

Last update: October 11, 2023



NOVEMBER 3-5, 2023
PADOVA (ITALY)

[HTTPS://ATHLETICSCOACHES.EU](https://athleticscoaches.eu)

**THE
LANGUAGE
OF COACHING**



CONFERENCE HANDBOOK

MAIN SPONSOR:



SILVER SPONSOR:

1080 MOTION™

PARTNER:



Why it is important to be present



"A winning culture is built on a learning culture. This applies to coaches just as it does to athletes. It is IFAC's mission to constantly enrich the coaches' learning pathway. In doing so we value the wonderful support we enjoy from our sponsors and patrons. This event is not possible without them. On behalf of EACA and all coaches participating, our speakers and our management team we thank you. You help us make excellence possible" **Frank Dick**



with

Our main sponsors



In more than 70 years of passionate work thousands of athletes competed on MONDO tracks and sports floors reaching outstanding results, breaking world records and overcoming their own limits. It is thanks to their help and constant feedback from athletes and coaches that we have redefined the standards of sports flooring, setting the benchmark for new achievements to come. A bottom-up mindset that involves the athletes and coaches from the very first stage by engineering products shaped on their real needs, made specifically to reach new level of performance.

Our passion remains unchanged, and we are ready to further elevate our research and development standards through a deeper collaboration with professional coaches. It is an honor for us to share our know-how and experience with them.



1080 Motion embodies a revolutionary advance in training for speed, power, strength, and agility: high performance solutions utilize a computer-controlled, motorized cable system that allows coaches, trainers, and rehab professionals to apply and control resistance across a broad range of foundational exercises and functional movements.

and partner



Comune
di Padova

Speedworks
Training



ATHLETICSCOACHES.EU/IFAC2023/

and thanks to



IFAC is once again in Padua!



Fidal Veneto and I want to thank first of all Frank Dick and the EACA board who wanted to bring this very important conference to our city last year and give it continuity until 2024.

The culture and the updating of technicians are of primary importance for the development of our sporting discipline. Comparing themselves with other coaches of absolute value will give participants the opportunity to increase their skills. Sometime this is the way to rethink and adjust their work in the field: for sure, it will be an experience to grow up. The circulation of ideas and their application are the essence of technical and methodological evolution in sport and it is our duty not only to ensure that it happens, but to continuously stimulate it.

The Veneto Regional Committee of the Federation will always be fully available to support the EACA in its initiatives and to be an active part in the projects in our territory.

Francesco Uguagliati
Fidal Veneto President



Once again Italy, above all Padua, thanks to the resourcefulness of our Regional Committee and the competence of the technical friends of the Italian section of the EACA, masterfully led by Giacomo Galletto, hosts IFAC 2023.

I am sure that the Italian athletic movement, through the numerous social and federal technicians who commit themselves daily to the continuous improvement and competitiveness of our organization, will be able to reciprocate the appreciation and trust that Prof. Frank Dick has shown by choosing Padua, already from 2022, as the venue for this important event, also confirmed for 2024. In this regard, we enthusiastically welcome the proposal to give further impetus to the partnership between EACA and Fidal. The renewed Study & Research Center adheres to this project with conviction and enthusiasm, not only because Fidal feels strongly committed to effective European integration, which identifies sport as a phenomenal strategic asset, but above all because we believe in the cultural and scientific value of the networks of knowledge and experiences that strengthen the cohesion of the EAA.

Domenico Di Molfetta
C.S. & R. Fidal federal counselor representative



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Welcome Coaches!

Greetings from the municipality of Padua



Comune
di Padova

It is truly a pleasure to welcome the International Festival of Athletics Coaching that our city will have the honor to host from 3 to 5 November.

This important event, a moment of meeting, training and in-depth analysis for many coaches from all over Europe and World comes in the last remnants of a special year for Padua, which was the European City of Sport in 2023.

Among the many events that have enriched these months, also at a continental level, there was no shortage of educational moments. Because sport, for its high level as well as for the training of young people, requires qualified and competent coaches who are always up to date.

For this reason, hosting a moment of reflection and discussion between top-level coaches also enriches and qualifies a calendar like that of Padua, the European City of Sport.

An event like this does not happen by chance: the structures are essential, but also the people and associations that make them happen. For this reason I thank FIDAL Veneto and all the organisers, the European Athletics Coaches Association (EACA) and the FIDAL Study and Research Centre, for the trust given to our city, confident that Padua will always be ready to host such events also in the future.

Diego Bonavina
City of Padua Sports Councilor



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FRIDAY, NOVEMBER 3

13:15 ACCREDITATION **13:45** WELCOME

14:20
COACHING THE WINNING DIFFERENCE: REFLECTIONS ON
50+ YEARS OF COACHING THE BEST TO BETTER
VERN GAMBETTA (USA)

15:05
PRESENTATION 2
LIZ MCCOLGAN (UK)

15:50
COFFEE BREAK & PARTNERS WORKSHOPS

16:20 MONDO CARES **PHIL ESPOSITO**

16:50 MONDO AND COACHES
ANDREA MARENGHI

17:25
FACTORS OF SUCCESSFUL DEVELOPMENT OF YOUNG
TALENTS INTO SENIOR WORLD-CLASS ATHLETES
ARNE GUELICH (GER)

18:15
MY LIFE IN POLE VAULT: A PASSION THAT BECAME A
PROFESSION - THE PEAKS AND PITFALLS
SCOTT SIMPSON (UK)

19:05

"SHAUN PICKERING" THROWS PANEL

HOST: CLAUDIA COSLOVICH,

✶ MANTAS JUSIS, NICOLA VIZZONI, ✶ PAOLO DAL SOGLIO

"ELIO LOCATELLI" SPRINTS, HURDLES & RELAYS PANEL

HOST: LAURA STRATI

✶ LAURENT MEUWLY, ✶ MARCO AIRALE, JONAS DODOO, BENKE BLOMQUIST

"WOLFGANG RITZDORF" JUMPS PANEL

HOST: ANDREA GIANNINI,

SCOTT SIMPSON, ✶ ASTON MOORE

"PETER BONOV" ENDURANCE PANEL

HOST: FRANK DICK

LIZ MCCOLGAN, ✶ PATRIZIO PARCESEPE, VERN GAMBETTA

SATURDAY, NOVEMBER 4



Denotes Medal Winning Coach -
Budapest 23



8:15 | ACCREDITATION



8:30 | WELCOME

8:45 | PRACTICALS



Aston Moore
Long Jump



Patrizio Parcesepe
Endurance / Race Walk

Jonas Dodoo
Sprints



10:00 | COFFEE BREAK AND PARTNERS' DEMOS

10:45 | PRACTICALS



Vern Gambetta
Athletic Development
Foundation Training from
Concept to Implementation



Laurent Meuwly
Short and long hurdles for
young talents



Giulio Ciotti
High Jump

12:00 | AN AUDIENCE WITH CAROLA BECKER



12:30 | LUNCH TIME

13:45 | PRACTICALS



Paolo Dal Soglio
Shot Put



Marco Airale
Top Speed biomechanics
models and drills



Aston Moore
Plyometrics with
developing athletes



15:00 | COFFEE BREAK AND PARTNERS' DEMOS

15:45 | PRACTICALS



Scott Simpson
Pole Vault



Benke Blomqvist
110Hs/100Hs



Nick Winkelman
The Language of Coaching

17:00 | AN AUDIENCE WITH ARNE GULICH

17:30 | TRAINING WITH



Mantas Jusis
Developing Discus
Athletes



Marco Airale
Development of a Speed
Session - From the warm up
to be ready to sprint



Laurent Meuwly
Short and long hurdles for
top athletes

*THE PROGRAM CAN BE MODIFIED FOR ORGANIZATIONAL NEEDS

SUNDAY, NOVEMBER 5

08:30
FINAL DAY INTRO

08:45

ATHLETES' PANEL
HOSTED BY FRANK DICK

09:45
THE LANGUAGE OF COACHING - THE ART &
SCIENCE OF COMMUNICATING MOVEMENT
NICK WINKELMAN



10:30

COFFEE BREAK & PARTNERS DEMOS

11:00

THRIVING AS A COACH: NURTURING YOUR
RESILIENCE AND WELLBEING TO BRING OUT THE
BEST IN YOUR ATHLETES
CAROLA BECKER (GER)

11:50

NO MAGIC BEHIND GOLD.
UNVEILING THE PATH TO EXCELLENCE
✶ **LAURENT MEUWLY (SUI)**

12:45

CONFERENCE CLOSING
FRANK DICK (UK)

THE SPEAKERS

ASTON MOORE



GIULIO CIOTTI



SCOTT SIMPSON



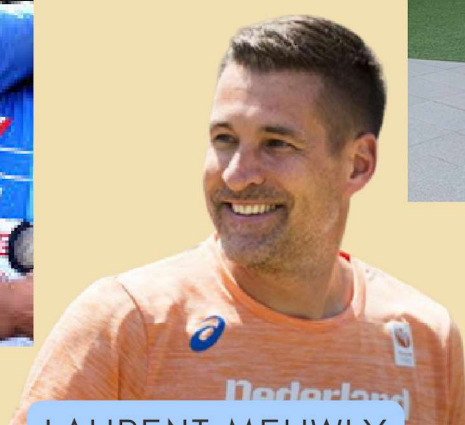
PAOLO DAL SOGLIO



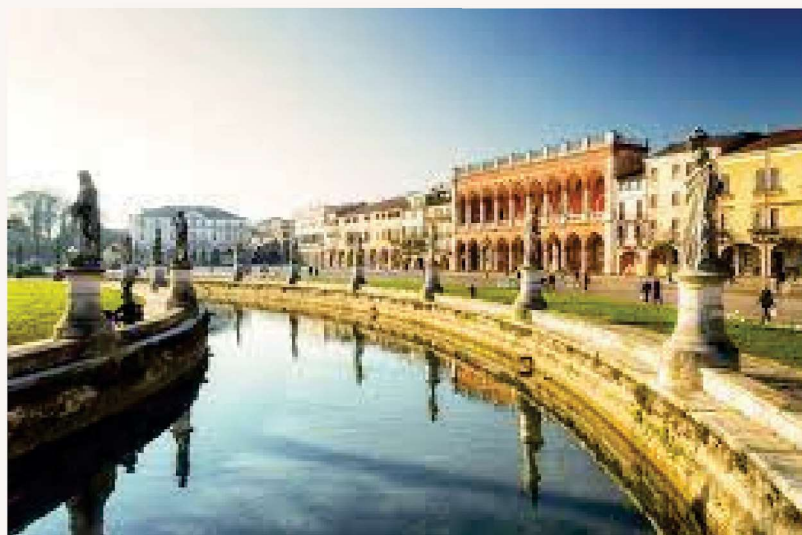
MARCO AIRALE



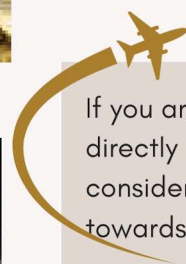
LAURENT MEUWLY



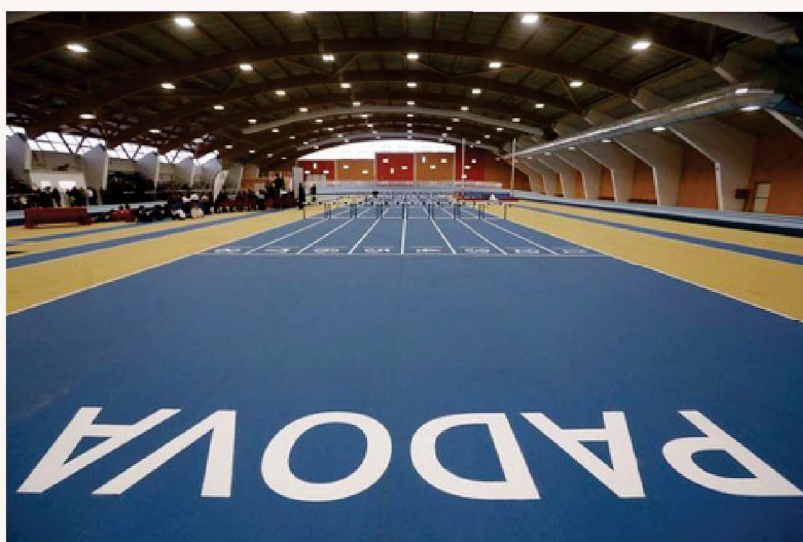
PADUA AND THE VENUE



Padua is a city in north eastern Italy, and the capital of the province of the same name. It is located centrally in the Veneto region, between Venice on one side and Vicenza and Verona on the other.



If you arrive by flight, we will pick up you directly from the airport. We have also considered the transfer from the Hotel towards the venue and the Palaindoor.



Palaindoor

**Viale Nereo Rocco, 35136 Padova PD -
free parking outside**



HOW TO REACH THE PALAINDOOR OF PADUA

By car:

- From the Padova Ovest motorway toll booth, take the ring road towards "Padova" and exit at exit 2, you will find the Palaindoor on your right (3 km)
- From the Padova Sud motorway toll booth, take the ring road towards "Padova Centro " and exit at exit 2, you will find the Palaindoor on your right (11 km)

By train:

- Padua station. From the station square, walk along Corso Del Popolo (700 m) to reach the "Giotto Monumento" bus stop, take the U11 bus line to the "Montà 181" stop (10 stops), proceed on foot to Via Croce Verde and viale Nereo Rocco (about 800 m) up to the Palaindoor which you will find on your left.

OUR ACCOMODATION



Crowne
Plaza

Hotel 4★★★★ - Padova
Via Po, 197, Padova, 35135, Italy
Tel. +39 0498656511 - Fax +39 0498656555

SINGLE - DOUBLE - TRIPLE with breakfast included



4.11.2023

The GALA' DINNER WITH THE COACHES & Celebration of Coaches of the year 2022
c/o Crown Plaza Hotel

BOOK YOUR RESERVATION!!

ABOUT THE TRANSFER



From the Hotel / to the Palaindoor or the Venue we can offer a special transfer.



and

THEN YOU CAN VISIT



thank you for attending!