

**IAAF**  
**U20 Coaches**  
**Conference Programme**

Monday 25 July 2016

- 8h00-8h30** Registration at Conference Hall  
Sala Konferencyjna, Zawisza Stadium
- 8h30-9h00** Opening Ceremony
- 9h00-10h00** LTD: "Build up" from Event Group to top performance  
in world class Athletics (Q&A)  
**Malek El-Hebil** (MAR)
- 10h00-10h30** Coffee Break
- 10h30-11h30** Coaching U20 World Class Athletes for long term success  
Best practise to ensure a long time career for U20 athletes  
(Q&A)  
**Herbert Czington** (GER)
- 11h30-12h00** Q&A (Discussion Topics I & II)
- 12h00-13h30** Lunch
- 13h30-14h30** Psychological aspects of Drop Out in "build up"  
training phase (Q&A)  
**Dr. Cristina Fink** (USA)
- 14h30-15h30** Modern Strength and Speed training in "build up"  
training phase (16y-19y) (Q&A)  
**Don Babbitt** (USA)
- 15h30-16h00** Coffee break
- 16h00-17h00** Physiological and metabolic background of endurance  
training with talented athletes (16y-19y) (Q&A)  
**Prof. Dr. Ulrich Hartmann** (GER)
- 17h00-17h30** Q&A (Discussion Topics III, IV & V)

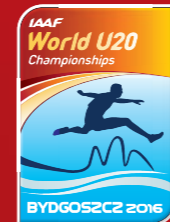
Moderator: **Malek El-Hebil**

Simultaneous interpretation into English, French, Spanish & Polish will be provided.  
Gift bags and USB Keys will be provided to all registered participants at the end of the Conference.



**Address:**  
Zawisza Stadium,  
ul. Gdańska 163,  
Conference Hall - Sala Konferencyjna  
Bydgoszcz, Poland.

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**2<sup>nd</sup> IAAF**  
**World U20** Bydgoszcz (POL) - 25 July 2016  
**Coaches Conference**



The build – up phase (16y – 19y) in Athletics is considered to be crucial for the athlete's performance development. It is a benchmark in the career of every junior athlete with a high Drop Out rate due to performance stagnation, challenges in professional, social and psychological development. An expected performance spurt from event group to elite performance (close to Senior World class level) in the respective individual event, is a further methodical challenge to the competent, long term development oriented coach.

The IAAF invited a number of experts in various fields, whose knowledge, experience and input will further qualify our coaches in the specific features and characteristics of this category.

The main objective of this conference is to keep coaches informed, bringing consistency and competence (Life Long Learning) to the coaches who play an essential part in the athletes' career.

Zawisza Stadium, Sala Konferencyjna

## Speakers



**Malek El-Hebil** (IAAF)

- Former Athlete and national coach in T&F
- Former FRMA & UAE Head Coach
- IAAF Development & Member Relations Department Director
- IAAF Senior Lecturer since 1986 educated approx. 2000 coaches & 1500 IAAF lecturers representing 150 countries.
- IAAF Kids' Athletics & Teens' Athletics programme Design and Implement (Member of the expert panel; since 2006 Global Implementation)
- IAAF 'New Studies in Athletics' Editor in Chief
- IAAF High Performance Training Centers Former Senior Manager
- IAAF CECS Member of expert Panel for Evaluation & Finalisation.
- PhD Studies in Biomechanics & Bioenergetics - Master in Cognitive Psychology (France)

### LTD: "Build up" from Event Group to top performance in world class Athletics

The best approach to developing talented athletes is to expose kids to a large variety of motor cognitive skills and to impose on the teenagers the multi-events athletics training and competition. Up to 14 – 15 y old, practicing other sports should be compulsory. The transition point to become an elite athlete should be later, at approximately age 16. All the data shows that early specialised single-sport training is not beneficial in developing elite athletes and reduces intrinsically motivated behaviour and can ultimately lead to more dropouts and burnouts among youths in athletics.



**Herbert Czingon** (GER)

- Academic Degree in Physical Ed. and Social Sciences (TU and LMU Munich 1972-1978)
- Athletic Performance: German Junior Record Decathlon (7326 Pts., 1969)  
Pole Vault (PR 5,01m, 1976)

Working continuously fulltime from 1/1/1978 until 12/31/2012 for the German National Federation (DLV) with varying tasks:

- 1978-1986 National Pole Vault Coach Germany
- 1987-1994 Performance Manager Jumps
- 1987-2000 Head of DLV Coaches Education
- 1996-2008 National Pole Vault Coach Germany
- 2008-2012 Head Coach of Field events
- Since 11/2012 National Coach Pole Vault Switzerland
- 1990-1994 Head of workforce "DLV Training Planning"
- 1998-2007 Webmaster PV website "stabhochsprung.com"

- 2004; 2006; 2008; 2010; 2012 "European PV Symposium" Cologne organizer / lecturer  
International author / lecturer Combined events and Jumps with special event PV

Personal Coach of Pole Vault athletes:

G. Lohre (PB 5.65m); H. Schmidt (PB 5.50m); B. Zintl (PB 5.65m); F.Wacker (PB 5.50m); N. Humbert (PB 4.56m; EC 1998 Silver; WIC 1999 Silver; World Indoor Record; WC 1999 5th; OG 2000 Sydney 5th); A. Tivontchik (PB 5.85m); C. Adams (PB 4.66m; EC indoor 2002 5th); C. Hingst (PB 4.66m; WC 2001 & 2005 10th); Y. Buschbaum (PB 4.70m; EC 2002 Silver; WC 2003 5th); C. Michel (PB 4.30m; EC Junior 2007 Silver); M. Stolle (PB 5.70); R. Bender (PB 5.40m); Anna Battke (PB 4.68m; EC Junior 2007 Silver; WIC 2008 8th); N. Büchler 2012 – 2014 (NR 4.63m); A. Moser (4.50m)

### Coaching U20 World Class Athletes for long term success

#### Best practise to ensure a long time career for U20 athletes

Depending on the event group and the home country, only 33% - 66% of the top 30 junior world class athletes will ever reach the top 50 in the world best list at any one point in their track & field career.

Possible reasons and influence factors causing this challenge are being discussed.

Coaches are the single most important factors for a successful or unsuccessful long term career development (LTD).

General and event specific advice is given on how to improve training and coaching of top junior athletes for sustained, long term success in world class track & field.



**Dr. Cristina Fink** (USA)

**Director of Sport Psychology**

Cristina Fink, PhD, is a highly experienced sport psychologist with over 20 years of experience in teaching, counselling and sport administration. Counselling clients include Olympic Medallists and World Champions as well as professional and national soccer teams. She was the Sport Psychologist for several teams in the 2000, 2004 and 2008 Olympic Games with varied sports like Synchronized Swimming, Track and Field, Modern

Pentathlon, Swimming, Diving, Archery, Taekwondo and Soccer. Cristina competed in two Olympic Games (Seoul 1988 and Barcelona 1992) and held the Mexican High Jump Record with a 6'4" jump for 22 years. She is part of the Track and Field Psychology Staff for Team USA. She has a B.S. in Psychology and a B.A. in Family and Consumer Resources from the University of Arizona, Tucson. She has a Master's Degree and PhD obtained in Sport Psychology from the Universidad Nacional de Educación a Distancia (UNED) in Madrid, Spain. Cristina is the author of a number of published papers and books, and a keynote speaker in many national and international conferences. She is the Director of Sport Psychology for YSC / Union Youth Development and is responsible for helping implement its core-values and behavioural learning into its soccer education curriculum. Cristina also supports the Philadelphia Union working directly with first team athletes as directed by Philadelphia Union

Technical Staff. She is the first non-European to be invited into INFP (International Network of Football Psychologists) where her peer group include sport psychologists from top professional European clubs (including Manchester United, Chelsea, Real Sociedad, etc.). She works with and travels with U.S. Track and Field.

### Psychological aspects of Drop Out in "build up" training phase

Burnout can be defined as "a syndrome of emotional exhaustion, depersonalization, and reduced personal accomplishment" (Maslach & Jackson, 1984). In a sport context, athletes who are more burned out than their counterparts tend to be less motivated, less capable of dealing with stress, and less likely to respond to training (Goodger, Gorely, Lavallee, & Harwood, 2007). Still, participation in sport could produce physical, mental, social, and cognitive benefits for participating youth (WHO, 2011), and it is therefore important to understand the concept of burnout in order to try to decrease rates of burnout from sport. This presentation will discuss burnout in youth track and field athletes and ways of creating the right environment to promote athletes to remain engaged throughout their track and field experience. Ideas will be shared for coaches and sport psychology consultants to be able to help athletes maintain a low level of burnout in order to support continued participation in sports throughout athletes' lives. Implications for coaches and athletes will be discussed, as well as suggestions for working with athletes who may be experiencing, or likely to experience, high levels of burnout.



**Don Babbitt** (USA)

Don Babbitt has been the IAAF's CECS Editor for the throwing events since July, 2010. He is in his 32nd year of coaching, and has coached one Olympic Champion, three World Champions, and 21 international medallists in the throwing events. An avid writer and clinician, Babbitt has written over 50 articles and book chapters published in five different languages, and conducted clinics/seminars on six continents.

### Modern Strength and Speed training in "build up" training phase (16y-19y)

This talk will discuss the development of strategies for speed and power development for athletes between 16 to 19 years of age. Special considerations for varying event groups, body types, and gender will also be compared and contrasted, along with a discussion of the latest trends and findings in strength & conditioning research.



**Prof. Dr. Ulrich Hartmann** (GER)

- Studied biology and sport science at the universities of Bonn and Cologne / GER
- Ph.D. from the German Sport University Cologne in 1985.
- Awarded for extraordinary graduation 1985/86 "Medicine/Natural Science" at the German Sport University
- Specific fields are focused in the area of training scientific issues in connection with practical performance diagnosis, computer-aided interpretations as well as the occurring relevant questions concerning this subject.

He is a member of the lecturing staff at the Coaches Academy in Cologne.

For several years he monitored the German National Team, including preparation for the Olympic Games.

He is the author of approx 95 papers and co-author of a further 130.

He is a Board member of the German Rowing Federation with the responsibility for coaches' education and scientific projects.

For many years he has been an invitational speaker in Germany and abroad in more than 40 countries with more than 250 presentations and lectures.

### Physiological and metabolic background of endurance training with talented athletes (16y-19y)

It is assumed that for each discipline the physiological and metabolic background resp. the performance limiting factors are well known, that an exact demand profile is established and also a plan how to build up the performance is existing. But mostly only phenomenological descriptions of performance demand profiles are available: p.e. the description of a 1000m competitive race is mainly done by terms from training methodology and very rarely from physiology.

This implicates partially a revision of the expected (adaptation) effects on the active muscle tissue and consequential of the anticipated effects and benefits of the existing training methods and loads. Likewise it would be recommended to review a part of the momentary used terminology in training physiology and methodology, p.e. aerobic / anaerobic capacity, lactate tolerance training, lactate formation rate etc. This includes to discuss and to redefine those actual perceptions and their influences to the sport practice and the traditional points of view for an endurance training with young talented athletes.