

## Coaching Speed/Power Athletes: Theory into Practice

This conference examines the premise that a theoretically informed coach will be a more effective coach. In an effort to move beyond “coaching with tacit knowledge” it is our aim that this conference will encourage coaches to understand the mechanisms behind their coaching decisions that in turn support their practices.

**Nov 14 - 16, 2014**

**Delta Meadowvale Hotel & Conference Centre**

6750 Mississauga Road, Mississauga, ON L5N 2L3

Toll Free: 1-800-422-8238 and request a room under “The Canadian Athletics Coaching Centre” room block, or scan the QR Code to book online.



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

**Early Bird Price is \$225 until October 10th, 2014, (Regular Price is \$250)**

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

## Featured Speakers

### Dan Pfaff

Dan Pfaff is highly regarded as one of the best track & field coaches in the world today. He has coached Olympic/World/NCAA champions in the sprints, jumps and throws. As a sprint coach Dan is most respected for his work with Olympic Champion & World Record Holder Donovan Bailey. Dan currently holds the position of Education Director for the World Athletics Center in Phoenix, AZ.

### Henk Kraaijenhof

Henk Kraaijenhof has coached a world record holder in the sprints, along with multiple Olympic/World Championships finalists from the 60m to the 800m events. Henk is a world-sought expert in the area of conditioning for Speed/Power based sports having worked with teams such as the Vancouver Canucks, Juventus Football Club, and Dutch national Volleyball & Field Hockey. Henk's current areas of research lie in the use of psychophysiology and biofeedback in elite sports, in addition to innovative concepts for performance and athlete monitoring.

### Derek Evely

Derek Evely was the development coach to Canadian champions Dylan Armstrong, Gary Reed and Shane Niemi. Derek currently coaches Sultana Frizell, who in 2014 broke the Canadian women's hammer record and won the Commonwealth Games. Derek is the former Sport Science Manager for the Canadian Athletics Coaching Centre and Director of UK Athletics's Loughborough Performance Centre. He is regarded as a leading coach educator with a particular expertise in training methodologies.

### Stu McMillan

Stu McMillan currently holds the position of Performance Director & Lead Sprints Coach at the World Athletics Center in Phoenix, AZ. Stu has personally coached 60+ Olympians at 6 Olympic Games – both summer & winter, for 6 different countries, producing over 30 medals. Before moving to Phoenix, Stuart was the personal coach to three of Britain's best-ever sprinters: Dwain Chambers, Marlon Devonish, and Christian Malcolm.

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## THE 2014 CANADIAN NATIONAL SPEED/POWER CONFERENCE SCHEDULE

### Friday, November 14, 2014

Time	Presenter	Topic
17:00 – 18:30		Registration
18:30 – 18:45	<b>Brian Kropman</b>	Conference Welcome
18:45 – 20:15	<b>Dan Pfaff</b>	41 Years in the Trenches: My Best Practices for Developing Speed/Power Athletes
20:15 – 22:00	<b>Playteck</b>	Conference Reception

### Saturday, November 15, 2014

Time	Presenter	Topic
9:00 – 10:30	<b>Henk Kraaijenhof</b>	Individualized Training for the Speed Based Athlete - Moving Away from the Average
BREAK 10:30 – 10:45		
10:45 – 12:15	<b>Derek Evely</b>	The Performance Gap: What Does it Take for a World Class Speed/Power Athlete?
	<b>Stuart McMillan</b>	How to write a training program: In a world of infinite information, how do we know what's right?
Lunch 12:15 – 13:15		
13:15 – 14:45	<b>Dan Pfaff</b>	Everything You Do Matters: The Importance of KPI's and their Prioritization in a Speed/Power Program
	<b>Henk Kraaijenhof</b>	Muscle Fibre Typing & Its Importance on Speed Development
BREAK 14:45 – 15:00		
15:00 – 16:30	<b>Derek Evely</b>	Individualization of Training & Data Collection for a Speed/Power Based Program
	<b>Stuart McMillan</b>	Coaching: The Ultimate amalgamation of many interrelated disciplines
16:30 – 17:15	<b>Panel</b>	Planning Methodology 2.0

### Sunday, November 16, 2014

Time	Presenter	Topic
9:00 – 10:00	<b>Dan Pfaff</b>	Resilience Training: Special Forces Implications for Sport
10:00 – 11:00	<b>Henk Kraaijenhof</b>	Specific vs. General Strength Training
11:00 – 11:45	<b>Panel</b>	Knowledge vs. Creation = There are no Truths!
11:45 – 12:00	<b>Brian Kropman</b>	Conference Closing

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