

Sprints / Jumps / Hurdles Development Day

September 3rd AIT

Timetable

09.30 – 10.00 Registration

10.00 – 11.00 Warm Up – Paul McKee

11.00 – 12.30 Workshops

- Hurdles – Brid Golden and Paul Byrne
- Relays – Daniel Kilgallon
- Triple Jump – David Murphy

12.30 – 13.30 Lunch

13.30 – 15.00 Workshops

- Speed Development – Paul McKee
- High Jump – John Shields
- Developing General Conditioning – Eamon Harvey

15.00 – 16.00 Planning – Pat Ryan

16.00 Close

Workshop details

Warmup workshop

This will equip the coach to devise and oversee warm-ups that assist the athletes in maximising the benefit from the session.

Hurdles workshop

This will equip coaches to introduce hurdles and developing hurdling skill with juvenile athletes. The workshop will cover:

- Drills for hurdling to develop technique and speed
- Identifying common errors in hurdling
- Developing fluency over the hurdles
- Coaching tips on group hurdling sessions
- The older hurdler - moving to higher hurdles and increased spacing between hurdles

Sprint Relay Workshop

This workshop will look closely at the basics of coaching Sprint Relays including:

- Warm up
- Squad drills,
- Change zones
- Check marks
- Passing technique

Triple Jump Workshop

This workshop will concentrate on the basics of the event:

- Triple jump technique
- Control of the phases
- Drills to maintain control of the hop phase

High Jump workshop

The focus will be on the fundamentals of the event including:

- Run up
- Take off
- Flight and landing
- Drills to develop the phases

Speed development - a marathon not a sprint

This workshop will examine the sprinters journey from juvenile through to junior ranks looking closely at key sessions and developments.

General conditioning workshop

The focus of this workshop is to lead coaches to appreciate the benefits of circuit training in the conditioning of athletes and to discuss how to organise circuit training sessions and programmes that address the challenges of balance, stability and strength in the young athlete.

Planning workshop

This will cover the basic factors that need to be considered by a coach when devising a training strategy.

Presenter Bios:

Paul McKee

Paul McKee is Athletics Ireland's RDO for the north-west. Paul is a former national record holder in the 400m outdoors and indoors and also contributed to a national record in the 4x400m relay. He competed in the Sydney Olympics and won a bronze medal in the World Indoor championships in 2003.

Paul has coached a number of athletes to international level including Jason Harvey.

Daniel Kilgallon

Daniel is currently Athletics Ireland's RDO for the East Coast Region. Daniel has been a sprints coach with Tallaght AC since 2010. During this time he has coached numerous sprinters to national titles and medals in all age categories. Many of these achieved national records and CBPs in sprint and relay events. Daniel has coached athletes to represent Ireland at Schools International, Celtic Games, European Junior Championships, World Junior Championships and European Senior Championships. Daniel is also National Junior Men's 4x1 relay coach. He has guided the team to a 7th place finish at European Junior Championships in 2015 in Sweden and a new National Junior record at the World Junior Championships in Poland in 2016. He is a Coaching Ireland Tutor and Level 2 coach.

Brid Golden

Brid Golden is a former Irish record holder for heptathlon and winner of 22 National Senior Championships (10 indoor including 60m hurdles, shot and heptathlon and 12 outdoor including 100m hurdles and heptathlon). She won the 3A's indoor pentathlon on two occasions. Over the last 20 years Brid along with her husband Alan have coached the Ferrybank AC hurdlers, sprinters and jumpers through their juvenile years including Thomas Barr, Jessie Barr, Kelly Proper, Mairead Murphy, Kalyn Sheehan, Ben & Megan Kiely, Niamh Whelan, Ciara Giles Doran, Christopher Russell, Billy Ryan and Paul Murphy. A large number of athletes coached by Brid & Alan competed at EYOF, European Junior, European Senior, World Junior and World Senior Championships over the last 11 years. Ben & Megan Kiely (400m hurdles) and Niamh Whelan (100m) won medals at EYOF while Kelly Proper made the European Indoor Long Jump final. Brid led her club to win the European Junior Clubs Championship (Group C) in 2006 and they placed 2nd in 2007 (Group B). In 2011 Ferrybank AC Ladies team placed 2nd in the European Clubs Track & Field (Group 2), the highest ever placing by an Irish team in this event. Brid has coached Kelly Proper, Irish long jump record holder and Ireland's most prolific winner of Irish Senior Championships (19 indoor and 17 outdoor including 60m, 100m, 200m, long jump & heptathlon) since she was 10 years of age. She is the current Chair of Athletics Ireland High Performance Committee and a member of the Coaching Committee. Brid was the Athletics Ireland team coach at the World

Junior Championships in 2002, the World Youths Championships in 2003 and the European Indoor Championships in 2009.

Paul Byrne

Paul is an international athlete who has just returned from the European Championships in Amsterdam. He is the national record holder for 300m hurdles and is a Level 2 coach.

David Murphy

David is a former triple jumper based out of Waterford and competed for St Pauls AC and Waterford AC. He has worked closely with Athletics Ireland for the past few years as an IAAF level 4 jumps coach, working with athletics and coaches at all levels to up skill jumps.

John Shields

John is a coach of vast experience who has coached athletes to national medals in almost every event. Athletes under his tutelage have participated in international competition in a range of events and championships. In recent years John has enjoyed significant success in the sprints area with Dara Kervick and Brian Gregan featuring prominently. John was the national coach for high jump for many years and this will be his focus.

Eamon Harvey

Eamon is a former PE teacher who was also part of the AAI Development team. He is the current Chair of the Coaching & Development committee.

Eamon is an active coach at juvenile level in addition to coaching a number of national champions in events ranging from jumps and throws to sprints and endurance. These include athletes such as Karl Griffin, 6th European U23/800m 2015, Kelly Mc Grory, 2016 Irish 400mH champion, Kate McGowan, 2016 Irish Universities 400mH champion. In the past he worked with athletes such as Mary McLoone, Irish triple and Long Jump champion, Kevin McBrearty, 64m Javelin and former Irish champion, Bridei Lynch, Paralympian Discus Gold Medalist, [1996], Conal McNamara, Paralympian 400m silver medalist, 2004 and Catherine Walsh, Pentathlon, Paralympian Bronze medalist 2000. Eamon is an I.A.A.F. Level 4 Coach.

Pat Ryan

Pat Ryan is the Director of Coaching & Development with AAI. Pat is a former athlete who won national senior titles indoors and outdoors and was a national junior record holder. He coached athletes to world junior standard and was a member of the coaching staff at Beijing 2008 and London 2012.

Sprints / Jumps / Hurdles Performance Day

September 17th AIT

Timetable

09.30 – 10.00 Registration

10.00 – 11.00 Keynote – Paul McKee

11.00 – 12.30 Workshops

- Hurdles – Volker Hermann
- High Jump: Technical workshop – Deirdre Ryan
- Long Jump – Femi Akinsanya
- Pole Vault – Jim Alexander

12.30 – 13.30 Lunch

13.30 – 15.00 Workshops

- Speed Development – Volker Hermann
- High Jump: Plyometrics workshop – Deirdre Ryan
- 400m Hurdles – Hayley Harrison
- Long Jump – Femi Akinsanya

15.00 – 16.00 Planning – Hayley Harrison

16.00 Close

Workshop details

Paul McKee will discuss his career as an athlete. He will offer insights into his training and share lessons learned along the journey.

High Jump Workshop

The high jump technical session is aimed at performance coaches of athletes at a level of 1.65cm+. Coaches are invited to bring their athletes to the session, which will involve both high jump drills and jumping. There will be 8 spots available for athletes with their coaches.

Technical hurdles workshop

Hurdling is one of the most challenging events in athletics. The athletes need to achieve high horizontal velocities by executing a strict movement pattern in between the hurdles. Most hurdlers are therefore dealing with difficulties in take-off into the hurdles, resulting in a

greater loss of speed. We will try to find ways to avoid this disadvantage and illustrate a rhythm-oriented approach to teach hurdling for beginners and advanced athletes.

Long Jump workshop

The session will include drills targeting specific technical issues. It is aimed at those who are focused on performance and will facilitate further enhancement of technique.

Pole Vault Workshop

This workshop will look at both development and performance aspects of the event

Development

- Talent ID for potentially good pole vaulters
- Key skills to master in first year of pole vaulting
- Other athletics events that compliment pole vault development

Performance

- To jump 5.00m and 4.00m is an 8-10 year plan – how to plan year by year to achieve this goal
- Strength & Conditioning requirements for 5.00m Male vaulters and 4.00m female vaulters
- The role of gymnastics in performance pole vaulting
- Competition planning for performance athletes (both indoors and outdoors)
- Coach development in support of above goals

Speed Development – Acceleration workshop

In modern speed training, the combination of strength and coordination results in performance. The workshop will highlight some neuromuscular drills to improve acceleration performance and high speed mechanics, concentrating on the cognitive demands of sprinting. It will also demonstrate the demands of acceleration and the maximum velocity phase as well as the differences in technique and activation / movement patterns.

400m Hurdles workshop

This workshop will be a mix of practical and theory focussing on elements of performance hurdling.

High Jump – Plyometrics

This workshop will concentrate on plyometric exercises which are particularly relevant to performance high jumping.

Presenter Bios:

Paul McKee

Paul McKee is Athletics Ireland's RDO for the north-west. Paul is a former national record holder in the 400m outdoors and indoors and also contributed to a national record in the 4x400m relay. He competed in the Sydney Olympics and won a bronze medal in the World Indoor championships in 2003.

Paul has coached a number of athletes to international level including Jason Harvey.

Jim Alexander

Jim Took up coaching in 1987 having been an 'average athlete' with a pole vault pb of 4.30m which was achieved in 1984. He started in coaching to find out what he was doing wrong and subsequently discovered he preferred coaching to competing! Jim has had some success with male vaulters (Anthony McCreery achieved the Irish Junior record of 4.90m in 2006 and Neil Young cleared 5.20m in 1997) but considers himself a specialist in coaching women's pole vault. Some of his achievements include coaching vaulters to European Junior (Erin Kinnear in 2003), European Indoors (Zoe Brown in 2009), European Outdoors (Zoe Brown in 2014), World Youths (Erin Kinnear in 2001), World Student Games (Zoe Brown in 2005), European U23's (Zoe Brown in 2005) and Commonwealth Games (Zoe Brown in 2002, 2006 and 2014). Jim currently works with Ellen McCartney (Irish Outdoor Youth record of 3.60m in 2016) and Shane Martin (Irish Indoor Youth record of 4.30m in 2016)

Deirdre Ryan

- 2006 European Championships final, Gothenburg
- 2011 World Championship, 6th place, 1.93 cm (1.95cm qualification round)
- 2011 National Record 1.95 cm
- 2012 Olympic Games in London

Deirdre is a former international Irish high jumper. She joined DSD, her local athletics club at the age of eight. After many years of trying a variety of disciplines, it she focussed on high jumping. From there her career developed through the ranks of schools and national championships culminating in placing sixth at the World Championships in South Korea in 2011, jumping a national record of 1.95cm and qualifying for the London 2012 Olympics. Between 2000 and 2013 Deirdre competed at numerous European and World Championships across all four corners of the globe from Birmingham, Berlin and Madrid to Korea, Doha and Beijing.

Deirdre spent many years training abroad in Germany, Belgium and Italy, affording her the possibility to train with some of the most world renowned high jump coaches, such as Gerd Osenberg, not to mention World and Olympic Champions like Tia Hellebaut.

Volker Herrmann

Volker Herrmann is a sprint and hurdles expert working at the German Olympic Training Centre in Munich. Previously he was head coach to male sprinters at the German Sport University in Cologne. Volker has lectured in Cologne in the fields of biomechanics and movement science. He has coached several athletes to international championship medals and has been a consultant to the German Athletics Association for female sprinting and hurdling since 2013. He believes that "linking modern scientific knowledge with lasting coaching experience" is the key to success.

Volker also lectures for the IAAF internationally on courses and workshops for high performance coaches.

Femi Akinsanya

Femi is a former International Triple Jumper with a PB of 16.63m and current England Athletics Coach Mentor for Jumps. As assistant coach to Aston Moore he helped heptathlete Louise Hazel win Commonwealth gold and was also technical advisor to Phillips Idowu before his retirement.

Hayley Harrison

Hayley is the national event co-ordinator for hurdles and also an IAAF level 5 coach. Working with her husband Drew, they lead a very successful coaching group in Limerick. As an athlete Hayley competed for UK over a six year period, primarily in the 400m hurdles. She also represented England in hockey and netball. Since moving to Ireland she has been involved with athletes who achieved over 120 national senior titles and over 50 national records. Athletes from the group have participated in major championships on 70 occasions with Thomas Barr becoming the latest Olympian. Hayley works for Coaching Ireland assisting NGBs in how to design, implement & deliver coach and instructor education programmes.