

# The Second European Sprints & Hurdles Conference

University of Warwick, England  
10-11 November 2012

Speakers include:

**Tom Tellez**

**Loren Seagrave**

**Wigert**

**Thunnissen**

**Michael Afilaka**

**James Hillier**

**PJ Vazel**

and other  
International coaches



Details and booking to follow at [www.uka.org.uk/coaching/conferences](http://www.uka.org.uk/coaching/conferences)

# The Second European Sprints & Hurdles Conference

## University of Warwick, England, 10-11 November 2012

The 2012 Second European Sprints and Hurdles Conference, hosted by UKA and England Athletics, will take place on Saturday and Sunday the 10-11 November at the University of Warwick, England, UK.

This event, which forms part of the European Athletics Coaching Summit Series, follows on from 2010's highly successful inaugural conference. It will continue the exceptional coach development opportunities on offer in the UK with an impressive roll call of world class speakers, including Tom Tellez, who coached six of the seven United States sprinters who won Olympic Gold Medals between 1984 and 1996, and Loren Seagrave, one of the most renowned speed and sports performance coaches in the world.

So that delegates can get the maximum benefit from the conference, pre-event materials are available for study at [www.uka.org.uk/coaching/conferences](http://www.uka.org.uk/coaching/conferences).

### Saturday 10 November

10:00	Planning	Loren Seagrave
11:10	Coaching the 4 x 100m - the challenges	Wigert Thunnissen
	Coaching beginner/intermediate hurdlers	Tom Tellez
12:40	Lunch	
14:00	The training of Carl Lewis	Tom Tellez
	Fault correction for advanced hurdles coaches	Loren Seagrave
16:45	Training philosophy, progression and development (Adam Gemili)	Michael Afilaka
19:00	Informal buffet dinner and networking opportunity	

### Sunday 11 November

09:00	The Dutch approach to relays	Wigert Thunnissen
10:00	A history of training methods for the sprints	PJ Vazel
	Putting together a training programme for developing hurdlers	James Hillier
11:30	Acceleration and starting for beginner and intermediate sprinters	Loren Seagrave
	Coaching the 4 x 100m - the challenges	Wigert Thunnissen
14:00	Lunch	
14:00	Chaired Discussions - An opportunity for all delegates to join in discussions with the presenters and other coaches	
15:00	A lifetime in Coaching	Tom Tellez
16:00	Conference ends	

**Conference venue:**  
Warwick University  
Conference Park  
CV4 7AL, UK

**Conference fees:**  
**UKA licenced coaches** £80\*  
**Other delegates** £135

Fees cover both days conference proceedings and include lunches on both days Saturday night dinner, but exclude accommodation.

#### \*Subsidised places:

The first 300 places for UKA licensed coaches are available at a subsidised cost of just £80. After that the full fee of £135 applies.

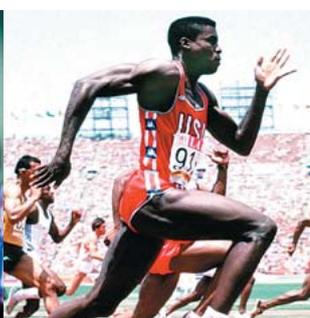
(To be eligible, coaches must hold a valid UKA coaching licence.)

#### How to book:

Book online at  
[www.uka.org.uk/coaching/conferences](http://www.uka.org.uk/coaching/conferences)

#### Accommodation:

Bed & Breakfast accommodation is available for an additional £72 per night. For more information and to book, follow the links at:  
[www.uka.org.uk/coaching/conferences](http://www.uka.org.uk/coaching/conferences)



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## ABOUT THE SPEAKERS

### Tom Tellez



A member of the U.S. Track Coaches Association Hall of Fame, Tellez has produced some of the greatest track and field performers in the history of the sport.

A former standout collegiate athlete in his own right, Tellez began his coaching career as a graduate assistant coach at his alma mater, Whittier College, in California. After a two-year stint in the U.S. Army, he was named the head coach at Buena Park High School in California. In 1961, he became the head coach at Fullerton Junior College before becoming an assistant coach at UCLA in 1968.

In 1976 he moved to the University of Houston, where he was to be head coach to the Houston Cougars for 22 seasons.

His former Cougars include: four-time NCAA champion and nine-time Olympic Gold Medallist Carl Lewis, former NCAA and Olympic 200-meter Gold Medallist Joe DeLoach, two-time NCAA champion and Olympic Silver medallist Kirk Baptiste and three-time NCAA champion, Olympic Bronze Medallist Frank Rutherford and Olympic Gold Medal winner and three-time NCAA champion and former world 100-meter record holder Leroy Burrell.

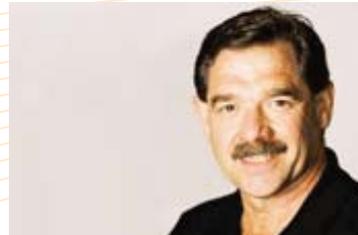
Other athletes he has tutored include

Olympic Gold Medal winners Mike Marsh, Michele Finn-Burrell and 2000 Olympic 200-meter sprinter Floyd Heard.

He served as an assistant coach for the 1980 and 1984 USA Olympic teams and was head coach for the 1987 USA Pan American team and for the 1991 U.S. national team that competed in the World Championships in Tokyo.

Between 1984 and 1996, six of the seven United States sprinters who won Olympic Gold Medals were coached by Tellez and seven of the USA's overall 13 medals were claimed by his athletes.

### Loren Seagrave



Loren Seagrave has worked with athletes at every level of the sport – from aspiring juniors to collegiate runners to veteran NFL players and track and field Olympians. His multi-disciplinary approach to optimising performance has earned him worldwide recognition. He is regarded as one of the most renowned speed and sports performance coaches in the world and one of the leading experts of applied sports science to today's high performance athlete. He is currently the Director of Speed and Movement at IMG Performance Institute.

Past and present athletes include: Pauline Davis (2000 Olympic Gold Medalist, 200m); Dwight Phillips (2009 World Champion, long jump); Angelo Taylor (2000, 2008 Olympic Gold Medalist, 400m hurdles); Andre Cason (Silver medal in World Championship

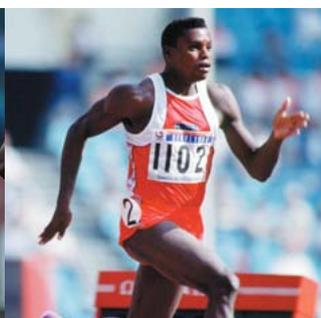
100m) and Joice Maduaka (multi-national championship title winner, UK). Seagrave has also served as a consultant for the Atlanta Falcons, Detroit Lions, Jacksonville Jaguars, Nashville Predators, and the Chicago Bulls. In the late 80s, he coached LSU's Women's Track and Field Team to five NCAA national titles.

For a number of years he has been the technical Consultant in Speed to the IAAF. His other areas of concentration are within the sports of baseball, soccer and ice hockey. Apart from individual and team coaching, in 1999, Seagrave founded Velocity Sports Performance, a Georgia-based franchising company. Today Velocity remains a leader in teaching young athletes how to be faster and improve their athleticism, while learning to develop a life-long love of physical activity and sports. Loren is not only an outstanding coach to elite sportsmen and women, but he is also an excellent communicator in the area of coach development

### Michael Afilaka



Michael Afilaka is currently the UKA Development Coach for Sprints. He is the coach of 2012 World Junior Gold Medallist Adam Gemili, who ran 10.05 to win in Barcelona before going on to represent GB at the London 2012 Olympics. He is also the coach to 2008 World Indoor 60m Silver Medallist Jeanette Kwakye, who finished 6th in the Beijing 100m Olympic Final.



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### Wigert Thunnissen



Wigert Thunnissen is the Dutch National Relay Coach. Under his leadership the Netherlands captured the men's 4x100m bronze medal at the World Championships in Paris in 2003. Most recently Wigert steered the Dutch Women's 4x100m relay team to a national record of 42.45s and number 5 world ranking with a squad comprised of athletes with 2012 seasons bests of only 11.36s, 11.38s, 11.58s and 11.65s.

### James Hillier



James Hillier is UKA Apprentice Coach for Sprints and Hurdles based in Bath. James is a former Commonwealth Games 400m hurdler and is under the tutelage of Malcolm Arnold (UKA National Event Coach Hurdles).

James helps run the UKA Regional Performance Centre in Bath. The Centre had 6 athletes compete at the recent London Olympic Games most notably 2011 World Champion Dai Greene (400m H), and Olympic 4th placers Jack Green (4 x 400) and Lawrence Clarke (110m H).

James is a recent graduate from the prestigious UK Sport Elite Coach Apprenticeship Programme and is also acting National Hurdles Coach Mentor for England Athletics. He has been coaching since the mid-nineties and professionally for three years. He is also personal coach to a number of promising sprinters and hurdlers including James Gladman (UK U20 60m Hurdles Record Holder) and Ben Reynolds (Northern Ireland Senior 110m Hurdles Record Holder).

James has been a Team Coach for Hurdles for the Great Britain and Northern Ireland Team at the European and World Junior Championships and the European Senior Championships. Academically, he has a BSc in Sport & Exercise Sciences from the University of Birmingham and an MBA from Drake University in the States.

### Pierre-Jean Vazel



Pierre-Jean Vazel was the coach to Men's 100m African record holder (9.85s) and 2008 World Champion over 60m Olusoji Fasuba. He has also coached several of Frances' most famous sprinters including Ronald Pognon and Christine Arron. In addition to working with Elite athletes, he also coaches young developing sprinters and hurdlers at ES Montgeron Athletic Club near Paris and is a reporter for the IAAF and La Monde. A trained artist, Vazel also has a keen interest in

Track and Field statistics. Through years of research he has developed an excellent understanding of the history of the sprints and hurdles across the world and collects data on the training methods of many of the world's most famous athletes and coaches.



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