

## Eesti kergejõustikutreenerite aastakonverents

31. oktoober 2015, Tallinna Teletorn  
(Kloostrimetsa tee 58a)

### Päevakava:

- 10.30 – 11.00 Osavõtjate registreerimine ja tervituskohv
- 11.00 – 11.05 Päevakava tutvustamine
- 11.05 – 11.30 Eesti Kergejõustikuliidu presidendi tervitus - *Erich Teigamägi*
- 11.30 – 12.15 Saavutusspordi juhi kokkuvõtte lõppevast kergejõustikuaastast – *Marko Aleksejev*
- 12.15 – 13.00 IAAFi II-st noortetreenerite konverentsist Calis 20.07.2015 – *Erki Nool*
- 13.00 – 14.00 2016. aasta võistlustest ja võistlusjuhenditest – *EKJL peasekretär Sirje Lippe,*  
*kohtunikekogu juhatuse liige Peeter Randaru*
- 14.00 – 15.30 Lõunasöök ja ekskursioon Teletorni\*
- 15.30 – 16.45 Ettepanekuid võistlusjuhenditeks - rühmatöö
- 16.45 – 17.00 Kohvipaus
- 17.00 – 17.45 Alarühmade tööst täna ja homme
- 17.45 – 18.15 Rühmatööde ja päeva kokkuvõtte

Päeva juht on Margus Luik

Osalejad saavad koolitustunnistuse.

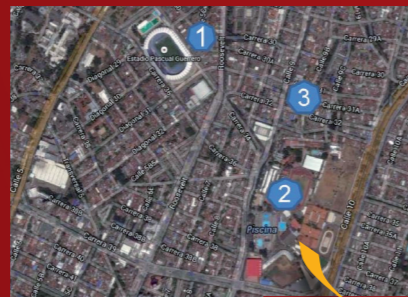
\* Toitlustamine ja ekskursioon eelregistreerimise alusel

# IAAF World Youth Coaches Conference Programme

Monday 20 July 2015

- 8h00-8h30** Registration at Conference Room  
University of Escuela Nacional del Deporte
- 8h30-9h00** Opening Ceremony  
IAAF President **Lamine Diack**
- 9h00-10h00** Psychological aspects of coach / (youth) athlete communication / interaction.  
Athletes meet Track & Field at the Coach  
**Dr. Cristina Fink (USA)**
- 10h00-10h30** Coffee Break
- 10h30-11h30** Strength training as the performance limiting factors in the training of young elite jumpers  
**Duany Lebeque Ubaldy (CUB)**
- 11h30-13h00** Lunch
- 13h00-14h00** Process of Long Term Athletes Development: From Grass-root (Event Group) to Youth Level.  
**Malek El-Hebil (IAAF)**
- 14h15-15h15** Training planning of Young athletes (15y – 19y)  
**Dr. Wolfgang Killing-Mühlinghaus (GER)**
- 15h15-15h45** Coffee break
- 15h45-16h45** Youth Athletes: Physiological Characteristics and Training Considerations  
**Dr. Randall L. Wilber (USA)**
- 17h00-18h00** Modern Strength Training of Youth. Age - / Gender - / Development - specific aspects  
**Prof Dr Dietmar Schmidtbleicher (GER)**
- Moderator: **Malek El-Hebil**

Simultaneous interpretation into English, French & Spanish will be provided



1. Competition venue  
Pascual Guerrero Stadium
2. Warm up venue  
Pedro Grajales Stadium
3. National Sport Institution  
Conference Room



**University address:**  
Escuela Nacional del Deporte,  
Calle 9 #34-01,  
Conference Room, 760042 Santiago  
de Cali, Valle del Cauca, Colombia.

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## 2<sup>nd</sup> IAAF World Youth Coaches Conference Cali (COL) - 20 July 2015



University of Escuela Nacional del Deporte - Conference Room

The youth category in Athletics is considered crucial in the athlete's training preparation. It is an important milestone in the career of a young athlete, in many respects: biologic, auxologic, psychologic, biomotor, cognitive, etc.

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 to those who play an essential part in the athletes' career.



## Speakers

### 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 Masters 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.).



### Psychological aspects of Coach / (Youth) Athlete Communication / Interaction Athletes Meet Track and Field at the Coach

As a coach you have a great responsibility when athletes come out to the track. You can either create an environment that ignites a passion for the sport, or you can create an environment that promotes burnout. Coaches need to have the ability to work with different personalities and motivational styles in order to successfully reach out to and influence their athletes. This presentation identifies the different skills coaches need to incorporate into their daily work routine in order to facilitate athlete development and performance. Areas that will be addressed will include practical mental skills related to improving self-confidence, focus, and communication, all of which are skills that are essential to top performance.

### Duany Lebeque Ubaldo (CUB)

Former athlete (8.32 Long Jump); Finalist in 1989 World Indoor Degree in Science of Sports; University degree in Physical Culture & Sports from Havana / Cuba. Specialised in Jumps and Speed Training. Since 2001 Coordinator of PhED and Recreation in Hato Rey, Puerto Rico.



1993 – 1998 Sports National University Cali / Colombia  
Lecturer in Track & Field  
Specialisation in Athletics and Sports training methodology

2001 – 2006 T & F Coach Turado University; Athletics Coach Cali / COL  
Metropolitana University Head Coach

2001 – 2015 Member of Technical Commission of Colombia National Athletics  
Since 2008 Coach of Caterine Ibarguen Mena / Colombia

- OG London 2012 Silver Medallist (TJ)
- WC Moscow 2013 Gold Medal (TJ)
- 2014 Diamond League Monaco 15.31 m (TJ)

### Strength training as the performance limiting factors in the training of young elite jumpers

Based on the comprehensive experience from working repeatedly successfully with elite youth jumpers, the performance limiting factor of strength will be identified. Different types of strength training and the optimal age - / development phase to introduce them into the training of young elite jumpers will be provided as a report from experience. Plyometric training (definition) with its benefits but also its risk of damages (injuries) will be shown in applied sports science.

### 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 & Teen 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)



### Process of Long Term Athletes Development: From Grass root (Event Group) to Youth Level.

Performance development in athletics is a long term training and complex process. Every coach - who works on the long term - is challenged by the complexity of the preparation due mainly to permanent changes of the environment. The best approach to reach the high level is to expose kids and teenagers to acquire a large basis of fundamental skills (6 to 15 y). It is also the way to avoid the early specialization which has negative impact on the future athletic expertise. Through his presentation, the speaker will try to provide the coaches with the appropriate knowledge and selected applications, emphasizing the core elements of the long term training process.

### Wolfgang Killing-Mühlinghaus Dr phil (GER)

- Sport and Social Scientist, Dr. and Dipl.-Ing.
- Director Academy of the German Athletic Federation
- Former Top-Athlete (HJ)
- Personal and National Coach (Jumps, CE)
- Author of different Books and Reports



### Training Planning of Young Athletes (15y - 19y)

The increasing performances of young athletes depend on interrelated processes: First the natural growth and maturation during puberty, second the systematic training by the coach and third the relevant circumstances as social situation, climate conditions and capacities for recovery.

The coach has to combine and monitor these various processes in order to bring the athletes to their individual best results.

In a retrospective view, German top athletes provide different individual positions on the adequacy and efficiency of their training. In respect to the different situations of individuals, regions, nations and even continents, the presentation will provide an analysis of the general principles for training planning in the micro-, meso- and macrocycles of young athletes.

The necessity of a systematic long-term performance development to enable the growing athlete to achieve his individual peak performance or - if talented and developed in an appropriate setting - even international success will be demonstrated.

Basic conditions and entry requirements for the build-up training, training measures in the event groups for both phases of the build-up training in terms of a master plan for an age - / development related continuous performance development as well as challenges in the implementation will be provided.

### Randall L. Wilber PhD, FACSM (USA)

Former athlete and Coach in Cross-Country and Track  
Senior Sport Physiologist US Olympic Training Center Colorado Springs  
Chair of ACSM Olympic and Paralympic Sports Medicine Committee

Areas of specialisation:

- High Altitude Training
- Heat / Humidity Acclimatization
- Blood Chemistry Analysis
- Overtraining
- International Air Travel (jet lag)
- Exercise induced Asthma

Team USA athletes (T&F) he worked with:

Jenny Simpson, Meb Keflezighi, Galen Rupp, Leo Manzano, Shalane Flanagan, Deen Kastor, Will Claye, Brittney Reese.

Team USA at OG Athens 2004; Beijing 2008; London 2012

Publications: 25 papers in peer-reviewed scientific journals;

Altitude Training and Athletic Performance (Human Kinetics 2004)



### Youth Athletes:

#### Physiological Characteristics and Training Considerations

The IAAF World Youth Championships will be held in Cali COLOMBIA in July 2015. This championship meet will bring together the best youth athletes in the world who are 17 or younger. It is not unusual to see female and male athletes under the age of 20 competing in the Olympics or World Championships, including some who reach the podium. This presentation will focus on talented youth athletes. It begins with an overview of the unique physical, physiological and psychological characteristics of youth athletes. The proper timing of "sport specialization" will be discussed, followed by a look at the increased risk of injury among young athletes, including skeletal, muscular, female-specific (menstrual dysfunction), and psychological. Next, training recommendations for youth athletes will be given for the optimal development of speed, endurance, strength and flexibility. Finally, strategies for dealing with "overtraining" and "underperformance" in young athletes will be presented.

### Dietmar Schmidtbleicher Prof, Dr phil, Dr hc (GER)

- Head and Chair of the Department of Exercise Physiology and Movement Science, Goethe-University Frankfurt/Main in Germany
- Head of the Board of Directors of the Federal Institute of Sport Science, Ministry of Internal Affairs
- Responsible for the Development of Research in High Performance Sports for Germany
- Lecturer at the Universities of: Leipzig, Darmstadt, Cologne (Germany), Recife, Belo Horizonte (Brazil), Lisboa (Portugal), Landquart, Magglingen (Switzerland), Utrecht (Netherlands).
- Lecturer for IAAF and IOC for more than 25 years
- Scientific Consultant: National Institute of Sports (Malaysia)
- Reviewer and member of the Scientific Board in 8 international and 7 national Journals
- Publications: 430
- Research Topics: Adaptation of the Neuromuscular System to high performance Training



### Modern Strength Training of Youth.

#### Age - / Gender - / Development - specific aspects

For a long period of time it was believed that strength training for young people and especially children is not useful. It was argued that the lower concentration of testosterone allows no important training effects. Today we know from a lot of longitudinal studies that young people show significant increase after strength training. This is true for intramuscular adaptation as well as for hypertrophy training. Contraindications are supra-maximal eccentric exercises and a specialisation on those muscle groups that produces power, i. e. arms and legs without prior strengthening of the core.

Useful exercises are jumps, horizontal or vertical from individual heights but without additional loads. For females one can enhance the efficiency of a strength training, when it is organized in conjunction with the menstrual cycle. Strength training can start in the age of 8 years and can reach the intensity and volume from adult people at the end of puberty.

# TREENERITE AASTAKOOSOLEKU RÜHMATÖÖDE KOKKUVÕTE

## 1. Teema: Muudatused ja täiendused 2016. a. võistlusjuhendites

Ülesandeks oli ettepanekute tegemine C-klassi meistrivõistluste ja Balti maavõistluste programmi osas ning täpsustada Eesti karikavõistluste võistkondlikku punktiarvestuse korda.

Eesmärgiks kujundada eeltoodud küsimustes enamust rahuldav seisukoht, mis võimaldaks võistluste üldjuhendid lõplikult vormistada.

Kõik neli töörühma koostasid oma ettepanekud.

C-klassi üksikalade valiku osas suuri arvamuste lahknevusi ei olnud.

Mitmevõistluses oli ideid ühepäevasest neljavõistlusest kuni täisprogrammiga tüdrukute 7-võistluseni ja poiste 8-võistluseni.

Ühisarutelul jõuti kahepäevase kuuevõistluseni.

Üksmeelele jõuti ka võitlejale osalemiseks lubatud alade arvu osas erinevate vanuseklasside võistlustel ning muudeti lati tõstmise korda teivashüppes.

Balti maavõistluste osas otsustati täiendada A-vanuseklassi programmi kolmikhüppega ja juunioride programmi teivashüppega. Selle ettepaneku peavad heaks kiitma ka Läti ja Leedu kergejõustikuliidud.

Karikavõistluse punktiarvestuses otsustati üksikalade karikavõistlustele lisaks kasutada uut punktiarvestust ka murdmaakarikavõistlustel.

Lisaks arutati koha leidmist pikkade murdmaadistantside meistrivõistlustele ja peeti sobivaimaks pidada need koos karikavõistlustega ning võtta karikavõistluste võistkondlikku punktiarvestusse.

Tehti ka huvitavaid ettepanekuid, mida toetas ainult üks töörühm või eriarvamusena mõni töörühma liige:

- ettepanek viia kõigis tõkkejooksudes, sh tõkketeatejooksus tõkete kõrgus ja nende rajalepaigutamise kord täielikult vastavusse IAAF-i spetsifikatsiooniga;

- korraldada C-klassi üksikalade meistrivõistlused „kolmevõistlusena”, kus iga võistleja peab osalema ühel jooksu-, hüppe- ja heitealal.

Kokkuvõtteks. Üksmeelele (või peaaegu üksmeelele) otsusele jõuti mitmetes olulistest küsimustes, mis seni olid takistuseks järgmise aasta võistlusjuhendite lõplikul formuleerimisel.

## 2. Teema: Võistlusjuhendi koostamine.

Ülesandeks oli koostada juhend suvaliselt valitud võistluse läbiviimiseks, eesmärgiks tähelepanu juhtimine reaalsest võistlusjuhendites sageli esinevatele puudustele.

Neljast rühmast kaks valisid valla ulatusega võistluse ja üks koostas juhendi Eesti C-klassi meistrivõistluste tarbeks. Neljas rühm juhendit ei esitanud.

Juhendid sisaldasid võistluste läbiviimiseks hädavajalikku teavet, kuid jätsid mitmed olulised küsimused siiski reguleerimata:

- ebamäärasus osavõtjate ringi kindlaksmääramisel – osaleda lubatakse linna või valla elanikel, aga kas reaalse elukoha järgi või rahvastikuregistri alusel, ja kuidas viimasest andmeid saada;

- puudub teave väljaspool arvestust osalemise võimaluste kohta – pole selge, kas osavõtutingimustele mittevastavad isikud saavad kaasa teha või mitte ja kui, siis kuidas;

- pole kirjeldatud arusaamatuste ja vaidluste lahendamise korda – võistluste tehnilise läbiviimisega seotud küsimused, mis juhendiga määratlemata jäetud, saab võistlusmääruste kohaselt lahendada peakohtunik, aga kes ja kuidas lahendab korralduslikud küsimused (osalemisõiguse kontrollimine, stardimaksu tasumine, võistlusbaasi rentimine jne).

Kokkuvõtteks. Esitatud juhenditest kõige täielikuma juhendi koostas Saku valla murdmaajooksu meistrivõistluste juhendi koostanud töörühm. C-klassi meistrivõistluste juhendi koostanud töörühm lisas juhendile isegi ajakava, paraku unustati kirja panemata kõik Eesti meistrivõistluste osavõtuõigust ja -nõudeid reguleerivad küsimused. Kahjuks ei võimaldanud juhendi koostamiseks töörühmadele antud aeg põhjalikumat süvenemist.

### **3. Teema: Võistluste registreerimise (võistlustele korraldusloa taotlemise) korra kehtestamine.**

Ülesandeks oli määrata ja kirjeldada olulisemaid nõudeid ja tegevusi võistluse korraldusloa taotlemisel, eesmärgiks selgitada, kui oluliseks korraldusloa omamist hinnatakse, milliseid nõudeid taotluse esitamisel oleks mõistlik esitada ning milline peaks olema taotluse sisu ning selle esitamise tähtaeg. Antud teemaga käsitlemiseks ei jäänud töörühmadel piisavalt aega ning Eesti meistri- ja karikavõistluste juhenditega tegelemine tundus olulisem ja huvitavam.

Sellegipoolest saab mõned ühised seisukohad välja tuua:

- võistluste registreerimist, võistlusjuhendite ja ajalavade esitamist võistluskalendris peetakse vajalikuks;
- võistluste registreerimine peaks üldjuhul toimuma eelmise aasta detsembris, erakorraliseks registreerimistähtjaks pakuti vähemalt 10 päeva enne võistlust;
- hiljemalt 1 kuu enne võistlust peab kalendris olevale võistluse nimetusele lisama ajakava ja juhendi;
- võistlusprotokolli esitamise tähtjaks pakuti 3 päeva peale võistluse lõppu.

Kokkuvõtteks toetati võistluste täpse registreerimiseeskirja väljatöötamise vajadust ja peeti väga oluliseks võistlusprotokollide kiiret lähetamist EKJL-i ja nende kohest avaldamist kodulehe tulemuste rubriigis.

# TREENERITE AASTAKONVERENTS 2015, 31. OKTOOBER

## ALARÜHMA VASTUTAVATE TREENERITE KOHTADE KOMPLEKTEERIMISE ALUSED

### MOTIVATSIOON (kandidaadile)

- Kindel summa alarühmale aasta peale
- Piirid mängureeglitele
- Aasta tegevuskava
- Treenerite nõukogu v saavutusspordi komisjon alarühma treeneritest + nt alarühma parima sportlase treener
- Enese realiseerimine
- RV erialane koolitus iga aasta
- Oma meeskonna loomise võimalus
- Kaasamine VEM/SL, tiitli- ja maavõistluste koondise juurde
- Tööga seotud kulude hüvitamine
- Koondiste koostamise otsustusõigus

### KOOSSEISU KOMPLEKTEERIMINE (kuidas)

- Avatud konkurss
- Läbirääkimised

### EELDUSED (kandidaadile)

- Visioon (kirjalikult) ja tahe
- Inglise keele oskus (vene keele oskus tuleb kasuks)
- Arvutioskus
- Ala tundmine

Ülaltootud põhimõtted pakuti välja päevakorra punkti „ Alarühmade tööst“ all toimunud avatud arutelul. Arutelu eesmärgiks oli alarühmade töö efektiivsemaks muutmine ja koostöö parandamine alaliidu aj treeneritega.