



scottishathletics



# COACHING CONFERENCE 2016

EMIRATES ARENA, GLASGOW  
24 & 25 SEPT 2016

Emirates

**SATURDAY 24 SEPTEMBER 2016**

TIME	DETAILS	LOCATION
09:00 - 09:30	Registration and Tea & Coffee	
09:30 - 09:45	<b>Welcome</b> and introduction to weekend: Rodger Harkins (Director of Coaching) - A Review of 2016	Sports Hall
09:45 - 10:45	<b>Keynote 1:</b> Vern Gambetta - The Coaching Process	Sports Hall
10:45 - 11:00	<b>Comfort Break</b>	Sports Hall
11:00 - 12:30	<b>Breakout 1</b>	
<b>BREAKOUT 1</b>	<b>Practical Workshops</b>	
	1) Jared Deacon - Running Drills & Activities for the Developing Athlete - Acceleration Theme	
	2) Martin Bingisser - Conditioning for Throws 'Earning the Right to Throw'	
	<b>Seminar</b>	
	3) Aston Moore - My Approach to Coaching the Jumps	NGB Room 1
	4) Honore Hoedt - Middle Distance Planning and Scheduling	Sports Hall
12:30 - 13:30	<b>Lunch</b>	Sports Hall
13:30 - 15:00	<b>Breakout 2</b>	
<b>BREAKOUT 2</b>	<b>Practical Workshops</b>	
	5) Bryan Roy - The Basics of Coaching High Jump	
	6) Martin Bingisser - Hammer Coaching Clinic	
	7) Mike McNeill - Javelin Masterclass	Crownpoint
	8) Finlay MacHugh / Linda Hardy - Developing Running Efficiency - An Integrated Approach	
	<b>Seminar</b>	
	9) Brian Fitzgerald - Mythbusting: Re-examining Some Common Practices in Sprints	NGB Room 1
	10) James Marshall - Athletic Development in the Club - Putting Long Term Athlete Development Theory into Practice	NGB Room 2
15:00 - 15:30	<b>Refreshment Break</b>	Sports Hall
15:30 - 17:00	<b>Breakout 3</b>	
<b>BREAKOUT 3</b>	<b>Practical Workshops</b>	
	11) Aston Moore - Essentials of Coaching Long Jump	
	12) Hugh Murray - Introduction to Coaching Rotational Shot Putt	
	13) Mike McNeill - Drills & Activities in Coaching Javelin (linked to previous breakout)	
	14) Vern Gambetta / James Marshall - Foundational Strength for Developing the Resilient Athlete	
	<b>Seminar</b>	
	15) Jared Deacon - Training for the 400m	NGB Room 1
	16) Robert Hawkins - Coaching the Marathon from Club Athletics to the Olympic Games	NGB Room 2
17:00	<b>Finish Day 1</b>	

**SUNDAY 25 SEPTEMBER 2016**

<b>TIME</b>	<b>DETAILS</b>	<b>LOCATION</b>
09:00 - 09:30	<b>Registration</b> and Tea & Coffee	
09:30 - 10:30	<b>Keynote 2:</b> Vern Gambetta - Thoughts on Periodisation and Planning	Sports Hall
10:30 - 10:40	<b>Comfort Break</b>	Sports Hall
10:40 - 12.10	<b>Breakout 4</b>	
<b>BREAKOUT 4</b>	<b>Practical Workshops</b>	
	17) Aston Moore - Essentials of Coaching Triple Jump	
	18) Scott Grace - Youth Development: Athletics 365 in Action	
	<b>Seminar</b>	
	19) Brian Fitzgerald - Maximising Potential in the 4x100m Relay	NGB Room 1
	20) Andy Neal - Planning for Throws: Thoughts and Reflections from Rio	NGB Room 2
	21) Trevor Painter/Jenny Meadows - Long Term Approach to Training for the 800m	Sports Hall
12:10 - 13:00	<b>Lunch</b>	Sports Hall
13:00 - 14.30	<b>Breakout 5</b>	
<b>BREAKOUT 5</b>	<b>Practical Workshops</b>	
	22) Andy Neal - Coaching the Discus	
	23) Jared Deacon - Running Drills & Activities for the Developing Athlete - Upright Running Theme	
	24) Vern Gambetta / James Marshall - Building a Warm Up - Preparing the Athlete for What's to Come	
	<b>Seminar</b>	
	25) Andy Young - Laura Muir - from Club Runner to Global Star	NGB Room 1
	26) Scott Grace - Youth Development - Deliberate Play or Practice	NGB Room 2
14:30 - 14.45	<b>Rodger Harkins</b> scottishathletics - <b>Coach Award Nominations:</b> Performance Coach of the Year Development Coach of the Year Children's Coach of the Year	Sports Hall
14:45 - 15.30	<b>Q &amp; A - "Talk of the Conference"</b> - Martin Bingisser (GAINCast) <b>Panel</b> - Vern Gambetta, Andy Young, Aston Moore, Brian FitzGerald, Andy Neal, Trevor Painter, Jared Deacon	Sports Hall
15.30	<b>Wrap Up &amp; Close</b>	



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## CONFERENCE BIOGRAPHIES

### **VERN GAMBETTA, Director of Gambetta Sports Training Systems**

**BIOG:** Vern Gambetta is considered to be the Founding Father of Functional Sports Training and is the director of Gambetta Sports Training Systems.

Vern specialises in coaching multi-events, decathlon and heptathlon. He was the Co-founder and the first Director of USA Track & Field coaching education program and developed a successful seminar series “Building and Rebuilding the Athlete” which is directed to physical therapists, athletic trainers, conditioning coaches, personal trainers and sport coaches.

Throughout his career Gambetta served as the director of athletic development for the New York Mets (2004-2005), speed and conditioning coach for the Tampa Bay Mutiny major league soccer team (1996, 1997, and 1999), conditioning consultant to the U.S. men’s 1998 World Cup soccer team and the New England Revolution (1998), and director of conditioning for the Chicago White Sox. Gambetta has also worked with the Canadian men’s and women’s national basketball teams and the Chicago Bulls. Recognised internationally as an expert in training and conditioning for sport, Gambetta has lectured extensively and conducted clinics in Canada, Japan, Australia, and Europe.



**KEYNOTES OVERVIEW:** Vern will kick off the conference with a keynote on ‘The Coaching Process’. In his presentation, Vern will consider ‘what is the essence of a coach, and what makes a great coach?’

Vern will start day two of the conference with an insightful and considered presentation on his thoughts on planning and periodisation. In his presentation he will consider current periodisation concepts which are based on planning, and reinforce the process of planning in our coaching practice, in getting the athlete ready to be in optimum condition, to compete to the best of their ability, in the competitive arena at the right time.

**SESSION OVERVIEW:** The goal of the warm-up is to prepare the athlete mentally and physically for the training session or competition. A well designed warm-up can have a positive effect on subsequent performance, and a useful way of looking at warm-up is as “performance preparation”, enabling an athlete to perform maximally in their workout or competition. Vern will discuss the role and importance of an effective warm up and offer practical solutions for coaches to consider when designing their own warm up.

“Athletes must have the physical competencies and foundational strength to do the technical stuff!” In his second practical session, Vern will deliver a practical workshop, where he offers coaches training options that will help develop foundational strength in developing the resilient athlete. This is a great opportunity for coaches to gain access to one of the world’s best athletic development coaches.

The practical sessions will be supported by head coach of Excelsior, James Marshall.

## CONFERENCE BIOGRAPHIES

### **ASTON MOORE, British Athletics Senior Institute Coach**

**BIOG:** Aston Moore is a former track and field athlete who competed for Great Britain, specialising in the triple jump. Moore competed at the 1976 Montreal Olympics, won a bronze medal at the Commonwealth Games in 1978 and 1982, and also won a bronze medal at the European Indoor Championships in 1981.

Aston Moore has been coaching track and field athletes for many years and today, he is widely recognised as one of the foremost experts in the field of fitness and physical conditioning in the sport of athletics, where he specialises as a horizontal jumps coach.

Moore is currently the British Athletics Senior Institute Coach for Horizontal Jumps where he is the personal coach to some of the leading horizontal jumpers in the country, including 2006 & 2007 European Championship silver medallist, Nathan Douglas, 2016 European bronze medallist Julian Reid and Scottish Paralympic and multiple world-record holder in the F44 long jump, Steph Reid. Moore has worked with athletes such as British Record holder in the triple jump, Ashia Hansen (former indoor world record holder), former Triple Jump World Champion and Olympic Silver medallist, Phillips Idowu and 2010 Commonwealth Games Combined Events Champion, Louise Hazel.

**SESSION OVERVIEW:** Aston has been coaching for over 30 years and has had fantastic Olympic success in both the jumps and combined events. At the conference Aston will reflect on his years of experiences and offer an insight in to his approach to coaching. Following the presentation, he will deliver two practical workshops; one on how he prepares his athletes physically and technically for the triple jump, the second on the long jump. These sessions will be ideal for anyone interested in coaching horizontal jumps, gaining access to one of the great jumps coaches Britain has produced. The practical sessions will be demonstrated by British athlete and European medallist Nathan Douglas.



### **ANDY YOUNG, Olympic Coach**

**BIOG:** Andy Young is the personal coach to Olympic finalist and British record holder, Laura Muir. Young is also the head coach at Glasgow University where he coaches beginners through to the elite. Formerly an international distance runner in his youth, Andy has been coaching Laura Muir for the past five years, where she arrived at Glasgow University as a 4:38.00 1500m runner. Under his guidance, Laura has improved her 1500m time year on year, where just recently, she broke the Olympic Champion Kelly Holmes' long standing British record in the 1500m, running 3:57.49 at the London Anniversary Games. In 2015, Andy was recognised by European Athletics with an award in recognition of his coaching excellence.



**SESSION OVERVIEW:** In this workshop Coach Andy Young will outline the remarkable journey that Laura Muir has taken over the past five years that has seen her rise from club runner to the upper echelon of international athletics. As he tells the story of her startling progress, he will outline many of the key events and lessons learned that have seen her meteoric rise to the top of the sport. This presentation will be non-endurance specific, hopefully providing a valuable insight for coaches into some of the steps and challenges involved with development of talented youngster into a successful senior athlete.

## CONFERENCE BIOGRAPHIES

### **BRIAN FITZGERALD, Head Track & Field Coach / Athletic Director, Rio Mesa High School**

**BIOG:** Brian FitzGerald is the Athletic Director and Head Track & Field Coach at Rio Mesa High School in California. In the 36 years coaching track and field, Brian has produced some of the USA's top athletes, and has played a major role in the development of sprints and relays in Southern California. On the female side, he has coached a California State 100m Champion in each of the past four decades - Angela Burnham in the 80's (11.28, 5 state titles total, twice TFN's Female Athlete of the Year,); Marion Jones in the 90's (4 state titles while at Rio Mesa, TFN's 1991 AOY, 11.17 / 22.76 as a 15 year-old), Valexia Droughn in the 00's (11.47); and Zaria Francis in 2015 (11.28 / 23.09). Francis was also the 2016 US High School Indoor Champion at 60m, running 7.30. On the boys' side, Brian's relay teams have been among the nation's best, running 40.69 in the 4x 100m Relay, 1:25.10 in the 4x 200m, and 3:14.89 in the 4x 400m. He is currently a member of the California State Advisory Committees for Track & Field, and has been Lead Sprint Instructor in the innovative LA84 coaching education program for 25 years. Brian was honoured as the California State Boys' Coach of the Year in 2011, and more recently, USA Today newspaper named Brian the National High School Girls Track Coach of the Year for 2016. Over the years Brian has been able to distill, simplify and refine his philosophy in the sprints, and Scottish coaches will have access to his experiences through his presentations at the conference.



**SESSION OVERVIEW:** At the conference, Brian will be delivering two presentations on speed.

The first will be discussing and challenging some common sprint practices in his presentation titled, 'Mythbusting: Re-examining Some Common Practices in the sprints'. In his second presentation, titled 'Maximising Potential in the 4x100m Relay', he will draw on his 36 years of experience and evidence on how to maximise your team's potential in running the 4 x 100m relay. In his presentation he will examine which athlete to put on which leg, the use of acceleration zones baton exchanges and which is the most efficient and effective technique. These presentations will be ideal for any coach who has an interest in coaching sprints.

### **MARK BINGISSER, HMMR Media**

**BIOG:** Martin Bingisser calls himself 'the ambassador of hammer throwing'. Martin is the Swiss champion, 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.

**SESSION OVERVIEW:** At the conference Martin will be delivering a number of theory and practical sessions on conditioning for throws, where he presents the case that athletes must have the required physical competencies to throw. Martin will also deliver a practical coaching session on the technical development of the hammer. Martin will also host a special question and answer session at the end of the conference with some of the key speakers at the conference, and will feature in the international podcast, GAINCast.





## CONFERENCE BIOGRAPHIES

### **HONORE HOEDT, Master Coach at Atletiekunie**

**BIOG:** Honore is the former Head Endurance Coach, Netherlands and former National Distance Coach in Norway. Honore is a world renowned middle distance coach and is one of Europe's leading authorities on middle distance running. He has a vast amount of knowledge working with athletes across all events, but it is his specialisation of profiling athletes for 400m and middle distance. Coach Hoedt is the personal coach to Olympian and World Champion Sifan Hassan in the 1500m. During his coaching career, in addition to Hassan, Honore has coached a number of athletes to the Olympics; Gert Jan Liefers, Bram Som and Robert Lathouwers. He has also produced three European Gold medallists; Bram Som in 2006, Arnoud Okken in 2007 and Sifan Hassan in 2014.



**SESSION OVERVIEW:** Olympic Coach Hoedt will draw on his years of expertise and success and deliver a presentation on his approach to coaching middle distance. In the presentation Honore will show examples of session planning and scheduling employed for World Champion and Rio Olympic finalist, Sifan Hassan in the 1500m. Honore will also share some of the work he has been carrying out in identifying talented athletes in schools. This session will be suitable for any endurance coach working with developing athletes.

### **ROBERT HAWKINS, Olympic Coach**

**BIOG:** Robert Hawkins is the National Coach mentor for scottishathletics for endurance. Robert coaches at Kilbarchan AAC, where he coaches a number of athletes including his sons Callum and Derek Hawkins. Robert has recently, and most notably, coached both Callum and Derek to the London Marathon in April, where not one but both athletes gained selection and represented TeamGB at the Olympic Games in Rio, with Calum finishing in an impressive 9th place.



**SESSION OVERVIEW:** It is every coaches' dream to be able to coach an athlete from grass-roots to the Olympic Games. Robert Hawkins achieved just that with, not one, but two athletes. Returning fresh from Rio, Robert will give a presentation on training for the marathon and coaching Callum and Derek Hawkins to the Rio Olympic Games. During the presentation Robert will discuss the challenges and offer a unique insight, for any coach, into preparing an athlete for a major competition.



## CONFERENCE BIOGRAPHIES

### **JARED DEACON, MSc ASCC**

#### **Scottish Rugby Academies Strength & Conditioning Coach**

**BIOG:** Jared Deacon is a former International 400m athlete who competed at every major senior international championship through a 10 year career, where he won a relay gold medal for Great Britain at the 2002 European Athletics Championships and for England at the 2002 Commonwealth Games. He also represented England at the 1998 Commonwealth Games. He was a regular feature in the international British 4x400m relay team, competing at the 1999 World Championships in Athletics and the 2003 IAAF World Indoor Championships.



Deacon has been fortunate enough to have worked with elite athletes from many different sports in a career in strength and conditioning as well as being a sports specific coach working with sprinters and hurdlers in athletics, where he worked with many of Great Britain's next generation of elite and Olympic athletes, including Rio Olympic bronze medallist Emily Diamond in the 4x400m.

**SESSION OVERVIEW:** Jared will deliver a presentation on Coaching the 400m, where he will examine the 400m event with the workshop taking a journey from the development of a race model through to the training required to develop the necessary components within the annual plan. The presentation will use the working example of the training approach used with current British champion and Olympic medallist, Emily Diamond. This session will be suitable for coaches of junior and senior 400m athletes and those coaches with athletes to potentially run at Scotland International level.

Jared will also be delivering two practical workshops; looking at the technical model for acceleration and upright running. During these sessions, Jared will present exemplars of both and offer examples of drills and activities in developing good acceleration and upright running mechanics.

The practical sessions will be ideal for any coach looking to improve the athlete in running, jumping or throwing.





## CONFERENCE BIOGRAPHIES

### LINDA HARDY & FINLAY MACHUGH, sportscotland Institute of Sport

**BIOG:** Linda Hardy is the lead physiotherapist for athletics. Linda has worked with athletics for over six years, working with many of Scotland's top athletes.

Finlay MacHugh is the senior physical preparation coach for athletics.

Both Linda and Finlay work closely with some of Scotland's leading coaches and athletes in supporting an athlete centred, coach led integrated approach to ensure the athlete maximises their potential to perform on the world stage.

**SESSION OVERVIEW:** As well as reducing the risk of injury, there are great performance gains to be achieved with good running mechanics; improving the running efficiency in the sprinter or endurance runner. At the conference Linda and Finlay will deliver a practical session demonstrating an integrated approach in addressing common running errors.

This workshop will look at the common observations of poor running mechanics, and explore the 'go to' solutions in fixing them.



### TREVOR PAINTER, Olympic Coach and JENNY MEADOWS, Championship medallist

**BIOG:** Trevor Painter is the personal coach to the British Indoor 800m record holder and multiple major championship medallist, Jenny Meadows and former 400m British Indoor Champion Kirsten McAslan. Jenny Meadows is firmly established as one of Britain's leading female athletes. She has represented Great Britain since 2000 when, as part of Great Britain Juniors 4x400m relay team, they became World Junior Champions. In 2008 Jenny won the European Team Cup and was part of the Olympic team in Beijing.

Her breakthrough came at the 2009 World Outdoor Championships in Berlin where she won a magnificent bronze medal in a life-time best of 1:57.93 and became the third fastest British women of all time. Since Berlin, Jenny has gone from strength to strength; improving her indoor PB first at the Birmingham Grand Prix in February 2010 and becoming the British Indoor record holder, then again at the World Indoor Championships in Doha where she was awarded the captaincy of the Great Britain team and claimed the silver medal in a time of 1:58.43.

In 2011 at the European Indoor Championships Jenny won Gold for the individual event and silver as part of the 4x400m relay. That year she became British Champion outdoors and won the Diamond League Series.

**SESSION OVERVIEW:** What qualities and attributes do you need to have as an athlete in running the 800m? What information do you need as a coach to help inform the process in transitioning an athlete from 400m to 800m (and possibly to 1500m)? Trevor has had great success in his approach to coaching Jenny Meadows and more recently Kirsten McAslan. At the conference, Trevor and Jenny will answer these questions in their session, considering the long term approach to coaching middle distance successfully.



## CONFERENCE BIOGRAPHIES

### **BRYAN ROY, Performance Coach**

**BIOG:** Bryan Roy is the personal coach to the 2013 European U23 Championship bronze medallist, Allan Smith. Under Bryan's reign Allan won the British Indoor Championships in 2015 with a lifetime best of 2.29m, which earned him a place at the European Indoor Championships. Bryan also coaches at Grangemouth Stadium where he coaches long jump as well as developing a group of emerging athletes in the high jump.

**SESSION OVERVIEW:** At the conference, Bryan will deliver a workshop examining the key technical points of the high jump and offer practical drills and activities to help the club coach teach the event in their own coaching practice.

This session will be for anyone looking to start coaching high jump and/or looking to further their knowledge and expertise in the event.





## CONFERENCE BIOGRAPHIES

### **SCOTT GRACE, England Athletics National Technical Lead for Youth Development**

**BIOG:** Scott is the England Athletics National Technical Lead for Youth Development and the creator of world renowned 'Athletics 365'.

Over the past nine years Scott has created several high quality youth and schools resources, including The New Primary Schools Resource, the Athletics 365 App and co-wrote the Leading Athletics resource. With regards to training and education he has co-authored and supported the development of several coach education courses and workshops for England Athletics, British Athletics and sports coach UK.

These courses and workshops include the Athletics Coach and Children Coach Awards for British Athletics and the Fundamentals of Agility, Balance and Coordination workshops for sports coach UK.

Scott is a Level 4 Performance Coach for Sprints and Hurdles and a former British Athletics Regional Trainer and England Athletics Senior Tutor for Coach Education. In the past five years Scott has undertaken several team roles for both England and Great Britain and Northern Ireland, including Team Leader for the 2015 Commonwealth Youth Games England Team and the 2016 European Youth Great Britain and NI team.

**SESSION OVERVIEW:** During the conference, Scott will be delivering two workshops on Youth Development. The first will be titled 'Youth Development: Athletics 365 in action'. The workshop will provide coaches with ideas and strategies to help get the most from young athletes, using fun, engaging activities. Scott will demonstrate how coaches can use effective planning and organisation skills, combined with observation strategies to get the most from each session.

This session will also explore how clubs and coaches can use the Athletics 365 resource, either formally or informally, to complement their current coaching.

This workshop is suitable for any coach using or looking to use the Athletics 365 resources, and who wants to know more about making sessions fun, engaging and athlete-centred, and how to assess and help develop every child's confidence and competence.

For many years, coaches, athletes, parents and others have discussed what makes an athlete successful and how a coach or parent can help an athlete get the most from themselves. More recently, several popular books ('Talent Code', 'Outliers', 'Bounce') have been exploring this topic and in particular, what makes someone talented or successful. In this second workshop, titled 'Youth Development: Deliberate Play or Practice', Scott will use some of the key messages raised within these books to consider how coaches can most successfully help athletes get the most from training and sport, and provides an opportunity for coaches to take away practical ideas to incorporate within their own training environment. This workshop will also raise commonly asked questions on what contributes to early success in young athletes, how this can be further developed, and the best way to support both early and late developing athletes.





## CONFERENCE BIOGRAPHIES

### **ANDY NEAL, Olympic Coach**

**BIOG:** Andy Neal's contribution to coaching extends from beginner to elite.

Since becoming a Level 4 coach over 20 years ago he has dedicated both his working and volunteer life to coaching athletics. Although perhaps better known for his development and delivery of coach education, Andy's track record as a throws coach has followed an impressive upwards pathway culminating with a bronze medal in the discus by Olympian Jade Lally at the 2014 Commonwealth Games in Glasgow.

**SESSION OVERVIEW:** Whether you coach sprints, endurance, jumping or throwing, preparing an athlete for major championships is a huge challenge for any coach.

At the conference Olympic Coach, Andy Neal will present on his approach to planning for throws, offering an insight into his preparation with Jade Lally in the discus at the Rio Olympics.

Andy will also deliver a practical session on his approach to coaching discus. In the workshop, Andy will present on the key technical points of the event and offer drills and activities in which to develop the athletes' technique.



### **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.

Sayers first came under McNeill's wing as a raw 13 year-old and to take her to the world's biggest stage was a proud moment for Mike; a feat every coach dreams of. . .

Throughout McNeill's coaching career, his proudest moments have also included helping Mark Roberson produce a five metre personal best, when he went from an 80m thrower to an 85m performer, and also Sayers' victory in the AAA of England Championships when she sealed her Olympic place. McNeill has also guided international athletes such as Julie Hollman, Stefan Baldwin, Linda Gray and former World Junior champion David Parker.

**SESSION OVERVIEW:** Following the success of last years' workshops, Mike McNeill has returned to deliver a coaching clinic on the javelin at Crownpoint. Following the clinic, in his second workshop, Mike will deliver a practical session where he offers practical drills and activities to address some of the observations from the previous session.





## CONFERENCE BIOGRAPHIES

### JAMES MARSHALL, Head Coach (Excelsior)

**BIOG:** James Marshall is Head Coach of the Excelsior Athletic Development Club based in Devon. He has been a full time coach since 2001, working mainly as a strength and conditioning coach for governing bodies and teams including the RFU, England Golf, The Rugby League, London Welsh RFC, South West Fencing, and the Exeter Chiefs. He was the lead S&C coach for the South West Talent programme for three years which identified and developed young athletes from all sports. James coached at Millfield school for five years, being the head of Athletic Development for his last two years, where he coached Jazmin Sawyers amongst others three times a week. James has written over 40 articles on training for Peak Performance magazine and is the author of "Training young athletes" as well as three eBooks on training.

James has an MSc in Sports Coaching and is a qualified Athletics, Gymnastics, Weightlifting and Volleyball coach. He trained and competed in Shotokan Karate for many years, retiring after the 2004 World Championships in Tokyo.

**SESSION OVERVIEW:** Head Coach James Marshall spent many years working with athletes from different sports before deciding to set up his own club. This seminar explains the journey he has made as a coach and how his understanding of long term athlete development (LTAD) has improved each year. The lessons he learnt from working with the successful South West Talent Programme and also from observing short term fixes in clubs have all shaped the structure of Excelsior ADC. This seminar will include the highs and lows of trying to set up a new club with a new approach to LTAD with insights on what has worked and what hasn't worked.



### HUGH MURRAY, National Coach Mentor

**BIOG:** Hugh Murray is the current National Coach Mentor for scottishathletics for throws. Hugh started his athletics career as a jogger, then marathon runner and later as a club coach and competing athlete in throws events. Since then, he has led the development of the throws event group in Scotland for over a decade. Hugh's main area of expertise is coaching the shot and discus, and over his career Hugh has coached Kirsty Law to the European U23 Championships and former Scottish record holder Angus McInroy to two Commonwealth Games finals.

**SESSION OVERVIEW:** In recent years there has been a steady increase in the number of athletes who use the rotation technique in shot put. Why is this so? What are some of the advantages and disadvantages of the rotation technique? Shot putters have a choice between two techniques, the glide and the rotational style. Young competitors, other than beginning shot putters, will naturally gravitate to the more direct glide technique. However, while the rotational style may be tougher to learn, the rewards from the acceleration generated by the spin may lead to longer throws.

At the conference, Hugh will aim to answer these questions when he delivers a practical workshop on an introduction to coaching the rotational Shot Put.







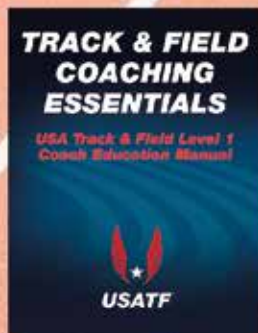




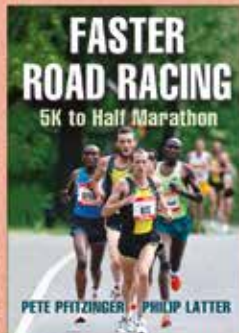


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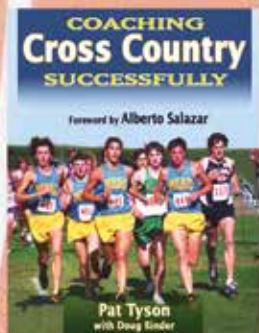
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