



# 2019

# International Conference of Athletics Excellence

November 30th - December 1st, 2019  
Vancouver College, Vancouver, Canada



## SCHEDULE

SATURDAY, NOVEMBER 30 <sup>TH</sup>			
Conference Welcome and Speaker Introduction			
8:30 – 9:00am	<b>Lecture Theatre</b>		
9:00 – 9:40	Caryl Smith-Gilbert "The USC Sprint Program" <b>Lecture Theatre</b>	9:00 – 10:15	Vesteinn Hafsteinnsson "The Discus Throw: Mechanics & Technique I" <b>Cafeteria</b>
10:00 – 10:40	Caryl Smith-Gilbert "On Track Practical Presentation" <b>Outdoor Track</b>		
11:00 – 11:40	Caryl Smith-Gilbert "Q&A Open Discussion" <b>Lecture Theatre</b>	10:30 – 11:45	Vesteinn Hafsteinnsson "The Discus Throw: Mechanics & Technique II" <b>Practical Session – Throwing Area</b>
11:45 – 12:45 LUNCH – <b>Cafeteria</b>			
12:45 – 2:00 Dr. Mike Young "Strength Methods That Transfer to Sport" <b>Lecture Hall</b>			
2:15 – 3:30	Vesteinn Hafsteinnsson "Strength Periodization & Strategies" <b>Cafeteria</b>	Dr. Mike Young "Breakout Q & A" <b>Room 146</b>	
3:45 – 5:00	Dr. Mike Young "Velocity Based Training: Current Trends & Strategies" <b>Lecture Hall</b>		Vesteinn Hafsteinnsson "Breakout Q & A" <b>Room 146</b>
5:15 – 6:30	Terrence Mahon "Contemporary Endurance Training Methods I" <b>Lecture Theatre</b>		
6:45 – 8:00	Terrence Mahon "Contemporary Endurance Training Methods II" <b>Lecture Theatre</b>		
SUNDAY, DECEMBER 1 <sup>ST</sup>			
8:30 – 9:45am	Terrence Mahon "Running Technique and Drill Sequences for Endurance Athletes" <b>Practical - Outdoor Track</b>	Dr. Mike Young "Acceleration & Block Mechanics I" <b>Cafeteria</b>	
10:00 – 11:15	Vesteinn Hafsteinnsson "The Shot: Mechanics & Technique I" <b>Cafeteria</b>	Dr. Mike Young "Acceleration & Block Mechanics II" <b>Practical – Outdoor Track</b>	Terrence Mahon "Breakout Q&A" <b>Room 146</b>
11:30 – 12:45	Vesteinn Hafsteinnsson "The Shot: Mechanics & Technique II" <b>Practical – Throwing Area</b>	Dr. Mike Young "Breakout Q & A" <b>Room 146</b>	Terrence Mahon "Strength Development for Endurance Athletes" <b>Practical - Weight Room</b>
12:45 – 1:45 LUNCH - <b>Cafeteria</b>			
1:45 – 3:00	Dr. Mike Young "Hurdles Mechanics, Technique & Drill Sequences" <b>Practical – Outdoor Track</b>	Terrence Mahon "Breakout Q&A" <b>Cafeteria</b>	Vesteinn Hafsteinnsson "Breakout Q&A" <b>Room 146</b>
3:15 – 4:30	All Presenters: Roundtable Discussion <b>Lecture Theatre</b>		

## HOTEL

### Book with Best Western

**Best Western Premier Chateau Granville  
Hotel & Suites & Conference Centre**

1100 Granville Street, Vancouver BC V6Z 2B6  
Contact number: 1 800 663 0575 | 604 669 7070

• All Reservations must be made directly with the Hotel: **1-800-663-0575**

• Guests cannot book by calling Best Western Reservations or booking on the Best Western Website. They cannot book on our direct website either.

• Guests must ask for "UBC Track and Field" Code for group booking. **GROUP Block #1576**

Go to  
[www.EveltrakSport.com](http://www.EveltrakSport.com)  
and register now!

# PRESENTERS

## Vesteinn Hafsteinsson

In the world of throwing things, Vesteinn Hafsteinsson needs no introduction. He is one of the World's greatest throws coaches and athletics educators. His coaching practice and professional presentations offer a perfect balance of 'nuts and bolts' practicality and sport science validation. This has made him among the most sought-after lecturers in the shot put, discus and power-speed strength training areas in the world today, and his coaching results validate this rank: Coach of Olympic & World Champion Gerd Kanter (Discus, 73.38m. 2x Olympic Medalist, 5x World Championships Medalist), Olympic Silver Medalist Joachim Olsen (Shot Put, 21.61m) and World Championships Silver Medalist Daniel Stahl (Discus, 71.86m).

## REGISTRATION

### Regular Fee

from September 1st to  
November 22nd - **\$225.00**

## Caryl Smith-Gilbert

Writing a comprehensive yet brief bio for Caryl Smith-Gilbert is not easy. There are so many impressive statistics it is hard to choose one from another. So just know this: She is one of the top active sprint coaches in the world today, period. She is one of the most successful sprint coaches in US Collegiate history, period. In the NCAA she has coached athletes to 7 National Records, 22 National Titles and 1 Team Title. Her many Collegiate honors include National Coach of the Year, Women's Conference Coach of the Year (9 times) and Men's Conference Coach of the Year. Her International successes include: Dee Dee Trotter (2012 Olympic Bronze, 400m & Gold, 4x400m relay), Tianna Madison (2005 World Championships Gold, Long Jump), Andre DeGrasse (2015 World Championships bronze, 100m), Rai Benjamin (#3 All-Time 400m Hurdles), current World Men's Indoor 400m Record Holder Michael Norman and the Current World Men's Indoor 4 x 400m Relay World Record Holders. Impressive.

## Terrence Mahon

Terrence Mahon is one of the top endurance coaches in the world, and one of the key coaches responsible for bringing US distance running back to the forefront of international success. Terrence's success has been largely due to his specific emphasis on the total integration of sports science, strength & conditioning and sports therapy into his athlete's training regimes. His extensive background and research into the implementation of high altitude training and performance nutrition within the athlete's overall training program makes him one of the most sought after and respected minds in endurance training circles. His list of coaching accomplishments is extensive and includes multiple American and European National Record Holders, Major Marathon Champions, (Chicago, NYC, London), US National Champions and many Olympic & World Champion Finalists, including: Deena Kastor (3 time Olympian, 2004 Bronze Medalist), Lynsey Sharp (3 time World Championships Performer & Finalist, 2 time Olympian & European Champion), Chris O'Hare (3 time World Championships Performer, 2016 Olympian, European Medalist) & Jen Rhines (3 time Olympian & Finalist 5,000m 10,000m & Marathon).

## Mike Young

Dr. Mike Young is the Director of Performance at Athletic Lab Sports Performance Training Center, Head Coach of the Athletic Lab Track Club and the Performance Director for the North Carolina Courage and the North Carolina FC professional football clubs. He has more than 20 years' experience working in the private sector, professional team and collegiate sports environments, both as a track & field and strength and conditioning coach. In the sport of track & field, he won 6 team NCAA championships while coaching at LSU. With the Athletic Lab Track Club, Young has coached 15 athletes across 11 different events to 32 USATF National Championship appearances including 19 finalists; 5 podium finishes and 4 national champions in addition to 3 World Championship or Olympic Games competitors. In team sports, Young has been the Performance Director for 4 professional soccer clubs (including the Vancouver Whitecaps) that have won a total of 4 regular season shields and 3 championships. Young has been a regular consultant for some of the top sports teams in the world including 4 World Cup Rugby teams and 3 Premier League Soccer clubs and has prepared dozens of athletes for NFL combine and Pro-Days.

