



# NCCP Performance Coach

**Sprints/Hurdles, Endurance, Jumps & Throws**

**Friday – Sunday November 15-17, 2019**

**Saint John, New Brunswick**

*The Atlantic Performance Coach program will be an intensive 3 day an event specific course.*

*It is ideal for coaches with U18 athletes or higher, specializing in one event group, training all-year round and competing higher national level competitions.*

*Coaches can sign up for ONE event group:*

**Sprint/Hurdles with Learning Facilitators, Les Gramantik / Endurance with Learning Facilitator – Sean Baynton / Jumps with Learning Facilitator – Brett Lumley / Throws Learning Facilitator – Larry Steinke  
Additional presenter for the program – Kevin Tyler  
(see Facilitator bio's that follow)**

**Pre-requisite:** To take this course, coaches must be Club Coach Certified and coaching an athlete at U18 or higher who competes at the national championship. Exceptions may be made to this. Eligibility will be determined by completing an [intake form](#). Coaches will also need to first complete pre-course [online learning](#). These can be completed at any time prior to the course.

## Registration

### **Registration Fees (+GST):**

Online Modules	\$105.00
Course Regular	\$450.00
Course Late (After November 1)	\$500.00

**Non-Registered Coach Members:** Add provincial Membership fees\*

\* This course comes with a professional coaching designation from the Coaching Association of Canada and therefore all participants need to be Coach Members with an Athletics Canada Branch.

**For more information contact Chris Belof - [chris.belof@unb.ca](mailto:chris.belof@unb.ca) - [506-638-2489](tel:506-638-2489)**

### **Steps to Register:**

- 1) Complete your **intake form** here: <http://athletics.ca/machform/view.php?id=99094>
- 2) Once we have **approval** of eligibility from Athletics NB and Athletics Canada further links to will be sent for payment and registration for the following.
  - **Online pre-learning**
  - **Performance Coach course**
  - **Hotel information for the Best Western Saint John: [Web Reservations](#)**

## Schedule

### **Pre-Learning: Online and workbook**

9 modules Pre-Course (approximately 7 hours)

### **In-Person Course:**

Friday 8:00am – 6:00pm  
Saturday 8:00am – 8:00pm  
Sunday 8:00am – 3:00pm

**Please come prepared to be active.**



Hotel Details  
[Best Western Plus Saint John Hotel & Suites](#)  
Saint John, New Brunswick, Canada

**55 Majors Brook Drive, John, New Brunswick E2J 0B2 – [Web Reservations](#)**

**Schedule – November 15-17, 2019**

<b>Friday - Nov 15</b>	<b>Performance Coach Program</b>	<b>Location &amp; Details</b>
8:00 – 8:20 am	General Intro - Performance Coach Program	All groups together @ hotel
8:30 am	Coffee / Breakfast Break	Hotel Breakfast room
9:00 am	Module 1 – Event Audit (2.5-3 hours)	1 hotel meeting room/event group
12:00 pm	Lunch Break	Catered by hotel
12:30 pm	Module 2 – Event Models (2.5-3 hours)	1 hotel meeting room/event group
3:30 pm	Walk to the field house	10-minute walk
4:00 pm	Module 3 – Technical Sessions (2.5-3.0 Hours)	Field house
6:30 – 8:00 pm	Supper Break – Discussion Continues on Technical Sessions	Boston Pizza – 10-minute walk

<b>Sat – Nov 16</b>	<b>Performance Coach Program</b>	<b>Location &amp; Details</b>
8:00 am	Module 3 – Tech Sessions (4 hours)	Field house
10:00 am		
12:00 pm	Lunch Break - Sandwiches	Field House
12:30 pm	Module 3 – Tech Sessions (3 - 4 Hours)	Field house
2:00 pm		
3:00 pm		
4:30 pm	Module 4 – Practical Strength Session, Presentation & Panel Discussion (2 hours) All groups together at Field house Multi Purpose Room & Field House - A lite supper will be provided during the panel discussion	
6:30 – 8:30 pm	<b>Keynote Presentation: Kevin Tyler – Developing a High-Performance Attitude &amp; Training Environment (Bringing it all together)</b> - Field house Multi-Purpose Room	
8:30 pm	Join us for a cold beverage following the session (Boston Pizza Bar)	

<b>Sunday – Nov 17</b>	<b>Performance Coach Program</b>	<b>Location &amp; Details</b>
8:00 pm	Module 5 – Annual Plan (3 hours)	All groups together @ Hotel
11:00 am	Module 6 – Micro-cycle (2 hours)	All groups together @ Hotel
12:00 pm	Working Lunch Break - Sandwiches	Hotel
1:00 pm – 3:00	Module 7 - Final Phase Module 8 - Coach Performance Conclusion - Wrap up (2 Hours)	All groups together @ Hotel



### **Kevin Tyler:**

An accomplished coach with significant international experience and a former Canadian Olympic athlete in bobsleigh, Kevin Tyler is currently the President and long sprints coach at ALTIS. Tyler has been with the Phoenix based company since 2015, having previously served as the Assistant Coach for Sprints & Hurdles for 2 years at the University of Oklahoma.

Prior to his time at Oklahoma, Kevin was the Head of Coaching and Development at UK Athletics for the four years leading into the London 2012 Olympics. During this period Tyler was the Head Coach for Great Britain's Junior Team on six occasions including the 2010 World Junior Championships, the 2011 European Junior Championships and the 2010 and 2011 Mannheim and Loughborough Junior Internationals. He was a designated High Performance Coach for Athletics Canada from 2005-2009, an Apprentice Coach at the 2001 World Athletics Championships and a Staff Coach for the sprints and hurdles on the 2000 Canadian

Junior National Team.

Additionally, Kevin has served in a number of leadership roles. He was Director of the Canadian Athletics Coaching Centre at the University of Alberta from 2004-2009. He also worked at NIKE Canada from 2001 to 2004 where he was the Sports Marketing Manager for Running and Olympic sports. Prior to 2001, Tyler was the Technical Manager of Track and Field for BC Athletics where he also coached athletes as part of the IOC Solidarity Program. Deeply interested in the development of the sport, he has served on technical committees at local and national levels in Canada and Great Britain. He started his coaching career in 1997 as the Assistant Coach for Sprints and Hurdles at the University of British Columbia in Vancouver, B.C.

Tyler has coached nine Olympians from five nations and athletes under his charge have broken 18 national records. The athletes he has worked with include 2019 USA Indoor Champion, Dontavious Wright, 2018 World #1 (T&FN) and 2018 Diamond League Champion, Fred Kerley, 2018 World #3 (T&FN) and 2018 World Cup Champion, Paul Dedewo, 2016 African Championships Bronze Medalist, Tameka Jameson (400mH), 2015 NCAA Division 1 Bronze Medalist, Dayeshon Roberson, 2008 World Indoor Champion, 2005 World #2 (T&FN), 2005 World Outdoor Championships Bronze Medalist and Canadian Record Holder Tyler Christopher, former Canadian Record Holder and 2002 Commonwealth Games Silver Medalist Shane Niemi, 2007 Pan American Games Champion and 400-meter hurdles Canadian Record Holder Adam Kunkel, 2000 African Championships 400-meter Bronze Medalist Kaltouma Nadjina, and 2008 Olympic Semifinalist and Canadian Olympic Trials Champion Carline Muir.

Kevin also has extensive experience working with short sprinters including 2007 100-meter Canadian champion Nicholas Macrozonaris and 2008 100-meter Canadian Olympic Trials champion Pierre Browne. In 2012, Tyler co-coached and helped revise the training program of James Dasaolu, who in 2013 ran the 100m in 9.91 and was ranked #1 in the world in the 60-meters (6.48).

Tyler competed collegiately in the NAIA at British Columbia's Simon Fraser University in the sprints. He was a member of the Canadian National bobsled team, competing in the two- and four-man events in the 1987 World Championships and 1988 Olympics.

Tyler has earned coaching qualifications from both Canada and Great Britain. He is a level 3 sprints and hurdles coach in Canada as well as a master learning facilitator in run, jump, throw and a course conductor for level 1 track and field and level 2 sprints and hurdles.

A 1993 graduate of Simon Fraser with a bachelor's degree with honors in criminology, he earned a master's of arts in criminology from the University of Toronto in 1994. He has completed all required course work towards a Ph.D. in criminology with a perfect 4.0 GPA at Simon Fraser.



### **Sean Baynton:**

Sean Baynton, ChPC, M.Ed.

Sean is an NCCP Level 4/5, and IAAF Level 5 certified coach in endurance events and currently holds the positions of Head Coach - Golden Bear's & Panda's XC at the University of Alberta, Lead Coach - Endurance Programming with the Golden Bear's & Panda's Track & Field program, in addition to a sessional lecturer with the University of Alberta's Faculty of Kinesiology, Sport & Recreation.

Sean holds a Masters Diploma in High Performance Coaching from the National Coaching Institute - British Columbia, and a Masters of Education degree in Coaching Studies from the University of Victoria. His areas of research and study during his Masters degree included the long term athlete development programs focusing on the sensitive periods of athlete development and their importance on the neurophysiological development and maturation of the biomotor abilities for athletes looking to progress towards world class level endurance competition.

Sean is a member of Coaches of Canada as a Chartered Professional Coach. He has also been named to multiple Athletics Canada national team programs as both a Head Coach & Event Group Coach, including the FISU World University Championships and the IAAF World Youth Championships. As a personal coach Sean has worked with numerous national team members, national championship medalists, and CIS-USport/Canada West champions and medalists.



### **Les Gramantik:**

Les Gramantik started his athletic career in the Sports School System in Romania where he was an elite athlete and international pole vaulter. Continuing with his passion for athletics and sports, he turned to coaching which has now included 44 years internationally for Romania, Israel and Canada. He has coached over 50 Canadian National Champions and medalists in a variety of speed and power events.

Since 1984, he has been selected to coach with the Canadian National team in various roles including: six Commonwealth Games, three Pan American Games, eight Olympics/Paralympics and eleven World Championships:

- Head Coach - 2008 Beijing Olympics
- Head Coach - 2003, 2007, 2011 Pan-Am Games
- Head Coach - 2006, 2010 Commonwealth Games
- Head Coach - 1999, 2001, 2007 World Athletic Championships

His involvement also includes all levels of coaching education from NCCP to NCI, lecturer at the University of Calgary, and numerous clinics around the world for both coaches and athletes. Les is a leader in developing coaching education programs, writing the Competition Development curriculum for athletics and a key member among a group of experts in developing the Long Term Athlete Development model for Athletics Canada. I have lectured internationally on a various subjects from athletic program planning to strength training.

In addition, Les has also been an athletic and development consultant for a number of sports including: hockey, football, kayak/canoe, synchronized swimming, bobsleigh, mountaineering and professional golf.

### **Personal Achievements:**

- 1991 CIS and six time Canada West Coach of the Year (Head coach of Athletics at the University of Calgary from 1987-2005)
- 11 time Alberta High Performance Coach of the Year

Les was born in Transylvania, Romania and possess a BA in Education, BA in Physical Education and Masters of Coaching Science from the University of Bucharest.



### **Larry Steinke:**

Head Coach Larry Steinke is truly a graduate of track and field and is nationally certified at level IV in the throws and combined events and has been involved in track and field for more than 30 years.

Along with being the Pronghorn head coach he has also been part of the Canadian National Team Program for more than 20 years and has coached at five World Championships and two Olympic Games as well as numerous other international events. His athletes have accounted for a plethora of international medals, 2 world records, 7 Canadian records, numerous provincial records, as well as many Canadian National Championship medals. While under his tutelage Pronghorn athletes have won 37 CIS national championship medals, 57 Canada West Championships medals, and have set 6 Canada West and CIS national records while many have also been the recipients of Canada West and CIS rookie of the year and Athlete of the Year accolades. Coaching awards for Steinke have included being named the Athletics Alberta High Performance Coach of the year 7 times and has received the Alberta Sport Coaching recognition award.

Larry not only works with the universities outstanding athletes, but also conducts clinics and camps Provincially and Nationally and is heavily involved with Coach Education and Mentorship across the country. A logical extension of his coaching is his interest in, and extensive knowledge of, Speed, Strength and Power development. He is involved with programs Nationally and in Southern Alberta that are designed to develop the speed and power of athletes in numerous sports. He runs speed and power sessions for athletes in numerous sports and has worked extensively with winter and summer sport Olympians. He has also developed high performance athletes for Rugby, Football, Basketball, and Volleyball as well as Strongman competitors, Highland Games athletes, and All-Strength Challenge athletes.

As an athlete Steinke was mentored by some of the best coaches in the world and was coached by George Gemer throughout his University career where he was a successful multi-event athlete. He was an accomplished hurdler and long/triple jumper while attending University and later went on to become a multiple national team member and national champion in javelin. He was named Athletics Alberta's Outstanding Athlete of the Year and was nominated for this award numerous times during his career. He won more than 28 provincial championships in Javelin, shot put and jumping events during his tenure.



### **Brett Lumley:**

Brett Lumley is the Associate Head Coach of the Windsor Lancers Track and Field program.

He joined the Lancer coaching staff in 1998 as a part-time assistant and was hired full-time in 1999 to coach the jumps and multi-events, he also serves as the department's travel coordinator.

In 2016 Brett was named the Gino Fracas Award for Lancer Coach of the Year, the second time for him to achieve this honour, this year he led the Lancers to a team title as Acting Head Coach. The first time he won this award was in 2009 as an assistant coach, an honour usually reserved for head coaches. In 2008, Brett won the Petro Canada Coaching Excellence Award for his work with Stefanie Reid. Stefanie competed in the 100m, 200m & Long jump at the Beijing Paralympics, winning a bronze medal in the 200m. Brett's international coaching experience includes the position of Team Canada Head Coach at the 2016 U20 World Championships in Poland. Brett has also coached for Team Canada as event coach at 2017 Jeux de la Francophonie Games in Ivory Coast, the 2014 U20 World Championships in Oregon, the 2009 World University Championship in Serbia, the 2007 World University Championships in Thailand, and the 2001 World Youth Championships in Hungary.

Brett's biggest highlight as a Lancer coach was coaching the Lancer male long jumpers to a sweep of the Top 5 positions at the 2009 CIS Championships. In coaching duties separate to the Lancers, Brett's highlight is coaching Jamie Adjetey-Nelson to a gold medal in the 2010 Commonwealth games in the decathlon. In his 19 years with the Lancers, Brett has assisted them in capturing 13 national and 26 Provincial team titles. During his career, his athletes have achieved 33 All Canadian and 4 All American status.

Brett's previous coaching experience includes serving as the Head Coach for the St. Thomas Legion Track Club from 1985 to 1998 and also as an assistant coach at Lakehead University from 1995 to 1998. In 1999, Lumley took over as the Head Coach and General Manager of the Windsor Legion Track and Field Club, a position he held until 2007.