

Ljubljana, 1.3.2024

ATHLETICS COACHES ASSOCIATION OF SLOVENIA

Sprint Training from Youth to ELITE athletes”

We invite you to the **International Sprinting Seminar**, which will take place on 23 and 24 March at the Athletics Hall in Maribor.

The seminar with practical workshops will be led by Italian **Marco Airale**, a world-renowned expert in sprinting.

Short presentation:

»In 2019 I started my international experience, first as a Performance Therapist for the Chinese Track & Field team under coach Randy Huntington and later as Assistant Coach to Rana Reider in his group of Olympic and World-Class athletes.

In October 2021 I started my own professional group of sprinters based in Italy and currently coach a group of 10 athletes, including:

Omar McLeod - Britany Anderson - Daryll Neita - Adam Gemili - Jeremiah Azu - Amy Hunt

Best results under my guidance:

- Daryll Neita 60/100/200 7.05-10.90-22.16

- Reece Prescod 60/100 6.49-9.99

- Jeremiah Azu 60/100 6.57-10.04

- Britany Anderson 60hs 7.83«.

The lectures will be held in English according to the following timetable

Saturday, 23.3.2024.:

9.00 - 12.00 theory + practical

12.30 - 13.45 lunch

14.00 – 17.00 practical

Sunday, 24.3.2024.:

9.00 – 12.00 practical

13.00 lunch

Entries deadline:

19.3.2024., verhovnik.u@gmail.com.

Fee: 100 EUR;

The registration fee must be paid to:

Slovenian athletic federation

**IBAN: SI56 0208 5001 3244 939
BANK: NLB d.d., Trg republike 2, 1520 Ljubljana
SWIFT: LJBAS12X**

The seminar will be held if **at least 15 participants attend.**

Further information about the seminar:

Uroš Verhovnik – mobile: +386 41 720 658 or e-mail: robi.kreft@gmail.com, verhovnik.u@gmail.com.

The following hotel accommodation offer applies to all participants:

Hotel Tabor- Maribor (close to the athletics stadium)

Bed and breakfast:

- single room (63,00€)
- double room (81,00€) --> 40,50€ per person
- 3 bedded room (99,00€) --> 33,00€ per person
- 4 bedded room (€117,00) --> €29,25 per person

Tourist tax is € 3.13 per person/per night.

We are looking forward to see you in Maribor!

Predsednik ZATS
Uroš Verhovnik

