



NACACTFCA



2020 VIRTUAL ATHLETICS CONGRESS CONGRESO VIRTUAL DE ATLETISMO

December 18-20, 2020



"Coaching Matters"



Without Coaches, there is no Athletics!

Todas las sesiones están traducidas al español con subtítulos



Timetable (CST)	Start Time	End	Event	Subject	Moderators	Notes
Friday December 18						
Day 1 Opening						
Session 1	16:30	17:00	Welcome	COACHING ISSUES IN OUR WORLD TODAY! Victor Lopez (PUR) - President NACACTFCA Sebastian Coe (GBR) - President World Athletics		President & Founder NACACTFCA President - World Athletics
	17:05	17:20	Special Guests	Mike Sands (BAH) - President NACAC Laurent Boquillet		President - NACAC Head of Global Development - WA
	17:20	17:30	Sponsors	NACAC, Mondo, UCS, and Speedendurance.com		
	17:30	17:55	Presentation 1	Wendy Truvillion (USA) - RACE AND ATHLETICS		USATF / GACA Board
	17:55	18:00	Break			
	18:00	18:25	Presentation 2	Rose Monday (USA) - WOMEN IN ATHLETICS		USATF Women's Track & Field Chair 2020-21 US Olympic Women's Head Coach
	18:25	18:30	Break			
	18:30	18:55	Presentation 3	Dan O'Brien (USA) - RESOURCES AND OPPORTUNITIES FOR ATHLETES		Olympic Gold Medalist & Former Decathlon World Record Holder
	18:55	19:00	Break			
	19:00	20:00	Panel Discussion	Truvillion, Monday, O'Brien	Dianne Woodside Johnson	USATF / NACACTFCA
Session 2	9:00	9:05	Welcome	COACHING OUTSIDE OF THE BOX	R. Mercado	
	9:05	9:50	Presentation 1	Dr. Wolfgang Ritzdorf (GER) - COACHING OUTSIDE THE BOX		Coach of WR high jumpers, DSHS-Koeln, Head of World HJ Centre
	9:50	10:00	Break			
	10:00	10:45	Presentation 2	Dr. Jim Denison (USA/CAN) - PERSPECTIVES ON ATHLETE LEARNING AND DEVELOPMENT		Sport Sociologist, Formerly with the Canadian Athletics Coaching Centre
	10:45	10:50	Break			
	10:50	11:45	Panel Discussion	Ritzdorf and Denison	R. Mercado	
Session 3	13:00	13:05	Welcome	COACHING COMPETENCE	R. Mercado	
	13:05	13:50	Presentation 1	Peter Thompson (GBR/USA) - COACHING COMPETENCE AND COACHING SKILL		50 Years of Coaching and Coaching Education in UK and USA
	13:50	14:00	Break			
	14:00	14:45	Presentation 2	Les Gramantik (CAN) - DEVELOPING FUTURE COACHES FOR PERFORMANCE		Athletic Consultant and Former Head Coach Athletics Canada
	14:45	15:45	Panel Discussion	Thompson, Gramantik, Oscar Gadea (URU)	Martin Palavicini	Oscar Gadea, President ASEA
	16:00	16:30	ZOOM CHAT!	Face to Face and breakout rooms for discussion, camaraderie, catching up with friends, etc!		
Session 4	17:30	17:35	Welcome	THE ROLE OF NUTRITION AND WELLNESS IN ATHLETICS	R. Mercado	
	17:35	18:20	Presentation 1	Donna Harris (CAN) - BURNOUT AND THE COACH AND ATHLETE		Chartered Professional Coach - The Johnson Group
	18:20	18:30	Break			
	18:30	19:15	Presentation 2	Roberta Anding (USA) - HIGH PERFORMANCE NUTRITION		Advisor to professional sports and college teams in Houston
	19:15	19:20	Break			
	19:20	20:00	Panel Discussion	Harris and Anding	Martin Palavicini	
Session 5	9:00	9:05	Welcome	THE ATHLETE-CENTERED COACH IN THE 21st CENTURY	R. Mercado	
	9:05	9:50	Presentation 1	Frank Dick (GBR) - INDIVIDUALIZATION IN COACHING		President EACA, Former British Athletics Director of Coaching
	9:50	10:00	Break			
	10:00	10:45	Presentation 2	Harry Marra (USA) - ADAPTING TO COACHING ATHLETES IN THE 21st CENTURY		Coach of Ashton Eaton and formerly with USA / Visa Program
	10:45	10:50	Break			
	10:50	11:40	Panel Discussion	Marra, Dick, Victor Lopez, & Les Gramantik	R. Mercado	
Session 6	13:00	13:05	Welcome	SPORT SCIENCE, TECHNOLOGY, AND THE MODERN COACH	R. Mercado	
	13:05	13:35	Presentation 1	Kevin Reid (USA) - SPORT SCIENCE AND TECHNOLOGY IN PRACTICAL COACHING		
	13:35	13:40	Break			
	13:40	14:10	Presentation 2	Jimson Lee (CAN/GBR) - WHAT'S OUT THERE AND WHAT WORKS?		
	14:10	14:15	Break			
	14:15	14:45	Presentation 2	Nikos Apostolopoulos (CAN) - MICROSTRETCHING FOR RECOVERY & REGENERATION		
	14:45	14:50	Break			
	14:50	15:45	Panel Discussion	Reid, Lee, Apostolopoulos (Harris & Anding)	Martin Palavicini	
Session 7	17:00	17:05	Welcome	INSPIRATION AND LEADERSHIP IN LIFE AND IN ATHLETICS	R. Mercado	
	17:05	17:50	Presentation 1	Gilbert Tuhabonye (BDI/USA) - FAITH, HOPE, AND RESILIENCE		Genocide Survivor, Human Rights Advocate, Athletics Coach
	17:50	17:55	Break			
	17:55	18:40	Presentation 2	Dolf Berle (USA) - HOW AND WHY ATHLETICS COACHES CAN SAVE THE WORLD!		CEO Top Golf, Masters Decathlete, USATF Board member
	18:40	18:45	Break			
	18:45	19:45	Panel Discussion	Tuhabonye, Berle, Kevin Reid & Victor Lopez	R. Mercado	
	19:45	20:00	Closing Remarks	Victor Lopez (PUR) - President NACACTFCA		President NACACTFCA
	20:15	21:00	ZOOM CHAT!	Face to Face and breakout rooms for discussion, camaraderie, catching up with friends, etc!		