



ATLANTIC ATHLETICS SUMMIT

NOVEMBER
18-19TH 2017
MONCTON NB
UMONCTON CEPS

Athletics New Brunswick is pleased to be hosting another in our series of Summits, and we have a great line-up of presenters and clinicians for this one. This event will feature athlete training sessions, coaching education opportunities and other workshops, including sessions for club administrators and others involved in the sport.

This year, the Summit will include training sessions in all event areas, as well as seminars on strength training, functional movement, and many other topics. We will also be hosting NCCP Club Coach courses in Jumps and Sprints/Hurdles, and a special workshop on Club Development. There will be a Para-athletics development session as well, hosted by Parasport NB. And we will have presentations by world renowned coach Les Gramantik and world-class athlete Caroline Ehrhardt.

Here are just a few of the outstanding people who will be presenting this great event:



Les is one of the most respected coaches in Canada, and he has coached some of the best athletes to ever represent our country, including Jessica Zelinka and Mike Smith as well as present stars like Damian Warner and Niki Oudenaarden. He has expertise in all aspects of training, particularly in the speed/power events, and is a regular presenter at coaching conferences all over the world. His coaching extends beyond track & field – he has worked with athletes from many different sports including hockey, football, synchronized swimming, canoe/kayak, bobsleigh, and many others.



Caroline is the 6-time Canadian champion in triple jump, and she has been the top-ranked TJer in Canada for the past four years. She is also a 4-time CIS champion, and holds the CIS/USport record in triple jump. This summer she won gold in the TJ at the Jeux de la Francophonie, and recorded the 4th longest jump ever for a Canadian woman at 13.59m. She grew up in the small town of Espanola ON, and attended the University of Western Ontario. Her goal is to be the first-ever Canadian woman to qualify for the Olympic Games in triple jump.



David began vaulting in 1998, and was a member of 9 national teams between 2000 and 2017. He is a 2-time Canadian champion, and has 6 other national medals. He is also the 3-time CIS champion in PV. He still holds the Canadian youth record. He was coached by François Thenault up until 2012, and he has himself now started coaching. He holds a doctorate in mechanical engineering.

OTHER PRESENTERS INCLUDE:

Dr Mike Johnson – professor in kinesiology at the U Moncton
Kathleen Kiely – coach with Parasport NB
Ueli Albert – Head coach at Global Wheelchair Athletics
Dr Erik Klein – licensed chiropractor and sport therapist
Bill MacMackin – chair of the board of Athletics Canada

Steve Morley – head coach of YHZ and NCCP Level 4 coach
Alex Witmer – former CIS national champion in high jump.
Naomie Maltais – NB JDLF competitor & UdeM record holder
Jonathan Doucette – director of coaching for ANS.
Steve LeBlanc – ANB HP Director and UdeM head coach

Schedule of Sessions

SATURDAY

Time	Session	Topic
9:00 - 9:30	1	Warming Up for Speed
9:30 - 11:00	2	Speed Development with Les Gramantik
11:30 - 12:30	3	"An Athlete's Journey" with Caroline Ehrhardt
12:30 - 13:30	LUNCH	
13:30 - 15:00	4A	Long Jump Technique with Caroline Ehrhardt
	4B	Pole Vault Basics with David Foley
	4C	Sprint Starts with Steve LeBlanc
	4D	Weight Throw & Hammer with Naomie Maltais
14:00 - 17:00	5	Introduction to Para-athletics with Ueli Albert and Kathleen Kiely
14:45 - 16:15	6A	High Jump Technique with Alex Witmer
	6B	Training for Endurance Running with Steve Morley
15:45 - 17:15	7A	Pole Vault Progressions with David Foley
	7B	Shot Put Technique with Jonathan Doucette
16:00 - 17:30	8	Club Development Workshop with Bill MacMackin
16:15 - 17:15	9	Developing the Relays with Steve LeBlanc
18:00 - 19:00	10	"Coaching for Performance" with Les Gramantik

SUNDAY

Time	Session	Topic
9:00 - 10:15	11A	Triple Jump Technique with Caroline Ehrhardt
	11B	Hurdling with Les Gramantik
10:30 - 12:00	12A	Strength Development with Dr Mike Johnson
	12B	Pole Vault Technique with David Foley
	12C	Training the Steeple Chase with Steve Morley
12:30 - 13:30	LUNCH	
13:30 - 15:00	13A	HJ Training with Alex Witmer
	13B	Discus Technique with Naomie Maltais
14:00 - 16:00	14	"Movement: observation, physiology, and practical correction. Current concepts for performance and success." with Dr Erik Klein

Register online at TrackieReg.ca under event "Atlantic Athletics Summit".

Full weekend pass for athletes and coaches	\$40
One-day pass for athletes and coaches	\$25
Club development workshop	FREE
Parasport NB session	FREE