



**2019 NACACTFCA CONFERENCE**  
**"Preparing Athletes for High Level Success"**  
**Embassy Suites by Hilton San Juan Hotel & Casino**  
**October 17-20, 2019**

**Keynote Speaker:**

**Dan Pfaff – 4 Decades of High-Level Coaching**

<b>Don Babbitt (USA)</b>	Developing the Junior and Senior Level Thrower
<b>Paul Francis (JAM)</b>	High Level Sprint & Hurdle Development
<b>Dan Pfaff (USA)</b>	Athletic Training and Coaching from a 40 Year Perspective
<b>Jackie Rosado (PUR)</b>	Sports Psychology in Athletics
<b>Nikos Apostolopoulos (GRE/CAN)</b>	Micro Stretching, Recovery, and Regeneration
<b>Jeremy Fischer (USA)</b>	High Level Jumps Preparation
<b>Carlos Guzmán (PUR)</b>	800 Meters Coaching & Development – Personal Coach Wesley Vazquez
<b>Arturo Paris (PUR)</b>	800 Meters Coaching & Development – Personal Coach Ryan Sanchez

<b>Thursday, October 17</b>	<b>All Day</b>	Arrivals
	6:00-7:30 PM	Congress Reception
<b>Friday, October 18</b>	8:30-9:00 AM	Registration
	9:00-9:30 AM	Opening Ceremony
	9:30-10:30 AM	Keynote – Dan Pfaff (USA)
	10:45-11:45 AM	Jeremy Fischer (USA)
	12:00-1:30 PM	Lunch
	1:45-2:45 PM	Paul Francis (JAM)
	3:00-4:00 PM	Nikos Apostolopoulos (GRE/CAN) Practical Session
	4:15-5:15 PM	Don Babbitt (USA)
		<i>Evening free/on your own</i>
<b>Saturday, October 19</b>	8:15am Bus to Track for Practical Sessions – UPR Rio Piedras	
	8:45-9:30 AM	Practical Session Rotation I
	9:40-10:25 AM	Practical Session Rotation II
	10:35-11:20 AM	Practical Session Rotation III
	11:30am Bus to Hotel	Lunch
	1:00-1:45 PM	800 Meter Wesley Vázquez Training – Carlos Guzmán
	2:00-2:45 PM	Ryan Sanchez Project – Arturo Paris
	3:00-4:00 PM	Dr. Jackeline Rosado
	4:15-5:00 PM	Coaching Roundtable with All Presenters
	5:00-5:30 PM	Wrap Up & Raffle
	7:00-10:00 PM	NACACTFCA Banquet – Sponsored by MONDO
<b>Sunday, October 20</b>	<b>All Day</b>	Departures

**Registration fee \$150.00 USD – does NOT include hotel. Participants must register with and pay for hotel (ask for NACACTFCA Congress rate of \$165.00/day per suite – [brian.martinez@hilton.com](mailto:brian.martinez@hilton.com))**

*15 Hours of Continuing Education is accredited towards the license to coaches from the Institute of the Department of Sports & Recreation of Puerto Rico*

There will be simultaneous translation / Habrá interpretación simultánea

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**Bios:**

**Dan Pfaff** has coached top level collegiate and international level athletes for over forty years, coaching at Houston, UTEP, LSU, Texas, and Florida, He has led dozens of athletes to the Olympic Games, who have won medals, including 1996 100-meter gold medalist Donovan Bailey of Canada and 2012 long jump gold medalist Greg Rutherford of Great Britain. He has coached at 10 Olympics and 15 World Championships, lectured in countries all over the world, and has been published in multiple journals. He has also been instrumental in coaching education in the US, Great Britain, and the NACAC region.

**Don Babbitt** is one of the world's best throwing coaches, having produced champions across every event and both genders. In addition to his role at the University of Georgia, he worked with the IAAF on the biomechanical analysis of the 2017 World Championships. His athletes have won 21 medals at the World Championships or Olympic Games, including Adam Nelson, Reese Hoffa, and Jason Tunks.

**Paul Francis** has been a coach at the MVP Track & Field Club for 17 years, co-founded MVP with his brother in September 1999. He has since distinguished himself nationally and internationally as a coach and administrator of athletics. He has attained the Level IV IAAF Coaching Certification in the sprints and hurdles. Paul is also one of the highest ranked IAAF Technical Officials in Jamaica and is designated as an Area Technical Official "ATO" in NACAC by the IAAF.

**Dr. Nikos Apostolopoulos** is the Founder and Developer of microStretching® and Stretch Therapy®. He is the Director of the microStretching Clinic, the first in the world to pioneer the development of therapeutic and performance enhancement microStretching®. Dr. Apostolopoulos graduated from the University of Wolverhampton (PhD - Muscle Physiology and Inflammation) and the University of Toronto (BPHE - Sports Medicine).

**Jeremy Fischer** coaches at the US Olympic Training Center and the director of the USATF Residence program of the Chula Vista Elite Athlete Training Center in Chula Vista, CA. At the Rio Olympics the program won 5 Olympic medals and over 10 Paralympic medals. Jeremy is a lead instructor for USATF coaches education and an instructor for the IAAF. He has coached Will Claye, the first to win an Olympic long jump and triple jump medal since 1936.

**Carlos Alfonso Guzmán Colón** has a master's degree in literature and a second master's degree in High Level Sports Performance. He has coached some of the national-level collegiate athletes in Puerto Rico at the University of Puerto Rico Bayamon Campus UPRB, the Bayamon Central University UCB as part of the Puerto Rican Collegiate League (LAI). He is currently coaching Wesley Vázquez in the 800m with 1.43.83 (N. R. 2019). He is currently the president of the Puerto Rico Coaches Association (CEAPUR).

**Jorge Arturo Paris Millán**, Level I IAAF CACAC coach, he works as the Director of Sports in the Carolina's Sports and Recreational Department. Jorge A. Paris has coached a diverse group of top athletes from Puerto Rico at collegiate level and National Level. He has coached Ryan Sánchez from age group level to one of the best 800m (1.44.82) in the world, and who has classified for the 2019 IAAF World Championship.

**Jackeline Rosado Vázquez** is a Clinical, School and Sports Psychologist who helps students, athletes and the general public in the area of Mental Health and quality of life; from his private office, teaching practice and community work in the country. Dr. Rosado has been directly working with athletes and officials inside and outside the country since 2001, in workshops, training and psychological intervention in various disciplines.

