

## The Jumps: Athlete and Coach Development

An outstanding panel of speakers will discuss the latest theories, concepts and approaches to coaching the jumps. Topics will include: the prerequisites of success, how to execute proper technique, and planning and implementation. This conference aims to help coaches understand the qualities jumpers need and the skills coaches must possess to develop their athletes and themselves.

**November 2 - 4, 2012**

**The National Hotel and Suites, Ottawa, Ontario**

361 Queen Street, Ottawa, ON

Toll Free: 1-855-855-6285

Use code: JUMPS12 for group discount

Register online at: [www.athleticscoaching.ca](http://www.athleticscoaching.ca)

**Early Bird Price is \$200 until September 30th, 2012, (Regular Price is \$225)**

**Includes lunch on Saturday, a free book from Human Kinetics and a 25% discount off future purchases.**

## Featured Speakers

### Dan Pfaff

Dan Pfaff has coached athletes across all events to decorated success. In the jumping events he has had a number of notable achievements. He has led Canadian high jumper Mark Boswell, American pole vaulter Brad Walker and British long jumper Greg Rutherford each to national records. Dan is a highly regarded coach educator having mentored an endless list of top coaches in the sport today.

### Irving "Boo" Schexnayder

American coach Irving "Boo" Schexnayder is recognized as one of the top horizontal jumps coaches in the world today. He has led Americans Walter Davis to two world titles in the triple jump and John Moffitt to an Olympic silver medal in the long jump. In addition, as a collegiate coach at LSU Boo led 10 athletes to 19 individual NCAA titles.

### Nelio Moura

Nelio Moura is the Director of the IAAF Jumps Centre in Sao Paulo, Brazil. He coached the 2008 Olympic Champions in the men's and women's long jump and has had an athlete competing in every Olympics since 1988. Nelio has experienced great success at the Junior level coaching numerous world and regional medallists in the long jump.

### Other presenters include:

Les Gramantik,  
Jesus Dapena,  
Dr. Larry Bell and  
Sport Scientists  
from Canadian Sport  
Centre Ontario (CSC-O)

Sponsored by:



The Canadian Athletics  
Coaching Centre

a world leader in coach education



## THE 2012 CANADIAN NATIONAL JUMPS CONFERENCE SCHEDULE

### Friday, November 2, 2012

Time	Presenter	Topic
18:40 – 19:00	<b>Dr. Jim Denison &amp; Alex Gardiner</b>	Conference Welcome
19:00 – 19:50	<b>Boo Schexnayder</b>	Horizontal Jumps Developmental Pathways
20:00 – 20:50	<b>Dan Pfaff</b>	Vertical Jumps Developmental Pathways

### Saturday, November 3, 2012

Time	Presenter	Topic
9:00 – 9:50	<b>Nelio Moura</b>	Long Jump Technical Analysis
	<b>Dan Pfaff</b>	Pole Vault Technical Analysis
10:00 – 10:50	<b>Boo Schexnayder</b>	Triple Jump Technical Analysis
	<b>Jesus Dapena</b>	High Jump Technical Analysis
BREAK 10:50-11:10		
11:10 – 12:00	<b>Dr. Larry Bell</b>	Athlete Health for Jumpers
	<b>Boo Schexnayder</b>	Collegiate Programming Considerations
Lunch 12:00 – 13:00		
13:00 – 13:50	<b>Boo Schexnayder</b>	Horizontal Jump Planning and Periodization I
	<b>Dan Pfaff</b>	Vertical Jump Planning and Periodization I
14:00 – 14:50	<b>Boo Schexnayder</b>	Horizontal Jump Planning and Periodization II
	<b>Dan Pfaff</b>	Vertical Jump Planning and Periodization II
BREAK 14:50-15:10		
15:10 – 16:00	<b>Nelio Moura</b>	Maureen Maggi Case Study
	<b>Les Gramantik</b>	Jessica Zelinka Case Study
16:10 – 17:00	<b>Boo Schexnayder &amp; Nelio Moura</b>	Horizontal Jumps Roundtable
	<b>Dan Pfaff &amp; Jesus Dapena</b>	Vertical Jumps Roundtable

### Sunday, November 4, 2012

Time	Presenter	Topic
9:00 – 9:50	<b>Dan Pfaff</b>	Mark Boswell Case Study
	<b>Canadian Sport Centre Ontario</b>	TBA
10:00 – 10:50	<b>Dr. Jim Denison</b>	Positive Coaching: Ethical Planning for Athletics
	<b>Canadian Sport Centre Ontario</b>	TBA
11:00 – 11:45	<b>Panel: All Presenters</b>	Open Discussion
11:45 – 12:00	<b>Dr. Jim Denison &amp; Alex Gardiner</b>	Conference Closing

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