

# ATFCA Winter Workshop Series for Coaches and Athletes

Presented by  
the Victorian Division of the Australian Track and Field Coaches Assn



09:00am-12:15pm - Saturday - **5<sup>th</sup> June 2010**

At **Knox Athletic Centre** [ Melway: Map 73, D6 or UBD: Map 319, R9 ]

## HORIZONTAL JUMPS

with Dr John Boas OA

## HAMMER PLUS (# 2-2010)

with Bryan Neighbour  
and Pavlo Milinevskyy

## SPRINT RELAYS

with Steve Cowburn  
and Neville Down

## ENDURANCE EVENTS

with Richard Huggins  
and Dr George Aber

### Horizontal Jumps

*From a kid with potential to.....Where?*

*By Dr John Boas OA*

#### Presentation summary:

Theory (long jump and triple jump events):

- Factors affecting athlete progression
- Athlete/coach/support system interactions
- Physiological and psychological capabilities and development
- Refining the technical model-basic to advanced
- Implications of advanced techniques for conditioning and programming
- Progressions in conditioning and programming - basic to advanced

#### Practical

Demonstration of technical and conditioning exercises and drills (participants may wish to join in some of these, depending on numbers and time)

### Hammer PLUS (Part 2-2010)

#### Part 1

Technical and Video Analysis

*By Bryan Neighbour*

#### Part 2

Filmed Clinic presented by

Youri Sedykh, men's world record holder  
(Recorded in Szombathely, Hungary, 2003/4)

#### Part 3

Practical Demonstration and Instruction

*By Pavlo MILINEVSKYY*

#### Inside

- Something for everyone: the coach, students of the sport, *and athletes.*
- *Technical chat, video analysis using Australian athletes.*
- Examining photo sequences (20fps) of top 6 performers from the 2010 AV Men's HT state titles.
- Viewing of a coaches clinic by Youri Sedykh.
- The session will also include questions and discussion lead by Senior Coach (throws) **Bryan Neighbour**

#### Outside:

- Pavlo will go through his approach based on his own learning in the Ukrainian system, coaching points and will provide the demonstrations.



**Dr John Boas**

**Profile:**

- Coach for over 40 years; Level 5 since 1978
- National Event Coach for Long Jump 1980-91
- National Consultant Coach since 1992
- Most prominent athletes coached include
- Ian Campbell –Triple Jump (5<sup>th</sup> 1980 Olympic Games)
- Gary Honey-Long Jump (Silver medal 1984 Olympic Games)
- David Culbert- Long Jump (6<sup>th</sup> 1991 World championships)
- 12 other Australian representatives at senior or junior international level
- Vice President ATFCA 1982-91
- Member Quality Control Committee (accreditation/examination) 1982-2002

Team coach 1984 Olympic Games, 1985 World Cup, 1986 Commonwealth Games



**Bryan Neighbour**

**Profile:**

- Senior coach (L5/ throws);
- ATFCA Committee /Coach Education coordinator;
- VLAA Education Committee;
- Physical Education Degree
- Trained Primary Teacher’s certificate (TPTC)
- PE teacher.

***Pavlo MILINEVSKYY:***

- Active coach working in Geelong
- Bachelor degree in Physical Education and a Master of Sport in Athletics(Ukraine),
- Australian qualifications - throwing coach level 4.
- A former Ukrainian athlete, coached by Prof. Anatoly Bondarchuk



## Sprint Relays

Presented by well known ATFCA members  
Steve Cowburn and Neville Down

### Inside:

- Review basic principle
- Hand sequence
- Passing methods
- Athlete responsibilities
- Lane discipline
- Visual / non-visual changes
- Use of check-marks
- Free Space
- Communication
- Common faults
- Team strategy

Relay leg characteristics / order Progression of relay times, analysis of the evolution of relay techniques and relay team and leg selection

### Out on the track

(juniors demonstrating plus any willing volunteers):

- Relay specific warm-ups
- Lane change demonstration/ practice
- Un-laned change demonstration / practice



Steve Cowburn

### **Profile:**

- A popular, experienced ATFCA presenter for level 1-2 and ATFCA/ VLAA ITC Courses.
- Senior committee member with VLAA coach education, ALA inter-state competitions competition manager and VLAA JDS coach
- ATFCA Level 4 coach
- Active coach with JDS, Knox Seniors and LA Centre
- Major contributor to coach education (see articles posted on the VIC ATFCA web site)
- A senior NEC officer for personnel training.

## Endurance Events

### Part 1

Why 'Cross Country' is so important as preparation  
for your Track Season

by Richard Huggins

A Planning and Training Philosophy for Cross-Country Events.

Give the young developing athlete a long term structure with short term ongoing goals.



### **Profile:**

- Coaching athletics for approx 25 years.
- Started with own children's involvement with Little Athletics.
- Specialist Middle & Long Distances and Steeplechase for last 15 years.

**Personal philosophy:** create a good atmosphere for the athlete; build a strong team environment where the various age groups and abilities can train together.

### Part 2

Training in the Heat (Endurance Athletes)

by Dr. George Aber

### "Heat Stress"

This session will provide coaches and athletes with a basic understanding of what happens to their bodies while exercising in warm to hot conditions.



**Neville Down**

**Profile:**

- Lecturer in the school of Human Movement and Sport Sciences at the University of Ballarat.
- A well known, dynamic presenter at ATFCA Coach Education courses
- Level 4 coaching accreditation
- 20 years coaching experience Sprints, Hurdles, Relays and Middle Distance.
- Worked with State and National teams and relay squads.

This will reflect on :

- Body Temperature Responses
- Exercise performance
- Heat acclimation
- Fitness
- Fluid and electrolyte replacement.
- Final section will focus on the importance of fluid and electrolyte replacement as the key to protect them against heat injury.



**George Aber**

**Profile:**

- New York University School of Medicine.
- Medical Officer with the US Department of State serving in Africa, the Middle East, Asia, and South America.
- Retired from General Practice in 1991.
- Involved in coaching and study of Exercise Physiology and Sports Medicine and Science since 1991
- Veteran's running career, contesting events from 5k to the marathon.

**REGISTRATION and ENQUIRIES**

When arriving ***please register and pay before moving to sessions.***

Your ***wake-up morning tea/coffee and biscuits*** will be ready by 8.40am

**FEE**

A small charge applies, payable on the day, to cover administration costs and light refreshments:

- |   |      |
|---|------|
| • Current financial ATFCA members               | \$5  |
| • Non-member coaches and non-member adults      | \$15 |
| • Registered athletes and all U18-U12 attendees | \$5  |

*Cash or cheque only*

**Enquires** to Bryan Neighbour (ATFCA Coach Education Coordinator)  
via: [viccoaches@atfca.com.au](mailto:viccoaches@atfca.com.au) or **0411 480 053**