

All Russia Athletic Federation
In conjunction with
European Athletics Coaching Association



Are hosting an International Coaching Conference

The Winning Difference

1 - 4 November 2007

Conference Program

Focus - Beijing Preparation

Thursday 1 November

17.00 (Onwards) Registration

Friday 2 November

09.00 - 09.15 Conference Opening

09.15 - 10.30

Presentation 1: "Beijing Preview"

Speaker: Edwin Ozolin (RUS)

Co-reference: "Summary of issues in Olympic preparation strategy design"

Peter Bonov (BUL)

Dane Korica (SERB)

10.30 - 11.00

COFFEE BREAK

11.00 - 12.30

Presentation 2: "Practical Experience in Major Championships Year-Plan Preparation"

Speakers: 1. TBC (RUS)
2. TBC (RUS)

12.30 - 14.00

LUNCH

14.00 - 15.30

Workshop Theme 1 - Leaders

"Specific Current Trends per Discipline - Europe v World "

15.30 - 16.00

COFFEE BREAK

16.00 - 17.30

Workshop Theme 2 - Leaders

"Addressing the Specific Challenges of Beijing Preparation"

Saturday 3 November

09.00 – 10.30	Presentation 3: “Monitoring Preparation, the Marriage of Technology and Experience “ Speaker: Scott Drawer (GBR) Co-reference: Igor Mironenko (RUS)
10.30 – 11.00	COFFEE BREAK
11.00 – 12.30	Presentation 4: “Troubleshooting through a Major Championship Year” Speaker: Frank Dick (GBR) Co-reference: Sergei Portugalov (RUS)
12.30 – 14.00	LUNCH
14.00 – 15.30	Workshop Theme 3 - Leaders “Balancing Performances -Science Input with that Judgment Born of the “Deep Smarts” of Experience”
15.30 – 16.00	COFFEE BREAK
16.00 – 17.30	Workshop Theme 4 - Leaders “Prevention and Management of Stress Related Injury or Illness “

Sunday 4 November

09.00 – 10.30	Presentation 5: “Variations in the Peak Competition Preparation Mesocycle” Speaker: Ekkart Arbeit (GER) Co-reference: Vladimir Popov (RUS)
10.30 – 11.00	COFFEE BREAK
11.00 – 12.30	Workshop Theme 5 - Leaders “Specific Conditioning and Routine Adjustments in Preparing for Peak Performance”
12.30 – 12.45	Close of Conference

Workshop Leaders

Event	Leaders	
Sprints/hurdles:	Loren Seagrave (USA)	Valentin Maslakov (RUS)
Endurance:	Peter Thompson (GBR)	Vladimir Grauden (RUS)
Jumps:	Wolfgang Ritzdorf (GER)	Igor Mironenko (RUS)
Throws:	Ekkart Arbeit (GER)	Yuri Bakarinov (RUS)
Combined Events:	Jitka Vinduskova (CZE)	Lev Lobodin (RUS)

Note: 17.30 – 18.00 Saturday 3 November – EACA General Meeting and Elections.