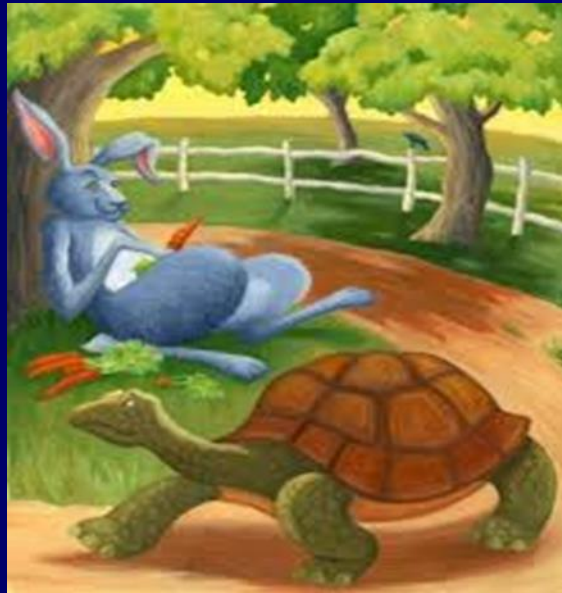




ATHLETES MAKE EXCELLENCE HAPPEN

COACHES MAKE EXCELLENCE POSSIBLE

Probably the only
sustainable
competitive advantage you
have is the ability to learn
faster than the opposition.



Arie de Geus

PANNETA

3 R's of Leadership

Responsibility for:

Your own Professional Performance Excellence
The best you can be



World Class



Your own development
Accept/Seek
Mentoring



World Class



Mentor others in the team

Double Vision



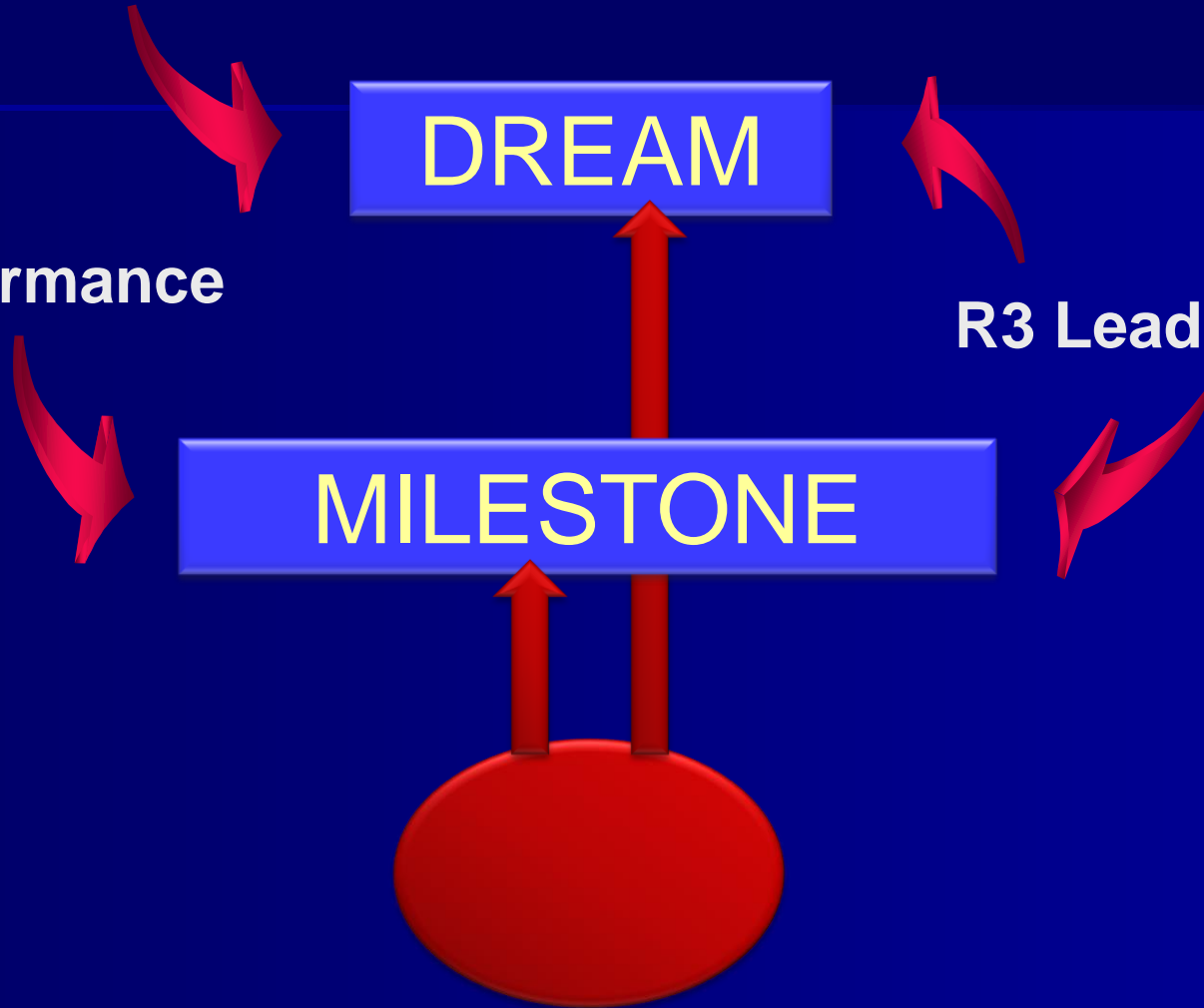
R2 Development

DREAM

R1 Performance

R3 Leadership

MILESTONE





Own

Take personal ownership of every moment to turn it into opportunity to make a winning difference

Decide

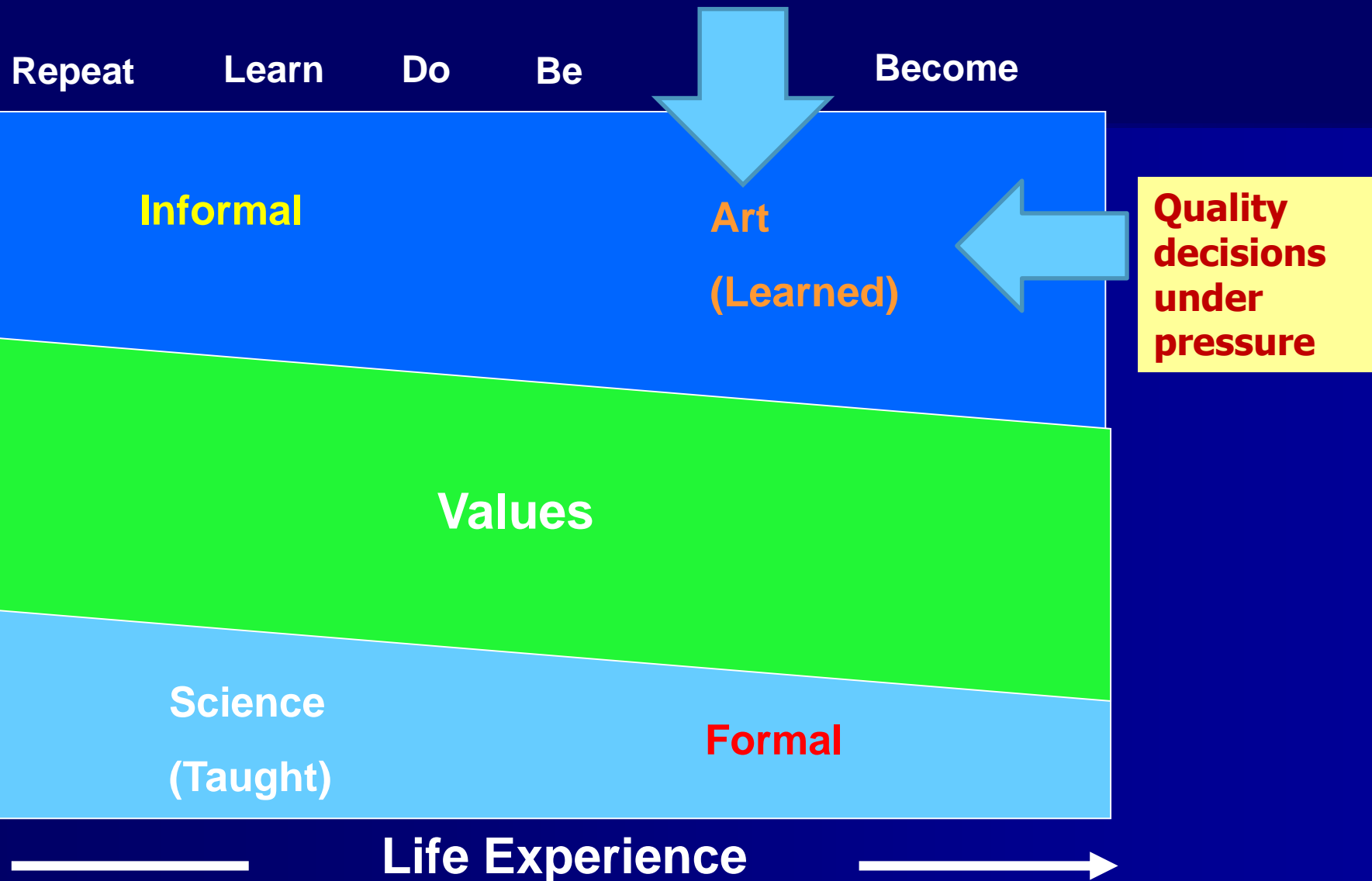
Take considered risks in decision making to turn opportunity to advantage to be a winning difference

Do

Take Action - Just do it effectively and excellently every time to go for a win

KATHY FREEMAN

**High Performance
intelligence**



The Right Coaching Climate

- Culture
- Processes
- People





- Support and promotes individual & collective learning & excellence

Processes



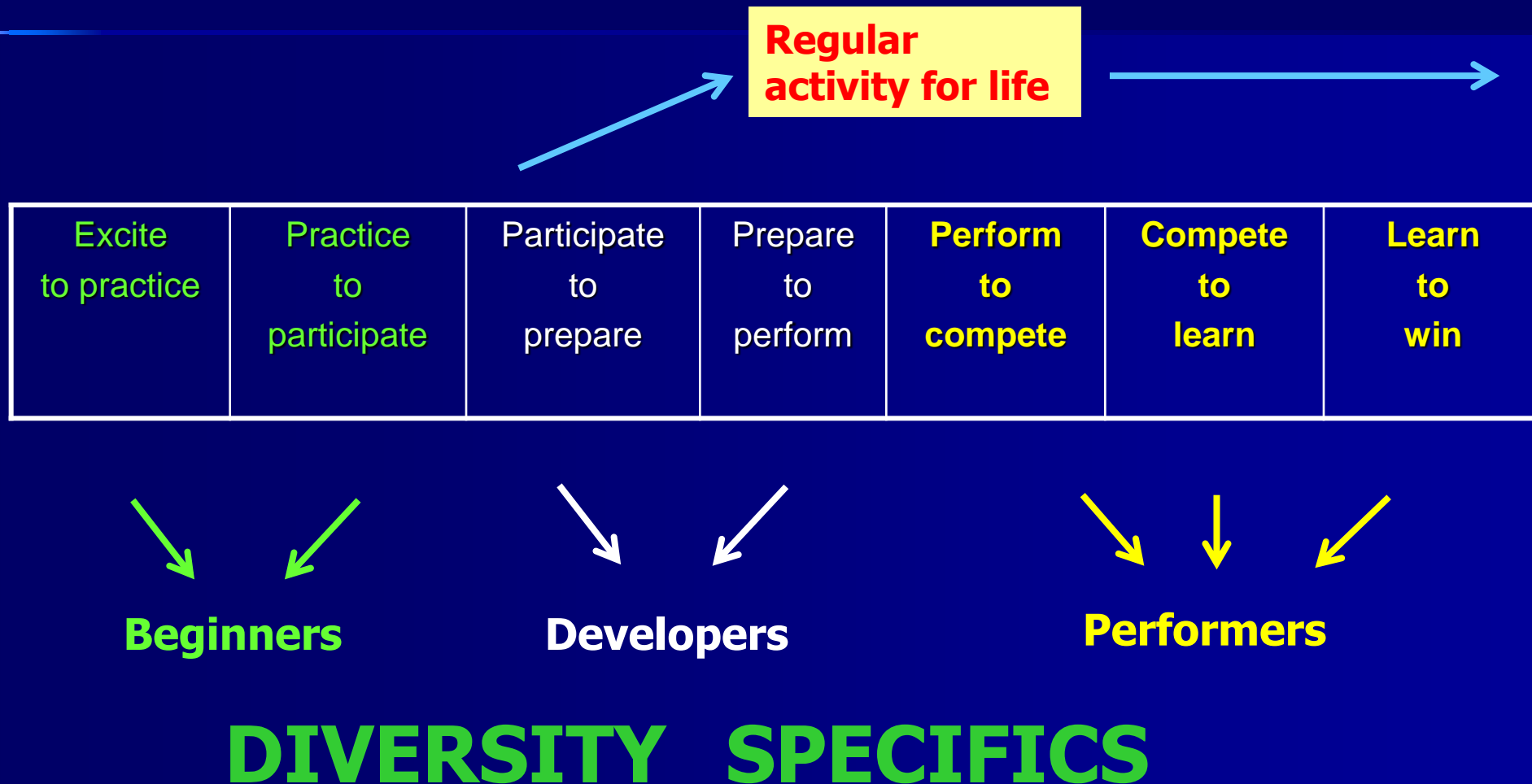
- Designed for sustainable achievement

People



- Committed to & engaged in consistently delivering high performance

Athlete Development Pathway



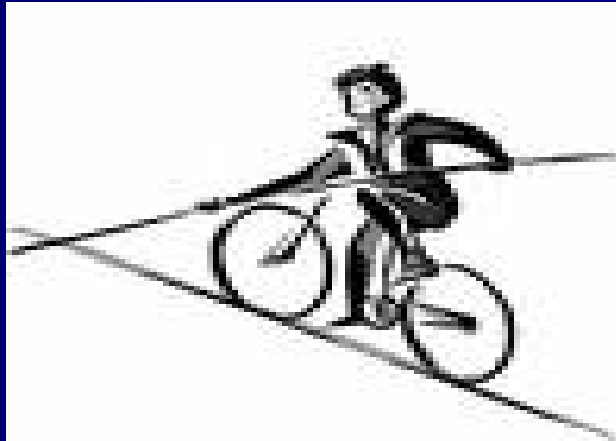
PREPARED TO LEARN

- REASON
- REALITY
- REFLECTION
- RESPONSE



MANAGE THE DYNAMIC ESSENTIAL TENSION

Challenge



Support



You are each unique in all of time.

So in your time, you alone can make your
difference change our world.

If not you,

who?

If not now,

when?

MORE DETAILS AVAILABLE SOON
WWW.ATHLETICSCOACHES.eu



4 – 6 January 2019

Elite Athlete Centre,
Loughborough University, UK



Steve Ingham PHD
*Performance Scientist for
Steven Redgrave & Jessica Ennis*



Jonas Dodoo
*Performance Sprints Coach
to GBR sprinters and medallists*



Martin Bingisser
*International strength and
conditioning specialist*



Jerome Simian
*Strength and Conditioning Coach
to Kevin Mayer, Olympic Champion*



 Loughborough
University

2019
4-6 JANUARY
LOUGHBOROUGH, UK



4 – 6 January 2019
Elite Athlete Centre,
Loughborough University, UK



Dr. Steve Ingham

*Performance Scientist for
Steven Redgrave & Jessica Ennis*



Ralph Mouchbahani

*International performance consultant
and IAAF instructor*



Shaun Pickering

International performance consultant



To Be Announced

*keynote speaker discussing Athlete
Performance & Development Tracking*



**Loughborough
University**

Friday 4 January 2019

14.00	REGISTRATION	
15.00	OFFICIAL OPENING	
15.30	KEYNOTE	"Supporting Champions" Dr. STEVE INGHAM
16.15	KEYNOTE	"Technology in Coaching & Performance" RALPH MOUCHBAHANI
17.00	REFRESHMENTS	
17.30	KEYNOTE	"Using Technology to Inform your Decision Making" SHAUN PICKERING
18.15	KEYNOTE	"Athlete Performance System Management" T.B.C
19.30	SUPPER	

REGISTER AT www.ATHLETICSCOACHES.eu





4 – 6 January 2019
Elite Athlete Centre,
Loughborough University, UK



Martin Bingisser
Keynote Speaker
International Strength Specialist



Jerome Simian
Multi Discipline & Team Sports



Jonas Dodoo
SPEED related disciplines & sports



Günter Lange
ENDURANCE related disciplines & sports



Rene Sack
STRENGTH related disciplines & sports



Loughborough
University

Saturday 5 January 2019

08.00	REGISTRATION				
09.00	WELCOME				
09.30	KEYNOTE	"Fit for purpose: Functional Physicality" Martin Bingisser			
10.15	Walk to Elite Athlete Centre				
	Workshop Streams	Multi-Events / Team Sports	Speed	Endurance	Strength
10.30	Workshop 1	General Preparation	General Preparation	General Preparation	Principles & Programmes
12.00	REFRESHMENTS				
12.30	Workshop 2	Target Fitness & Strength	Target Fitness & Strength	Principles & Programmes	General Preparation
14.00	LUNCH				
15.00	Workshop 3	Specific Fitness & Strength	Principles & Programmes	Target Fitness & Strength	Target Fitness & Strength
16.30	REFRESHMENTS				
17.00	Workshop 4	Principles & Programmes	Target Fitness & Strength	Specific Fitness & Strength	Specific Fitness & Strength
20.00	GALA DINNER				

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4 – 6 January 2019
Elite Athlete Centre,
Loughborough University, UK



Frank Dick

*President of European Athletics
Coaches Association (EACA)*



To Be Announced

Women in Coaching



Kieron Stout

*National Children's Officer for
Athletics Ireland*



Jamie McDonald

*National Club Manager for
scottishathletics*



Günter Lange

*Senior Manager for Education at the IAAF
Development Department*



**Loughborough
University**

Sunday 6 January 2019

08.00	REGISTRATION	
09.00	WELCOME	
09.30	KEYNOTE	"Coaching Excellence" Prof. FRANK DICK OBE
10.15	KEYNOTE	"Women in High Performance Coaching" T.B.C
11.00	KEYNOTE	"Our Duty of Care" Kieron Stout
11.45	REFRESHMENTS	
12.15	KEYNOTE	"Making the Club the Winning Difference" JAMIE McDONALD
13.00	KEYNOTE	"World Class Coaching Structures in Clubs & Federations" GÜNTER LANGE
14.00	LUNCH	

REGISTER AT www.ATHLETICSCOACHES.eu





4 – 6 January 2019
Elite Athlete Centre,
Loughborough University, UK



CONFERENCE PACKAGES



GOLD PACKAGES

Full IFAC Programme with Gala Dinner

3 Day Conference *Friday, Saturday, Sunday*

3 Nights Accommodation *B&B*

Conference Meals *Friday Supper, Saturday Lunch, Sunday Lunch*

£540 *Single Occupancy*

£430 *Double Occupancy*

Full IFAC Programme with Gala Dinner

3 Day Conference *Friday, Saturday, Sunday*

2 Nights Accommodation *B&B*

Conference Meals *Friday Supper, Saturday Lunch, Sunday Lunch*

£440 *Single Occupancy*

£365 *Double Occupancy*



SILVER PACKAGES

Full IFAC Programme with Gala Dinner

3 Day Conference *Friday, Saturday, Sunday*

Conference Meals *Friday Supper, Saturday Lunch, Sunday Lunch*

£230 *with Gala Dinner*

£200 *without Gala Dinner*



BRONZE PACKAGES

Single Day IFAC Programme

Choice of attending one day Friday or Saturday or Sunday

£75 *Friday program only*

£130 *Saturday program only*

£165 *Saturday with Gala*

£70 *Sunday program only*

*The first 44 residential delegates will be accommodated in the new Elite Athlete Centre Hotel,
with additional accommodation at the Burleigh Court on campus*

REGISTER AT www.ATHLETICSCOACHES.eu



Professor Frank Dick OBE



twitter.com/frankdickcoach