

Saturday, October 19

7:00-10:00 PM

NACACTFCA



Banquet & Closing Ceremony
Sponsored by MONDO



Embassy Suites by Hilton
San Juan

Sponsors



Registration fee **\$150.00 USD** – does NOT include hotel.

Participants must register with and pay for hotel (ask for NACACTFCA Congress rate of \$165.00/day per suite – brian.martinez@hilton.com)

Contact: Soleil Maria Thon
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28th NACACTFCA Coaches Conference

"Preparing Athletes for High Level Success"

October 17-20, 2019

Embassy Suites by Hilton San Juan
Isla Verde - Carolina, Puerto Rico

15 Hours of Continuing Education is accredited towards the license to coaches from the Institute of the Department of Sports & Recreation of Puerto Rico



Lecturers

Dan Pfaff (USA)

40 Years of Athletic Training and Coaching

Don Babbitt (USA)

Developing the Junior and Senior Level
Thrower

Paul Francis (JAM)

High Level Sprint & Hurdle Development

Jackeline Rosado (PUR)

Sports Psychology in Athletics

Nikos Apostolopoulos (GRE/CAN)

Micro Stretching, Recovery & Regeneration

Jeremy Fischer (USA)

High Level Jumps Preparation

Carlos Guzmán (PUR)

800 Meters Coaching & Development –
Personal Coach of Wesley Vázquez

Arturo Paris (PUR)

800 Meters Coaching & Development –
Personal Coach Ryan Sánchez

Program

Thursday, October 17

All Day Arrivals

6:00-7:30 PM Congress Reception

Friday, October 18

8:30-9:00 AM Registration

9:00-9:30 AM Opening Ceremony

9:30-10:30 AM Keynote – Dan Pfaff (USA)

10:45-11:45 AM Jeremy Fischer (USA)

12:00-1:30 PM Lunch sponsored by UCS



1:45-2:45 PM Paul Francis (JAM)

3:00-4:00 PM Nikos Apostolopoulos
(GRE/CAN)

4:15-5:15 PM Don Babbitt (USA)

Evening free/on your own

Saturday, October 19

8:15 AM Bus to Track for Practical Sessions –
UPR Rio Piedras

8:45-9:30 AM Practical Session Rotation I

9:40-10:25 AM Practical Session Rotation II

10:35-11:20 AM Practical Session Rotation III

Saturday, October 19 (cont.)

12:00-1:30 PM Lunch—Sponsored by
NACACTFCA



1:00-1:45 PM Wesley Vázquez Training
Carlos Guzmán

2:00-2:45 PM Ryan Sánchez Project
Arturo Paris

3:00-4:00 PM Dr. Jackeline Rosado
Sports Psychology

4:15-5:00 PM Coaching Roundtable
All Lecturers

5:00-5:30 PM Wrap Up & Raffle

Sunday, October 20

All Day Departures