

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

4 – 6 JANUARY
2019
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

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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 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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Elite Athlete Centre,
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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*



**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	

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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*

£1605 *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