



scottishathletics 

NATIONAL

COACHING

CONFERENCE

23 September 2017 - Emirates Arena, Glasgow
24 September 2017 - Holiday Inn, Glasgow Airport

BELIEVE, BELONG, ACHIEVE TOGETHER

SATURDAY 23 SEPTEMBER 2017 Emirates Arena

TIME	DETAILS	LOCATION
09:00	Registration and Tea & Coffee	
09:30 - 09:45	Welcome and introduction to weekend: A Review of 2017 - Performance Director (Rodger Harkins)	Sports Hall
09:45 - 10:45	John Kiely - Periodisation: Solving the Planning Puzzle	Sports Hall
10:45 - 11:15	Coach Networking - Solving the Planning Puzzle - Making sense of it	Sports Hall
11:15 - 11:30	Comfort Break and progress to breakout	Sports Hall
11:30 - 12:30	BREAKOUT 1	
	Practical Workshops	
	1. Steve Myrland - Athletic development using sticks, straps and mini bands	Warm Up Area
	2. Jeremy Fischer - Practical drills for developing jumps in your everyday coaching	Area G
	3. Drew Harrison - The use of running drills and their specific relevance to sprint technique	Area F
	Seminar	
	4. Barry Fudge - What does it take to become a successful endurance runner?	NGB Room 1
	5. Martin Bingisser - Bondarchuck's training principle to practice	Area D
12:30 - 13:30	Lunch and Networking	Sports Hall
13:30 - 13:45	Coaching Update: Staff and courses update	Sports Hall
13:45 - 14:45	Keynote 2: Jeremy Fischer - A holistic approach to coaching	Sports Hall
14:45 - 15:15	Coach Networking - A holistic approach to coaching - Making sense of it	Sports Hall
15:15-15:30	Comfort break and progress to breakout	Sports Hall
15:30 - 16:30	BREAKOUT 2	
	Practical Workshops	
	6. John Kiely - Nurturing Athletic Robustness: Practical Strategies for Blending Coordination and Strength training	Area H + G
	7. Hayley Harrison - Coaching the hurdles	Area F
	8. Steve Myrland - Training the Core: A Ground based approach	Warm Up Area
	9. Martin Bingisser/Mike McNeill - Preparation to perform: Getting the athlete ready	Area D
	Seminar	
	10. Barry Fudge - Performance indicators and key determinants for championship racing	NGB Room 1
16:30 - 17:00	Finish day one and depart for hotel (Holiday Inn, Glasgow Airport)	
	Evening Activities	
17:00 - 18:00	Travel and check in to hotel (Holiday Inn, Glasgow Airport)	
18:00 - 19:00	Free Time	
19:00 - 20:30	Dinner (Topical discussions at dinner)	
20:30 - 21:30	Coaches Networking	
21:30	Free Time / Evening entertainment - Men of Motown	

SUNDAY 24 SEPTEMBER 2017 Holiday Inn Glasgow Airport

TIME	DETAILS	LOCATION
08:45 - 09:15	Registration and Tea & Coffee	Academy Suite
09:15 - 09:30	Welcome to Day 2: scottishathletics Coach Award Nominations (Winners announced at Awards Dinner) <ul style="list-style-type: none"> - Performance Coach of the Year - Development Coach of the Year - Club Coach of the Year 	Academy Suite
09:30 - 10:30	Keynote 3: Steve Myrland - Long Term Athlete Development in the 21st Century	Academy Suite
10:30 - 10:45	Comfort Break / Light Refreshments	
10:45 - 11:45	BREAKOUT 3	
	Seminar	Academy Suite
	11. John Kiely - Stress, Athletic Performance and Injury: Searching for Baby-Bear's porridge	
	12. Eddie McKenna / Robert Hawkins - Transitioning from junior to senior: My experiential approach	
	13. Jeremy Fischer - Planning for success - Creating weekly and monthly training plans	
	14. Drew Harrison / Hayley Harrison - Creating an environment for success	
	15. Mike McNeill - Getting the basics right	
11:45 - 12:00	Comfort Break	
12:00 - 12:45	Q&A: "Talk of the Conference" - Hosted by Martin Bingisser (HMMR Media) Panel - John Kiely, Steve Myrland, Jeremy Fischer, Mike McNeill, Drew Harrison, Hayley Harrison, Eddie McKenna, Robert Hawkins	Academy Suite
	Closing Remarks	
12:45 - 13:30	Lunch, Networking and Depart	



2017

scottishathletics *and* jogscotland

ANNUAL AWARDS DINNER

SATURDAY 4TH NOVEMBER

HILTON HOTEL WILLIAM STREET GLASGOW



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<http://www.scottishathletics.org.uk/about/annual-awards/>

www.scottishathletics.org.uk | www.jogscotland.org.uk

BIOGRAPHIES

JOHN KIELY - Senior Lecturer in Elite Performance, Institute of Coaching & Performance

BIOG: John Kiely is currently a Senior Lecturer in Elite Performance, Institute of Coaching & Performance at the University of Central Lancashire.

John's career within sport has been relatively varied having experienced life as an international competitor, coach, sports scientist and strength and conditioning specialist. From 2005 to 2009 John was the Head of Strength and Conditioning for UK Athletics, where he worked directly with former world champion and Beijing triple jump silver medallist Phillips Idowu and his coach, Aston Moore. John has also worked directly with coaches of Olympic and world champions in three major sports. He has coached a Paralympic track medallist and European champion, numerous combat-sport athletes, and lots (and lots!) of kids.

KEYNOTE OVERVIEW: John will be kicking off the conference with an insightful keynote titled 'Periodisation: Solving the Planning Puzzle'. In it he will consider how athletes improve through training and offer practical take home messages for the coach.

SESSION OVERVIEW: Over the weekend John will be delivering further workshops on 'Nurturing Athletic Robustness' where he discusses blending coordination development and strength training. In his final session, he will present on 'Stress, Athletic Performance and Injury: Searching for Baby-Bear's porridge, where he considers practical strategies in getting the right balance of training for the developmental athlete.



MARTIN BINGISSER HMMR Media

BIOG: Martin Bingisser calls himself 'the ambassador of hammer throwing'. Martin is the 2017 Swiss champ, coach, former University of Washington all-American, and founder of HMMR Media website. Through his website, Martin offers a wide range of training resources, commentary, and news on athletics from their hosted blogs.

Bingisser has also partnered up with Vern Gambetta and hosts GAINcast, a weekly podcast where Vern answers one question a week posed by Martin. Martin specialises in special strength training, which is strength training that replicates aspects of the sporting movements that athletes are seeking improvement in.

SESSION OVERVIEW: Martin will be delivering a number of sessions on planning and conditioning. In the first session, he will be considering Anatoliy Bondarchuk's training principle and look at how we can apply this principle in our coaching practice. In his second session, delivered alongside Mike McNeill, they look at the preparation for performance, building on solid foundations in developing specific strength.



BIOGRAPHIES

STEVE MYRLAND Performance and Conditioning Coach



BIOG: Steve Myrland is a performance and conditioning coach for athletes at all levels of development and a consultant on health and physical fitness for corporations and school Physical Education programs, nationally.

Through Steve's close association with Vern Gambetta and Gambetta Sports Training Systems, Inc. he has had the opportunity to work with the Chicago White Sox (Major League Baseball), the Tampa Bay Mutiny (Major League Soccer), and assist Vern with seminars and presentations on athletic performance.

He is a member of the editorial board for Training & Conditioning Magazine; a frequent presenter at National Strength and Conditioning Association events; creator of several training products including the ABC (Agility, Balance & Coordination) LADDER, and the Smart Hurdle System, and the manager of Beacon Athletics in Middleton, Wisconsin.

For Scottish coaches working with Kelvin Giles' Movement Dynamics Video Resource, Steve along with Greg Thompson and Kelvin was integral in the creation of the 5in5 movement resource.

KEYNOTE OVERVIEW: The LTAD term is discussed a lot, but what does this actually mean? In his keynote titled 'Long Term Athlete Development in the 21st Century', Steve will present some historical context to the purpose of training in the 21st century and look at how we can develop physical competency (building a healthy body) and physical literacy (building a healthy athlete) in our day-to-day coaching.

SESSION OVERVIEW: Steve is one of the best movement specialists out there and this is evidenced in his practical session using sticks, straps and bands. Through each he will offer coaches practical applications to use in their everyday coaching, in conditioning athletes.

In his second session, Steve will look at training the core using the crawl series, providing coaches with an understanding of the benefits of implementing crawling in their programme.



BIOGRAPHIES

DR BARRY FUDGE

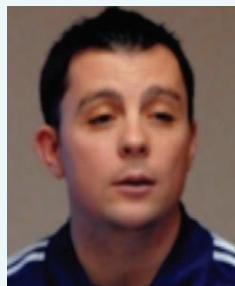
Head of Endurance British Athletics

BIOG: Barry currently is the Head of Endurance at British Athletics where he leads the strategy and management of the World Class Performance system for the UK's Endurance Running Programme, in particular the winning of medals at Olympic, World and European Championships.

Most notably Barry was an integral part of 4 x Olympic and 6 x World Champion Mo Farah's support team working with the athlete at every major championship since 2009.

Barry completed his undergraduate degree and his PhD in Physiology from the University of Glasgow, UK. His PhD focused on the environmental factors leading to the success of elite east African runners. During that time, he worked with a number of runners in Kenya and Ethiopia, some of whom are World record holders and/or World and Olympic medallists.

SESSION OVERVIEW: At the conference, Barry will be looking at what makes a successful endurance athlete. As well as the physical, Barry will consider the mental and tactical requirements in his presentation. In his second session, Barry will present on the key qualities required for championship racing, where he will detail some of what he considers are the key indicators and determinants for success.



BIOGRAPHIES

JEREMY FISCHER

Director and Head Coach USATF Residence Program, Chula Vista

BIOG: Jeremy is the director and head coach of the USATF Residence program at the Chula Vista Elite Athlete Training Centre.

At the Rio Olympics, the programme produced 5 Olympic Medallists including Ryan Crouser, Jeff Henderson, Brittney Reese, Will Claye, and Joe Kovacs, and has coached athletes to over 10 Olympic and World Championship medals.

He is currently a jumps instructor and author for USATF Coaching Education and IAAF Academies and holds IAAF Level 5 and USATF Level 3 certifications in the sprints and jumps. Jeremy has been on staff to three USA Paralympic teams and produced champions and World Record holders. During his own athletic career, Jeremy was an elite high jumper and finished runner up at NCAA and USATF championships. As a coach, he has won coach of the year awards for the NCAA, USOC, and USATF.

Jeremy is currently coaching Olympic gold medallist and four-time world champion Brittney Reese, 2017 World Championship silver medallist Will Claye and 2.04m high jumper, Brigetta Barrett.

KEYNOTE OVERVIEW: As well as working with elite athletes, Jeremy works with young athletes in his coaching practice. During the keynote, Jeremy will be presenting on his holistic approach to coaching young athletes and how he has progressed these athletes from Youth, Junior, U23 through to Senior level.

SESSION OVERVIEW: In addition to the keynote, Jeremy will be delivering two further sessions over the conference weekend. In his first session will be on the practical use of jumping drills. In the session, he will demonstrate what the drills look like, what are the key points in using the drills and when to use them in your programme.

In his second session, Jeremy will present a workshop style seminar as he walks the coaches through how he builds up his weekly and monthly training plans, in ensuring his athletes perform to their best at the right time. This session will benefit all coaches who are looking for more information on how to create a training plan.



BIOGRAPHIES

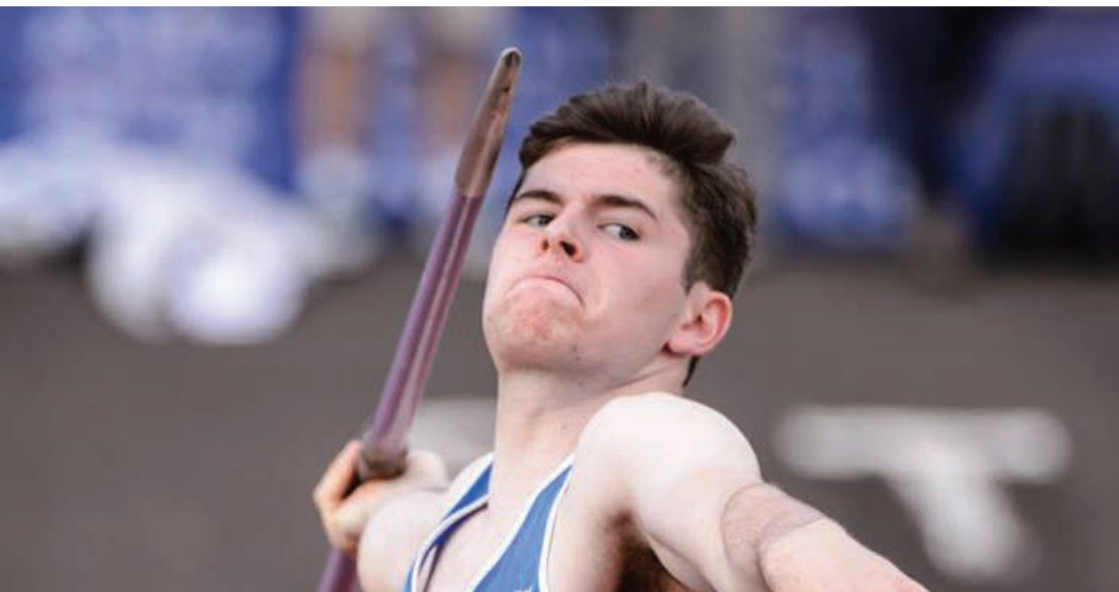
MIKE McNEILL Olympic Coach

BIOG: Mike McNeill has been in the sport for over 30 years, and has enjoyed success after success and is widely regarded as one of the best javelin coaches in the country. One of Mike's biggest success was coaching Goldie Sayers to the Olympics in 2004 who first came under his wing as a 13-year-old.

Highlights of McNeill's coaching career have included helping Mark Roberson produce a five-metre personal best, when he went from an 80m thrower to an 85m performer, and Sayers' victory in the AAA of England Championships which sealed her Olympic place. Mike has also coached Olympic, World, European and Commonwealth level athletes including Kelly Sotherton, Julie Dadoo (Hollman), David Parker, and Chloe Cozens. Mike has more recently become Throws Coach for the GB Team at Under 20 and U23 World and European Championships, including team coach at the European U23 Championships in Bydgoszcz this year.

SESSION OVERVIEW: Due to popular demand, Mike returns for the third year to share his 30 years + experience with the delegates. Over the course of the weekend, Mike will be sharing what he has learned through the years in developing successful athletes at senior level.

Mike will also co-deliver a session with International coach, Martin Bingisser in how to develop specific strength for throws.



BIOGRAPHIES

PROFESSOR DREW HARRISON
Associate Professor in Biomechanics,
University of Limerick

BIOG: Drew is an Associate Professor in the Physical Education & Sport Sciences Department at the University of Limerick (UL), where he established and co-directs the Biomechanics Research Unit at UL.

He is a member of the editorial board for the peer reviewed journal 'Sports Biomechanics' and is a regular reviewer for many peer reviewed journals including: Journal of Biomechanics, European Journal of Sport Science, Sports Biomechanics, Journal of Applied Biomechanics, Medicine & Science in Sport and Exercise, Journal of Sport Sciences, International Journal of Sports Medicine and Journal of Sports Engineering and Technology.

Outside of his profession, Drew is an IAAF Elite Athletics Coach in Track and Field Athletics and has coached many international sprinters hurdlers and jumpers to all competition levels including Olympics and World Championships, including 400m hurdler Thomas Barr to fourth place at the Rio Olympics.

SESSION OVERVIEW: At the conference, Drew will be sharing his academic expertise and practical coaching experience through the delivery of a number of sessions, including an interactive session on running drills and their specific relevance to sprint technique.

In the second session, Drew will be teaming up with his wife Hayley Harrison where they deliver a presentation, titled "Creating an environment for success", on their coaching set up in Ireland and discuss what they attribute to their success over the years.



HAYLEY HARRISON
Olympic Coach and Hurdles Event Coordinator, AAI

BIOG: Hayley is currently working as a Coach Education Officer for Sport Ireland Coaching, having previously lectured on the P.E. & Sports Science degree programmes at the University of Limerick. In her 'spare time' Hayley is a Performance athletics coach, and has coached athletes who have competed at all major athletics championships including Worlds & Olympics.

Over the years, Hayley has coached athletes to over 120 national titles and over 40 national records (including relays) with 16 current/still in place.

Furthermore, Hayley has served as a national team manager & coach for both Ireland and the UK with her specialist areas being the hurdles, sprints & relays.

SESSION OVERVIEW: At the conference, Hayley will deliver a practical session on coaching the hurdles. This session will be aimed at coaches looking to gain a better understanding of coaching the event.

At the end of the session, Hayley will answer any questions that coaches have in coaching the event in a problem-solving Q&A. In the second session, Hayley will be teaming up with her husband Drew to deliver the presentation, titled "Creating an environment for success", on their coaching set up in Ireland and discuss what they attribute to their success over the years.



BIOGRAPHIES

ROBERT HAWKINS and EDDIE McKENNA

ROBERT HAWKINS BIOG: Robert Hawkins is the **scottishathletics** National Coach Mentor for endurance. Robert coaches at Kilbarchan AAC, where he coaches a number of athletes including his sons Callum and Derek Hawkins. At the World Championships in London, Robert coached his son Callum to an outstanding fourth place in the Marathon, running 2 hours 10 minutes and 17 seconds, just 26 seconds behind third place. In 2016, Robert impressively coached both his sons to the Rio Olympics, with Callum finishing in an excellent 9th place.



EDDIE McKENNA BIOG: Eddie McKenna is an ex-professional sprinter and was the Hydrasun Athletics Academy Performance Manager, which supported athletes such as Kelsey Stewart, Kathryn Christie and Zoey Clark in partnership with Aberdeen Sports Village, University of Aberdeen and Blue Horizon. In 2008 Eddie had the prestigious role of being one of three staff track and field coaches with the 35-man squad at the Beijing Paralympics. He personally coached medal hopeful Neil Fachie prior to his successful transition to Disability Cycling, where he broke two world records.

Back on the track, Eddie coached Zoey Clark to British Champion in 2017 who went on to win a World Championship silver medal in the women's 4 x 400m relay. Over the past seven years, Eddie has coached Zoey from running 57.2s in 2010, to running a lifetime best in the semi-finals in the individual 400m in London with a time of 51.81s.



SESSION OVERVIEW: Getting athletes to perform when they are youths and juniors is great. However, real success is ensuring that the athlete realises their potential and perform when they hit the senior ranks. Two Scottish coaches have done just that. Robert has nurtured and steered both his sons to great times in the marathon and 10,000m

Eddie has coached Zoey Clark from when she came into the sport, through to winning a silver medal in this year's World Championships in London. In the session, both coaches offer an insight and the lessons learned into how they nurtured their respective athletes through, what can be tumultuous journey for the athlete.

This will be a great chance to hear from two of Scotland's top coaches in their respective fields.

scottishathletics



NATIONAL
CLUB
CONFERENCE
2017

Saturday 4th November

09:30-16:00

Hilton Hotel, Glasgow



Featuring the full launch and demonstration of **scottishathletics** new software for clubs, alongside a workshop programme focussed on sharing good practice and further developing your club.

This is a day not to be missed for anyone interested in the development of their club!

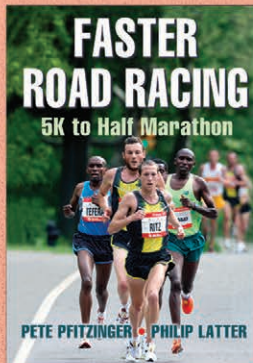
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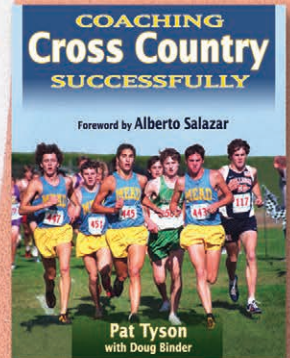
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