

Partners

www.dshs-koeln.de/polevault2010



The 4th European Pole Vault Conference is a proud member of the European Athletics Coaching Summit Series.

Date
March 19-21, 2010

Venue
German Sport University Cologne

Registration Fees
Euro 180.-
Euro 160.- for EACA members
Euro 120.- for students and athletes
including lunch

Contact
German Sport University Cologne

Dr. W. Ritzdorf
Am Sportpark Müngersdorf 6
D - 50933 Cologne / Köln

Telephone: +49-221-4982-6930
Fax: +49-221-4973454
e-mail: polevault2010@dshs-koeln.de

Layout: Kenny Beele

4th European Pole Vault Conference

Technical Training

Parallel Session High Jump

German Sport University Cologne

Cologne, March 19-21
2010

Institute of Movement and
Neurosciences

idea

In the spring of 2010, Cologne will once again become the focus of the vertical jumps world when top coaches, scientists and athletes gather at the German Sport University for the 4th edition of the European Pole Vault Conference, with a parallel conference on the high jump. And you are invited to join them.

The 2010 conference theme will be **Technical Training** and in addition to detailed looks at all aspects of technique in both events, the topics to be covered include analysis and coaching.

In each of the first three editions of the conference more than 200 participants enjoyed our unique programme of lectures, workshops, practical demonstrations and opportunities for personal conversations.

This time, in addition to our usual line-up of top athletics experts, we will be inviting leading coaches from other individual sports to share their experience and ideas in order to get everyone thinking "outside the box" for the best ways to guide athletes to personal records and success.

If you are serious about the vertical jumps, this is the one conference you can't afford to miss.



Note:
Presentations will be held in both German and English. Translation will be available.

Hinweis: Der Großteil der Vorträge wird in Deutsch sein. Ansonsten stehen Übersetzungen zur Verfügung.

speakers

Dan A. Pfaff
Director of Track and Field
USOC Olympic Training Centre Chula Vista
Dan Pfaff is widely regarded as one of the world's top track and field coaches

Alex Parnov
Head Pole Vault Coach
Western Australian Institute of Sport
Alex Parnov is coach to Olympic gold medallist Steven Hooker and Paul Burgess

Wolfgang Hambüchen / Mauno Nissinen
Coach and biomechanist of gymnastic world champion Fabian Hambüchen

Heinz Peter Thül
As a former PGA professional Heinz Peter Thül now is head coach of the Golf Team Germany

Additional top level experts will be invited. All German top coaches and athletes of both pole vault and high jump will attend the conference and contribute with their knowledge and experience.

contents

Analysis

- Statistical analysis of the jumping events in the last years
- Recent biomechanical findings in pole vault and high jump
- Actual technical trends

Training

- Rules and strategies of technical training
- Technical training throughout the year
- Technical drills

Competition

- Technical training in the final stage of preparation
- Planning of competitions
- Coaching during competitions

Special Topic

- Technical training in other individual sports

Ein detailliertes Programm wird ab Herbst im Internet stehen.

For further information and registration please check (Starting Oct. 2009):

www.dshs-koeln.de/polevault2010