



NACACTFCA



2020 VIRTUAL ATHLETICS CONGRESS CONGRESO VIRTUAL DE ATLETISMO

December 18-20, 2020

"Coaching Matters"

Without Coaches, there is no Athletics!

Timetable (CST)	Start Time	End	Event	Subject	Host	Notes	
Friday December 18							
	Day 1 Opening						
				COACHING ISSUES IN OUR WORLD TODAY!			
Session 1	16:30	17:00	Welcome	Victor Lopez (PUR) - President NACACTFCA	R. Mercado (USA)	President and Founder - NACACTFCA	
	17:00	17:25	Special Guests	Sebastian Coe (GBR) - President World Athletics Mike Sands (BAH) - President NACAC		President World Athletics World Athletics Global Development	
	17:25	17:30	Break				
	17:30	17:55	Presentation 1	Wendy Truvillion (USA) - RACE AND ATHLETICS		USATF and GACA	
	17:55	18:00	Break				
	18:00	18:25	Presentation 2	Rose Monday (USA) - WOMEN IN COACHING & 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) - OPPORTUNITY & SUPPORT FOR ATHLETES OF ALL AGES		Former Decathlon World Record Holder	
	18:55	19:00	Break				
	19:00	20:00	Panel Discussion	Truvillion, Monday, O'Brien	Richie Mercado	USATF / NACACTFCA Secretary	
Saturday December 19							
Day 2							
				COACHING OUTSIDE OF THE BOX			
Session 2	9:00	9:05	Welcome	Richie Mercado - Secretary NACACTFCA	R. Mercado	Secretary NACACTFCA Coach of WR high jumpers, DSHS-Koln, Head of World HJ Centre	
	9:05	9:50	Presentation 1	Dr. Wolfgang Ritzdorf (GER) - COACHING OUTSIDE THE BOX			
	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	Secretary NACACTFCA	
				COACHING COMPETENCE			
Session 3	13:00	13:05	Welcome		R. Mercado	Secretary NACACTFCA	
	13:05	13:50	Presentation 1	Peter Thompson (GBR/USA) - COACHING COMPETENCE IN THE 2020s			
	13:50	14:00	Break				
	14:00	14:45	Presentation 2	Les Gramantik (CAN) - DEVELOPING FUTURE COMPETENT COACHES		2008 Head Coach Athletics Canada	
	14:45	14:55	Break				
	14:55	15:45	Panel Discussion	Thompson, Gramantik, Oscar Gadea (URU)	Martin Palavicini	Oscar Gadea, President ASEA	
	16:00	16:30	Live ZOOM CHAT! Face to Face and breakout rooms for discussion, camaraderie, catching up with friends, etc!				
				THE ROLE OF NUTRITION AND PSYCHOLOGY IN ATHLETICS			
Session 4	17:30	17:35	Welcome		R. Mercado	Secretary NACACTFCA	
	17:35	18:20	Presentation 1	Donna Harris (CAN) - BURNOUT AND THE COACH AND ATHLETE		Wellness Specialist - The Johnston 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	USATF / NACACTFCA	
Sunday December 20							
Day 3							
				THE ATHLETE-CENTERED COACH IN THE 21st CENTURY			
Session 1	9:00	9:05	Welcome		R. Mercado	Secretary NACACTFCA	
	9:05	9:50	Presentation 1	Frank Dick (GBR)		President EACA, Former British Athletics Director of Coaching	
	9:50	10:00	Break				
	10:00	10:45	Presentation 2	Harry Marra (USA)		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	Martin Palavicini	USATF / NACACTFCA	
				SPORT SCIENCE, TECHNOLOGY, AND THE MODERN COACH			
Session 2	13:00	13:05	Welcome		R. Mercado	Secretary NACACTFCA	
	13:05	13:35	Presentation 1	Kevin Reid (USA) - SPORT SCIENCE & TECHNOLOGY IN PRACTICAL COACHING		Coach of Bryan Clay	
	13:35	13:40	Break				
	13:40	14:10	Presentation 2	Jimson Lee (CAN/GBR) - SO MUCH TO CHOOSE FROM...		Speedendurance.com	
	14:10	14:15	Break				
	14:15	14:45	Presentation 2	Nikos Apostolopoulos (CAN) - MICROSTRETCHING FOR RECOVERY & REGENERATION		Recovery & Regeneration Specialist	
	14:45	14:50	Break				
	14:50	15:45	Panel Discussion	Reid, Lee, Apostolopoulos (Harris & Anding)	Martin Palavicini	USATF / NACACTFCA	
				INSPIRATION AND LEADERSHIP IN LIFE AND IN ATHLETICS			
Session 3	17:00	17:05	Welcome		R. Mercado	Secretary NACACTFCA	
	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) - Title pending...		CEO Top Golf, Masters Decathlete, USATF Board member	
	18:40	18:45	Break				
	18:45	19:30	Panel Discussion	Tuhabonye, Berle, & Victor Lopez	R. Mercado	Secretary NACACTFCA	
	19:30	20:00	Closing Remarks	Victor Lopez (PUR) - President NACACTFCA		President NACACTFCA	
	16:00	16:30	Live ZOOM CHAT! Face to Face and breakout rooms for discussion, camaraderie, catching up with friends, etc!				