



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	Moderator	<u>Notes</u>
Friday December 18	Day 1 Opening			COACHING ISSUES IN OUR WORLD TODAY!		
ession 1	17:00	17:30	Welcome	Victor Lopez (PUR) - President NACACTFCA	R. Mercado (USA)	President and Founder - NACACTFCA
	17:30	17:55	Presentation 1	Wendy Truvillion (USA) - RACE AND ATHLETICS		USATF
	17:55	18:00	Break			USATF Women's Track & Field Chair
	18:00	18:25	Presentation 2	Rose Monday (USA) - WOMEN IN ATHLETICS		2020-21 US Olympic Women's Head C
	18:25 18:30	18:30 18:55	Break Presentation 3	Dan O'Brien (USA) - RESOURCES AND OPPORTUNITIES FOR ATHLETES		Former Decathlon World Record Hold
	18:55	19:00	Break	ball o bliell (03A) - RESOURCES AND OFFORTUNITIES FOR ATHLETES		Former Decathion wond Record Hold
	19:00	20:00	Panel Discussion	Truvillion, Monday, O'Brien	Martin Palavicini (CHI/USA)	USATF / NACACTFCA
				COACHING OUTSIDE OF THE BOX		
aturday December 19	Day 2					
ession 1	9:00 9:05	9:05 9:50	Welcome Presentation 1	Richie Mercado - Secretary NACACTFCA Dr. Wolfgang Ritzdorf (GER) - COACHING OUTSIDE THE BOX	R. Mercado	Secretary NACACTFCA Coach of WR high jumpers, DSHS-Kolr
	9:05	9:50	Presentation 1 Break	Dr. Woligang Ritzdori (GER) - COACHING OUTSIDE THE BOX		Head of World HJ Centre
	10:00	10:45	Presentation 2	Dr. Jim Denison (USA/CAN) - PERSPECTIVES ON ATHLETE LEARNING AND		Fomerly with the Canadian Athletics
	10:45	10:50	Break	DEVELOPMENT		Coaching Centre
	10:50	11:45	Panel Discussion	Ritzdorf and Denison	R. Mercado	Secretary NACACTFCA
Session 2	13:00	13:05	Welcome	COACHING COMPETENCE	R. Mercado	Secretary NACACTFCA
531011 Z	13:00	13:55	Presentation 1	Peter Thompson (GBR/USA) - COACHING COMPETENCE AND COACHING SKILL	In mercado	Coach of WR high jumpers, Director o
	13:05	13:50	Break	Teler Thompson (dony 03A) - COACHING COMPETENCE AND COACHING SKILL		World HJ Centre - DSHS-Koln
	14:00	14:45	Presentation 2	Les Gramantik (CAN) - DEVELOPING COMPETENT FUTURE COACHES		Former 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	ZOOM CHAT! Face to	Face and breakout rooms for discussion, camaraderie, catching up with friends, etc!	_	
Session 3	17:30	17:35	Welcome	THE ROLE OF NUTRITION AND PSYCHOLOGY IN ATHLETICS	R. Mercado	Secretary NACACTFCA
	17:35	18:20	Presentation 1	Donna Harris (CAN) - BURNOUT AND THE COACH AND ATHLETE		Chartered Professional Coach - 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 col teams in Houston
	19:15	19:20	Break			
	19:20	20:00	Panel Discussion	Harris and Anding	Martin Palavicini	USATF / NACACTFCA
unday December 20	Day 3					
Session 1	9:00	9:05	Welcome	THE ATHLETE-CENTERED COACH IN THE 21st	R. Mercado	Secretary NACACTFCA
				CENTURY		
						President EACA, Former British Athlet
	9:05	9:50	Presentation 1	Frank Dick (GBR)		
	9:05 9:50	9:50 10:00	Presentation 1 Break	Frank Dick (GBR)		Director of Coaching
				Frank Dick (GBR) Harry Marra (USA)		Director of Coaching Coach of Ashton Eaton and formerly v
	9:50	10:00 10:45 10:50	Break Presentation 2 Break	Harry Marra (USA)		
	9:50 10:00	10:00 10:45	Break Presentation 2		Martin Palavicini	Director of Coaching Coach of Ashton Eaton and formerly v
ession 2	9:50 10:00 10:45 10:50	10:00 10:45 10:50 11:40	Break Presentation 2 Break Panel Discussion	Harry Marra (USA) Marra, Dick, & Victor Lopez	7	Director of Coaching Coach of Ashton Eaton and formerly v USA / Visa Program USATF / NACACTFCA
assion 2	9:50 10:00 10:45	10:00 10:45 10:50	Break Presentation 2 Break	Harry Marra (USA) Marra, Dick, & Victor Lopez SPORT SCIENCE, TECHNOLOGY, AND THE	Martin Palavicini R. Mercado	Director of Coaching Coach of Ashton Eaton and formerly v USA / Visa Program
ession 2	9:50 10:00 10:45 10:50 13:00	10:00 10:45 10:50 11:40 13:05	Break Presentation 2 Break Panel Discussion Welcome	Harry Marra (USA) Marra, Dick, & Victor Lopez SPORT SCIENCE, TECHNOLOGY, AND THE MODERN COACH	7	Director of Coaching Coach of Ashton Eaton and formerly u USA / Visa Program USATF / NACACTECA
ession 2	9:50 10:00 10:45 10:50	10:00 10:45 10:50 11:40	Break Presentation 2 Break Panel Discussion	Harry Marra (USA) Marra, Dick, & Victor Lopez SPORT SCIENCE, TECHNOLOGY, AND THE	7	Director of Coaching Coach of Ashton Eaton and formerly u USA / Visa Program USATF / NACACTECA
ession 2	9:50 10:00 10:45 10:50 13:00	10:00 10:45 10:50 11:40 13:05 13:35	Break Presentation 2 Break Panel Discussion Welcome Presentation 1	Harry Marra (USA) Marra, Dick, & Victor Lopez SPORT SCIENCE, TECHNOLOGY, AND THE MODERN COACH	7	Director of Coaching Coach of Ashton Eaton and formerly u USA / Visa Program USATF / NACACTECA
ession 2	9:50 10:00 10:45 10:50 13:00 13:05 13:35	10:00 10:45 10:50 11:40 13:05 13:35 13:40	Break Presentation 2 Break Panel Discussion Welcome Presentation 1 Break	Harry Marra (USA) Marra, Dick, & Victor Lopez SPORT SCIENCE, TECHNOLOGY, AND THE MODERN COACH Kevin Reid (USA)	7	Director of Coaching Coach of Ashton Eaton and formerly u USA / Visa Program USATF / NACACTECA
ession 2	9:50 10:00 10:45 10:50 13:00 13:05 13:35 13:34	10:00 10:45 10:50 11:40 13:05 13:35 13:40 14:10	Break Presentation 2 Break Panel Discussion Welcome Presentation 1 Break Presentation 2	Harry Marra (USA) Marra, Dick, & Victor Lopez SPORT SCIENCE, TECHNOLOGY, AND THE MODERN COACH Kevin Reid (USA)	7	Director of Coaching Coach of Ashton Eaton and formerly u USA / Visa Program USATF / NACACTECA
assion 2	9:50 10:00 10:45 10:50 13:00 13:05 13:35 13:40 14:10	10:00 10:45 10:50 11:40 13:05 13:35 13:40 14:10 14:15 14:45 14:50	Break Presentation 2 Break Panel Discussion Welcome Presentation 1 Break Presentation 2 Break Presentation 2 Break	Harry Marra (USA) Marra, Dick, & Victor Lopez SPORT SCIENCE, TECHNOLOGY, AND THE MODERN COACH Kevin Reid (USA) Jimson Lee (CAN/GBR) Nikos Apostolopoulos (CAN)	7	Director of Coaching Coach of Ashton Eaton and formerly u USA / Visa Program USATF / NACACTFCA Secretary NACACTFCA
sssion 2	9:50 10:00 10:45 10:50 13:00 13:05 13:35 13:40 14:10 14:15 14:45 14:50	10:00 10:45 10:50 11:40 13:05 13:35 13:40 14:10 14:15 14:45 14:50 15:45	Break Presentation 2 Break Panel Discussion Welcome Presentation 1 Break Presentation 2 Break Presentation 2 Break Panel Discussion	Harry Marra (USA) Marra, Dick, & Victor Lopez SPORT SCIENCE, TECHNOLOGY, AND THE MODERN COACH Kevin Reid (USA) Jimson Lee (CAN/GBR) Nikos Apostolopoulos (CAN) Reid, Lee, Apostolopoulos (Harris & Anding)	7	Director of Coaching Coach of Ashton Eaton and formerly u USA / Visa Program USATF / NACACTECA
ession 2	9:50 10:00 10:45 10:50 13:00 13:05 13:35 13:40 14:15 14:45	10:00 10:45 10:50 11:40 13:05 13:35 13:40 14:10 14:15 14:45 14:50	Break Presentation 2 Break Panel Discussion Welcome Presentation 1 Break Presentation 2 Break Presentation 2 Break Panel Discussion	Harry Marra (USA) Marra, Dick, & Victor Lopez SPORT SCIENCE, TECHNOLOGY, AND THE MODERN COACH Kevin Reid (USA) Jimson Lee (CAN/GBR) Nikos Apostolopoulos (CAN) Reid, Lee, Apostolopoulos (Harris & Anding) Proce and breakout rooms for discussion, camaraderie, catching up with friends, etcl	R. Mercado	Director of Coaching Coach of Ashton Eaton and formerly u USA / Visa Program USATF / NACACTFCA Secretary NACACTFCA
ession 2 ession 3	9:50 10:00 10:45 10:50 13:00 13:05 13:35 13:40 14:10 14:15 14:45 14:50	10:00 10:45 10:50 11:40 13:05 13:35 13:40 14:10 14:15 14:45 14:50 15:45	Break Presentation 2 Break Panel Discussion Welcome Presentation 1 Break Presentation 2 Break Presentation 2 Break Panel Discussion	Harry Marra (USA) Marra, Dick, & Victor Lopez SPORT SCIENCE, TECHNOLOGY, AND THE MODERN COACH Kevin Reid (USA) Jimson Lee (CAN/GBR) Nikos Apostolopoulos (CAN) Reid, Lee, Apostolopoulos (Harris & Anding)	R. Mercado	Director of Coaching Coach of Ashton Eaton and formerly u USA / Visa Program USATF / NACACTFCA Secretary NACACTFCA
	9:50 10:00 10:45 10:50 13:00 13:05 13:35 13:40 14:15 14:45 14:50 16:00	10:00 10:45 10:50 11:40 13:05 13:35 13:40 14:10 14:15 14:45 14:45 14:50 15:45 16:30	Break Presentation 2 Break Panel Discussion Welcome Presentation 1 Break Presentation 2 Break Presentation 2 Break Panel Discussion ZOOM CHATI Face to	Harry Marra (USA) Marra, Dick, & Victor Lopez SPORT SCIENCE, TECHNOLOGY, AND THE MODERN COACH Kevin Reid (USA) Jimson Lee (CAN/GBR) Nikos Apostolopoulos (CAN) Reid, Lee, Apostolopoulos (Harris & Anding) Proce and breakout rooms for discussion, camaraderie, catching up with friends, etcl	R. Mercado Martin Palavicini	Director of Coaching Coach of Ashton Eaton and formerly USA / Visa Program USATF / NACACTFCA Secretary NACACTFCA
	9:50 10:00 10:45 10:50 13:00 13:05 13:35 13:40 14:15 14:45 14:50 16:00	10:00 10:45 10:50 11:40 13:05 13:35 13:40 14:10 14:15 14:45 14:45 14:50 15:45 16:30	Break Presentation 2 Break Panel Discussion Welcome Presentation 1 Break Presentation 2 Break Presentation 2 Break Panel Discussion ZOOM CHATI Face to	Harry Marra (USA) Marra, Dick, & Victor Lopez SPORT SCIENCE, TECHNOLOGY, AND THE MODERN COACH Kevin Reid (USA) Jimson Lee (CAN/GBR) Nikos Apostolopoulos (CAN) Reid, Lee, Apostolopoulos (Harris & Anding) Face and breakout rooms for discussion, camaraderie, catching up with friends, etcl INSPIRATION AND LEADERSHIP IN LIFE AND	R. Mercado Martin Palavicini	Director of Coaching Coach of Ashton Eaton and formerly u USA / Visa Program USATF / NACACTFCA Secretary NACACTFCA Secretary NACACTFCA Genocide Survivor, Human Rights
	9:50 10:00 10:45 10:50 13:05 13:35 13:40 14:10 14:15 14:45 14:50 16:00 17:00	10:00 10:45 10:50 11:40 13:05 13:35 13:40 14:10 14:15 14:45 14:50 15:45 16:30 17:05	Break Presentation 2 Break Panel Discussion Welcome Presentation 1 Break Presentation 2 Break Presentation 2 Break Panel Discussion ZOOM CHATI Face to Welcome	Harry Marra (USA) Marra, Dick, & Victor Lopez SPORT SCIENCE, TECHNOLOGY, AND THE MODERN COACH Kevin Reid (USA) Jimson Lee (CAN/GBR) Nikos Apostolopoulos (CAN) Reid, Lee, Apostolopoulos (CAN) Reid, Lee, Apostolopoulos (Harris & Anding) Poce and breakout rooms for discussion, camaraderie, catching up with friends, etcl INSPIRATION AND LEADERSHIP IN LIFE AND IN ATHLETICS	R. Mercado Martin Palavicini	Director of Coaching Coach of Ashton Eaton and formerly USA / Visa Program USATF / NACACTFCA Secretary NACACTFCA USATF / NACACTFCA Secretary NACACTFCA Genocide Survivor, Human Rights Advocate, Athletics Coach
	9:50 10:00 10:45 10:50 13:05 13:35 13:40 14:10 14:15 14:45 14:50 16:00 17:00 17:05 17:50 17:55	10:00 10:45 10:50 11:40 13:05 13:35 13:40 14:10 14:15 14:45 14:45 14:45 14:45 14:45 14:45 14:45 15:45 16:30 17:55 17:55 18:40	Break Presentation 2 Break Panel Discussion Welcome Presentation 1 Break Presentation 2 Break Presentation 2 Break Panel Discussion ZOOM CHATI Face to Welcome Presentation 1 Break Presentation 1	Harry Marra (USA) Marra, Dick, & Victor Lopez SPORT SCIENCE, TECHNOLOGY, AND THE MODERN COACH Kevin Reid (USA) Jimson Lee (CAN/GBR) Nikos Apostolopoulos (CAN) Reid, Lee, Apostolopoulos (CAN) Reid, Lee, Apostolopoulos (Harris & Anding) Poce and breakout rooms for discussion, camaraderie, catching up with friends, etcl INSPIRATION AND LEADERSHIP IN LIFE AND IN ATHLETICS	R. Mercado Martin Palavicini	Director of Coaching Coach of Ashton Eaton and formerly USA / Visa Program USATF / NACACTFCA Secretary NACACTFCA Secretary NACACTFCA Secretary NACACTFCA Genocide Survivor, Human Rights Advocate, Athletics Coach
	9:50 10:00 10:45 10:50 13:05 13:35 13:35 13:40 14:10 14:15 14:45 14:50 16:00 17:00	10:00 10:45 10:50 11:40 13:05 13:35 13:40 14:15 14:45 14:45 14:50 15:45 16:30 17:55	Break Presentation 2 Break Panel Discussion Welcome Presentation 1 Break Presentation 2 Break Presentation 2 Break ZOOM CHAT Face to Welcome Presentation 1 Break	Harry Marra (USA) Marra, Dick, & Victor Lopez SPORT SCIENCE, TECHNOLOGY, AND THE MODERN COACH Kevin Reid (USA) Jimson Lee (CAN/GBR) Nikos Apostolopoulos (CAN) Reid, Lee, Apostolopoulos (CAN) Reid, Lee, Apostolopoulos (Harris & Anding) Face and breakout rooms for discussion, comaraderie, catching up with friends, etcl INSPIRATION AND LEADERSHIP IN LIFE AND IN ATHLETICS Gilbert Tuhabonye (BDI/USA)	R. Mercado Martin Palavicini	Director of Coaching Coach of Ashton Eaton and formerly v USA / Visa Program USATF / NACACTFCA Secretary NACACTFCA USATF / NACACTFCA Secretary NACACTFCA Genocide Survivor, Human Rights Advocate, Athletics Coach