



4th European Pole Vault and High Jump Conference Cologne , 19.-21.03.2010



Tag	Zeit	GENERAL	POLEVAULT HÖ1 / HALL	HIGH JUMP HÖ2 / HALL
Fri 19.03.	16:00	Opening		
		Keynote: Heike Henkel Olympic Champion 1992		
	17:30		Introduction Pole Vault Programme	Introduction High Jump Programme
	18:00		NORDIC Pole Testing Diagnostics (Falk Schade) Functional Testing and specific conditioning (Vincenzo Canali)	Practical Brigitte Kurschilgen
	20:00	Dinner		
Sat 20.03.	08:30	Dan Pfaff Principals of technical training		
	09:30	Mauno Nissinen Technical training in gymnastics		
	10:30		Andrei Tivontchik: Spe- cific drills for technical preparation	Coffee break
	11:15	Coffee break		Fuzz Ahmed
	11:45		David Butler: Rigid pole intechanical training	Technical Model and specific drills Theory and practical
	12:20		Steve Rippon: Coaching Kate Dennison	
	13:00	LUNCH		
	14:30		Falk Schade Biomechanical analysis at WC Berlin 2009	Dennis Doyle Take-off mechanics
15:30		Vincenzo Canali Functional presupposi- tions for a perfect tech- nique	Jörg Böttcher Biomechanical analysis at WC Berlin 2009	

	16:30		Practical	Günter Eisinger Specific drills in technical preparation
	18:00		NORDIC Pole Production	
	19:00	Banquet , Get Together		
Sun 21.03.	09:00		Practical: Continuation functional testing and stabilisation drills Gymnastics	Fuzz Ahmed Continuation technical training
	10:15		Herbert Czingon: Gender related differences in training	
	11:00	Dan Pfaff: Season planning		
	12:00	Closing		
	12:30	Lunch		