships and Pan American Games. Adding to this highly accomplished resume, Coach Murray served as a National Team Coach for the only relay team in the world to defeat the Americans in the 4x100m.

Coach Murray will be presenting his system for developing young sprinters and hurdlers.

Throws



Dr. Bondarchuk

Dr. Anatoly Bondarchuk is renowned as an athlete (1972 Olympic Champion and European Champion in the hammer throw as well as a former World Record Holder), and his coaching credentials are virtually unprecedented in the sport of Athletics.

From 1976 to 1992, athletes under Dr. Bondarchuk's direction captured Gold, Silver, and Bronze in the hammer throw at four different Olympic competitions. In total, his athletes have captured 23 Olympic medals. His hammer throwers alone own five World Championship titles. Dr. Bondarchuk will be sharing his technical understanding for the throws events as well as his approach to planning for success in competition.

Distance



Wynn Gmitroski

Coach Gmitroski is arguably one of the most successful distance coaches in the world. Under his direction athletes such as Gary Reed, Diane Cummins, Aimee Teteris, Graham Hood, Angela Chalmers, Zach Whitmarsh, Robyn Meagher and Bruce Deacon have made the step into the elite ranks as semi-finalists and finalists at the world level. Among their achievements are 6 Canadian records and 3 top ten all-time world best performances.

Coach Gmitroski will be presenting his approaches to planning, athlete maintenance, and recovery.

Leaders in Coaching Development

A Coaching Conference brought to you by:



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Agenda

Friday, August 25th, 2006

3:00 – 4:00 pm	Conference Package Pick-Up	
4:00 – 4:30 pm	Keynote	
4:30 – 5:30 pm	Roundtable:	Integrating Training Elements
5:30 – 8:30 pm	Event Specific Workshops:	Jumps with Irving Schexnayder Sprints and Hurdles with Mike Murray Distance with Wynn Gmitroski Throws with Dr. Bondarchuk

Saturday, August 26th, 2006

8:00 – 9:30 am	Plenary Session:	Recovery and Regeneration
9:30 – 12:30 pm	Event Specific Workshops:	Jumps with Irving Schexnayder Sprints and Hurdles with Mike Murray Distance with Wynn Gmitroski Throws with Dr. Bondarchuk
1:30 – 2:30 pm	Round Table:	Skill Acquisition
2:30 – 5:30 pm	Event Specific Workshops:	Jumps with Irving Schexnayder Sprints and Hurdles with Mike Murray Distance with Wynn Gmitroski Throws with Dr. Bondarchuk

Sunday, August 27th, 2006

8:00 – 11:00 am	Event Specific Workshops:	Jumps with Irving Schexnayder Sprints and Hurdles with Mike Murray Distance with Wynn Gmitroski Throws with Dr. Bondarchuk
11:00 – 12:00 pm	Round Table and Event Closure:	Peaking and Tapering

The coaches, the future, the elite, the difference!

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Conference Registration Form

Registration is due by Friday, August 11th, 2006

Contact the Canadian Athletics Coaching Centre Administrator, Scott Luck, to confirm your registration.

Phone: (780) 492-6868

Fax: (780) 492-6867

Email: scott.luck@ualberta.ca

Have you registered for Coaching Centre programs in the past? Yes No

Last Name _____ First Name _____ Middle Initial _____

Address: _____ City _____

Prov. _____ Postal Code _____

Phone _____ Email _____

Birthdate: Yr _____ Mo. _____ Day _____ Male Female

Would you like courtesy transportation arranged for you to and from the Airport? Yes Time of arrival _____

Would you like courtesy transportation arranged for you from the conference hotel to the conference? Yes No

Are you interested in booking a hotel room at the official conference hotel (costs forthcoming) Yes No

Type of Participant (Club Coach, School Coach, Varsity Coach, Athlete, Administrators, Other): _____

Registering for which Event Area: Sprints/Hurdles Distance Throws Jumps

Club or School Affiliation: _____

Are you a member of your provincial branch? Yes Which province? _____ No

The Cost for the Conference is \$285.00 (includes GST and Conference Materials)

Method of Payment (Visa, Mastercard, Cheque, Cash): _____

Credit Card Info:

Name on card _____ Card Number _____

Expiry Date _____

Would you like to receive email updates from the Canadian Athletics Coaching Centre for upcoming programs and events? Yes No

Dream, Inspire, Commit!

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