



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

19.30



#### To Be Announced

| keynote speaker discussing Athlete | Performance & Development Tracking



### Friday 4 January 2019 14.00 REGISTRATION 15.00 **OFFICIAL OPENING** "Supporting Champions" **KEYNOTE** 15.30 Dr. STEVE INGHAM "Technology in Coaching & Performance" **KEYNOTE** 16.15 **RALPH MOUCHBAHANI** 17.00 REFRESHMENTS "Using Technology to Inform your Decision Making" **KEYNOTE** 17.30 SHAUN PICKERING "Athlete Performance System Management" **KEYNOTE** 18.15 T.B.C

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**SUPPER** 







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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

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	General	General	Principles &
	•	Preparation	Preparation	Preparation	Programmes
12.00	REFRESHMENTS				
12.30	Workshop 2	Target Fitness	Target Fitness	Principles &	General
		& Strength	& Strength	Programmes	Preparation
14.00	LUNCH				
15.00	15.00 Workshop 3	Specific Fitness	Principles &	Target Fitness	Target Fitness
15.00		& Strength	Programmes	& Strength	& Strength
16.30	REFRESHMENTS				
17.00	Workshop 4	Principles &	Target Fitness	Specific Fitness	Specific Fitness
		Programmes	& Strength	& Strength	& Strength
20.00	GALA DINNER				









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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



#### Sunday 6 January 2019 08.00 REGISTRATION 09.00 **WELCOME** "Coaching Excellence" **KEYNOTE** 09.30 Prof. FRANK DICK OBE "Women in High Performance Coaching" 10.15 **KEYNOTE** T.B.C "Our Duty of Care" **KEYNOTE** 11.00 Kieron Stout 11.45 REFRESHMENTS "Making the Club the Winning Difference" **KEYNOTE** 12.15 JAMIE McDONALD "World Class Coaching Structures in Clubs & Federations" **KEYNOTE** 13.00 **GÜNTER LANGE** 14.00 LUNCH

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# **CONFERENCE PACKAGES**





GOLD PACKAGES



Conference Meals Friday Supper, Saturday Lunch, Sunday Lunch

Full IFAC Programme with Gala Dinner 3 Day Conference *Friday, Saturday, Sunday* 

Full IFAC Programme with Gala Dinner

2 Nights Accommodation B&B

Conference Meals Friday Supper, Saturday Lunch, Sunday Lunch



SILVER PACKAGES Full IFAC Programme with Gala Dinner

3 Day Conference Friday, Saturday, Sunday
Conference Moole Friday Sunner, Saturday Lynch, Syne

Conference Meals Friday Supper, Saturday Lunch, Sunday Lunch



BRONZE PACKAGES Single Day IFAC Programme

Choice of attending one day Friday or Saturday or Sunday

£230 with Gala Dinner £200 without Gala Dinner

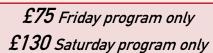
£540 Single Occupancy

£430 Double Occupancy

£440 Single Occupancy

£365 Double Occupancy

£200 without Gala Dinner



£1605Saturday 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





