

2016 Conference - Speed Development & the High School Athlete

A Professional Development opportunity for coaches & teachers

Friday, October 21

- 9:15am Keynote: Mike Cunliffe
What is Speed?
- 10:15 Session 1 – Derek Evely
Sprint Mechanics – Part 1
- 11:15 Session 2 – Laurier Primeau
Age-Appropriate Coaching & Dealing With Parents
- 12:15 Lunch
- 1:15 Session 3 – Mike Cunliffe
Training Speed: A physiological Organic View
- 2:15 Session 4: Q & A – Mike Cunliffe, Laurier Primeau, & Derek Evely
Theme: *Speed development for high school athletes*
- 3:00 Session 5 (Outside) – Derek Evely
Sprint Mechanics – Part 2
- 4:30 Session 5 - Mike Cunliffe
High School 12 Week Cycle for Sprinters

Location: **Vancouver College**, 5400 Cartier St, Vancouver, BC

Cost: **\$70** - Includes lunch.

Registration: Limited spots. Register at www.trackie.com

-Click trackie.reg Click “Find an event”



Mike Cunliffe

Originally coming from a decade plus work in the Seattle software industry with a background in technical program management and global project management for companies such as Microsoft and Real Networks he began coaching T&F in 2004 with his own children: Hannah (2016 World Top20 60-100-200) and Samuel (Class of 2016 ESPN Top 40 - Basketball, Arizona State University). In the fall of 2006 he started the Seattle Speed Track Club and over the last ten years has trained (or contributed) to numerous age group world records in sprints and jumps (Samuel Cunliffe, Lauren Williams, Ashlyn Mundell); multiple national titles and top 3 finishes (30+), and three athletes into the US HS Top 20 All-Time in sprints (Hannah Cunliffe, Tatum Taylor, Lauren Williams). Coach Mike's athletes have been represented at the IAAF World Youth Championships (2013,2015 – both finalists in the 200M), the IAAF World Junior Championships (2014) and the Olympic Games (2012, 2016/Semi-finalist in the 400MH). He has worked with athletes from the USA, Canada, Switzerland, France, Philippines, Cape Verde, and Sierra Leone Federations over the years and was the Head Coach for Sierra Leone at the 2014 IAAF World Junior Championships. He has a coaching education background as follows: IAAF Level5 Coach (Sprints/Hurdles), USATF Level3 Coach (Sprints/Hurdles/Relays), USATF Emerging Elite Coach (Sprints/Hurdles/Relays). Coach Mike is married with 8 children and resides in the Seattle area.

Derek Evely

Derek Evely has been involved in the sport of athletics most of his life as both an athlete and a coach. He has been coaching for the past 30 years, 20 of them professionally. He has been a member of numerous Canadian and British national teams including the Olympic Games, IAAF World Championships, Commonwealth Games, Pan American Games and European Championships. In 2008 he was appointed to the Canadian Olympic team as a Staff Coach. He was also the Head Coach for the Kamloops Track and Field Club for 11 years, during which he produced 8 national team members, including Gary Reed, Dylan Armstrong and Shane Niemi. During his time in Kamloops, Coach Evely's athletes broke 7 national records and earned over 70 national and 7 international championship medals. He has also coached successful international hammer throwers Mark Dry, Sophie Hitchon and Sultana Frizell. In 2006 he began work as the Sport Science Manager at the Canadian Athletics Coaching Centre. In his 4 years there he was instrumental in the development of one of the best coaching education resources in the world, the CACC website. In this role he studied extensively the training systems and methodologies of the best coaches in the world across all event groups. In 2009 he was also the Lead Coach for the CACC high performance sprint program, working with such athletes as Tyler Christopher, Adam Kunkel and Carline Muir. He was involved with Athletics Canada as a long relay coach for 6 years and consultant for the development of its Long Term Athlete Development model (LTAD). He has a passion for all aspects of athletics development, at every level, particularly in the areas of youth development and planning and periodization. In 2009 Evely was appointed National Performance Center Director – Loughborough for UK Athletics leading into the 2012 Olympic Games, where he was a staff coach for Britain in the throws. During his time in Britain Evely was involved with all aspects of athletics development for UK Athletics in both developmental and high performance realms. Currently Evely consults globally for various federations on all aspects of coach and



athlete development, specializing in high performance training systems and youth development programming.

Laurier Primeau

Laurier Primeau began coaching at Queen Elizabeth Secondary and was part of 6 consecutive BC High School Championships. Taught and coached at St. George's School where they won both boys' and combined titles at the Provincial level. Was on the coaching staff for both Pan American Junior and World Junior Track and Field teams between 2003 and 2009, and in 2009 accepted the position as Head Coach for Scottish Athletics. Came back to Canada in 2011 and guided the National Paralympic Team through the 2012 London Games while taking on the Head Coach role at Trinity Western University. In 4 years the program evolved from infancy to being a significant player in both the CIS and among NCAA institutions. In 2014 the women's team performances at the CIS Championships would have tied for 12th with LSU and Auburn. Most recently has taken the Head Coach position at UBC and is working on growing the program through good coaching and recruiting practices

