



NACACTFCA

2020 VIRTUAL ATHLETICS CONGRESS

CONGRESO VIRTUAL DE ATLETISMO

December 18-20, 2020

SPEAKERS:



Victor Lopez is the former chairman of the IAAF Coaches Commission and coached for decades at Rice University, where he mentored at least 10 Olympians and numerous national champions. He has been a key player in the development of coaches education programmes at the area and world levels and he continues to work promoting the coaching profession through the CAC, NACACTFCA, and IAAF / World Athletics. NACACTFCA was founded in 1989 by Lopez and others, and he has been President to this day. Growing up in Puerto Rico, Lopez was torn between music and sport. He began playing the drums and percussion professionally at the age of 13 and has continued ever since, and came to the University of Houston in 1964 as a sprinter. Lopez still mentors coaches and coaching organizations around the world.



Dr. Wolfgang Ritzdorf is a senior lecturer at German Sport University Köln (DSHS Köln) and head of the department of athletics. He is the World Athletics chief editor for the entire CECS jumps material and a regular keynote speaker in international coaches' conferences, including three times for NACACTFCA. Ritzdorf is also the organizer of the European Pole Vault and High Jump Conference hosted at the Sport University every two years. As a former national coach of German female high jumpers he is the director of the World High Jump Center in Köln where he is personal coach to 9 Olympic Games / World Championships high jumpers since 2007.



Peter John L. Thompson - "Fifty years a coach" is meaningless, if you've been doing the same thing each year but Peter has been coaching athletes and coaching coaches since 1968, making practice and learning environments innovative, interesting and involving. This co-Founder in 1982 of USATF Coach Education, former Director of IAAF global coaches education (1990-2010) and innovator of New Interval Training and, most recently, Biokinetics and The Fourth Energy System will concentrate on developing coaching competence in the 2020s. A native of Great Britain, he has lived and coached in Eugene, Oregon for the past few decades.



Dr. Jim Denison is a Professor in the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta, Canada. A sport sociologist and coach educator, his research examines the formation of coaches' practices through a post-structuralist lens. He is also the former Director of the Canadian Athletics Coaching Centre (2010-2014). Along with his numerous scholarly books and articles, he is the author of *The Greatest*, the biography of *Haile Gebrselassie*, and *Bannister and Beyond: The Mystique of the Four-Minute Mile*. He was also a cross country and track coach at the high school and collegiate levels.



Gilbert Tuhabonye is a role model, coach and inspiration to people all over the world. He is also a genocide survivor, who escaped a horrific massacre in the Tutsi-Hutu war in Burundi, he witnessing torture, mass murder, and barely escaping his own fiery death. Gilbert is now a retired professional runner, philanthropist, author, and community leader. He owns and founded [Gilbert's Gazelles](#), one of Austin's largest running groups, head cross country and track coach at St. Andrews High School, and a co-founder of the Gazelle Foundation, which provides clean water to people in his homeland of Burundi. He is living proof that one person can make the world a better, more compassionate place, and that love really does conquer evil.



Donna Harris is a coach skilled in program development and execution. Prior to moving into the wellness field, she was an athlete and coach in the sport of Track and Field at the University of Manitoba and worked full time for various sport organizations, including Athletics Canada. She led the development and implementation of various national / provincial programs for Athletics Canada, Athletics Manitoba and Racquetball Canada. Harris holds a Master of Arts in Kinesiology; her thesis explored the impact of passion on performance and lives of elite coaches and their partners, lending insight into elements required to thrive in our personal and professional lives. She now takes the outcomes of her research, couples it with current studies and applies it daily as a wellness consultant with the Johnston Group.



Rose Monday is the head coach and founder of the Texas Elite Track Club, leading athletes to international finals in 800 meters in the past several years. She is also an accomplished former athlete and 800 meter national champion, and has coached cross country and track & field at the high school and collegiate level. She currently serves as the USATF Women's Track & Field Chair, was the Women's Development Chair, and she has coached on several US senior international teams. Monday is the Head Coach of the US Women's team for the Tokyo Olympics.



Kevin Reid was an accomplished collegiate hurdler and has spent the last 32 years coaching at the collegiate and professional level. His NAIA Azusa Pacific teams were perennial national powers, and the university record board rivals that of many Division I powers. Reid is a USATF Certified Coach, serves on the USATF Combined Events Committee, and is Chair of the USATF Coaches Advisory Committee. He has been a coach on several US international teams, and has done private coaching with Major League Baseball players on Speed Development. He has been the longtime coach and mentor of Olympic Gold medalist and World Champion Bryan Clay.



Dr. Wendy Truvillion is currently a public school administrator in Phoenix, Arizona, was a national champion sprinter at LSU, and is involved with both the USATF Diversity & Leadership and Women's Commissions. In addition, she has served numerous times on USATF senior and junior international staffs as a coach and team manager. Dr. Truvillion recently served as the US representative to the IAAF Coaches Commission and is currently on the World Athletics Global Athletics Coaching Academy Board and the leader of the webinar program, "Coaching Matters."



Harry Marra has been coaching the decathlon for decades, from the USA / VISA Program in the 1990s to coaching Ashton Eaton to Olympic and World Championship Gold Medals and two world records. Additionally, Marra coached several other successful combined event athletes: Brianne Theisen-Eaton, Paul Terek, Sheldon Blockburger, and four other 8,000+ point scoring decathletes. He started as a high school pole vaulter and became a coach at Springfield College and San Francisco State, where he also worked on speed with professional baseball players. Marra is the consummate coach and mentor, and continues to work around the globe helping coaches, athletes, and federations develop and advance their skills and success.



Jimson Lee is a Masters Athlete and Coach. He was the President of the Metro Athletic Club based in Vancouver, BC. Jimson participates in numerous foundation projects, including being the technical editor for the 1956/1973 re-release of Bud Winter's [So You Want to be a Sprinter](#). A member of the Track & Field Writers of America, ee is best known for his internationally acclaimed website, Speedendurance.com, run from Vancouver, Rome, and now London. He was inspired to start the blog and write these articles after 30 years experience and being fed up seeing gimmicks presented by personal trainers always trying to sell you a gadget and seeing a million books on fad diets. All of the material on his site is offered for free.



Professor Roberta H. Anding is a registered dietitian and Director of Sports Nutrition and a clinical dietitian at Baylor College of Medicine and Texas Children's Hospital. She also teaches and lectures in the Baylor College of Medicine's Department of Pediatrics, Section of Adolescent Medicine and Sports Medicine, and in the Department of Kinesiology at Rice University. In addition, she is a certified specialist in sports dietetics, a certified diabetes educator, and has served as the dietitian for the Houston Astros and Houston Texans professional teams and advisor to athletic teams at Rice University and local high schools. Anding has participated in two past NACACTFCA Congresses.



Dr. Nikos Apostolopoulos is the Founder and Developer of microStretching® and Stretch Therapy® and directs the microStretching Clinic, developing therapeutic and performance enhancement microStretching®. This recovery- regeneration technique, based on functional-clinical anatomy, has been used to treat many professional, elite, and amateur athletes. Dr. Apostolopoulos graduated from University of Wolverhampton (PhD - Muscle Physiology and Inflammation) and University of Toronto (BPHE - Sports Medicine). He is a member of the International Association for the Study of Pain and the International Society of Exercise and Immunology. He lectures and works internationally as a consultant and therapist to sports organizations and federations, including NACACTFCA.



Frank Dick is President of the European Athletics Coaches Association, was a member of the IAAF Coaches Commission, as well as Chair of the IAAF Academy. He was British Athletics Federation's Director of Coaching 1979 to 1994 and led the British team into its "golden era" of Olympic gold medalists Daley Thompson, Steve Ovett and Sebastian Coe. Frank personally trained Daley Thompson and created programmes for Gerhard Berger, Katarina Witt, Boris Becker and Justin Rose. He has worked with several sports, was the High Performance Director of the South African Olympic Committee leading to Rio, and in 2016 was invited to serve as strategic planning consultant for the England Rugby Leadership Team for 2019 Japan. He is currently the guiding force of the Global Athletics Coaching Academy.



Dan O'Brien has overcome many adversities throughout his life but went on to win the 1993 and 1995 World Championships, the 1994 Goodwill Games, all leading to the 1996 Olympic Gold Medal in Atlanta. He became one of the most successful and dominant athletes in the history of sports and an inspirational leader for people across the world. Dan gives back as the on-field emcee for every major USA Track & Field event, is heavily involved for USATF's Win with Integrity program, a community outreach and mentoring program designed to help kids make good life decisions, set positive goals and adhere to a drug-free lifestyle. He also works as part of the USOPC Olympic Ambassador Program, mentoring current athletes in the areas of media training, preparation and peak performance.



Les Gramantik began as an elite pole vaulter in Romania before he turned to coaching in Romania and Israel, and for four decades in Canada. He has coached 50 Canadian national champions in speed & power events and several Olympians, including Mike Smith, Damian Warner, and Jessica Zelinka. He served as the Head Coach for Athletics Canada in 2008 as well as for other Canadian international teams, and he gives lectures and clinics for athletes and coaches around the world, including NACACTFCA, for which he is a board member. He helped to develop coaching curricula in Canada, including LTAD, and has been an athletic consultant for sports such as hockey, football, kayak/canoe, bobsled, and professional golf.



Dolf Berle serves as the CEO of Topgolf Entertainment Group, a global sports, entertainment and technology company that is transforming golf by making it more inclusive. He is an independent board member for USA Track and Field and the Chair of their Brand/Development Committee. He also serves on the boards of the Make-A-Wish foundation and the Norman Rockwell Museum. Dolf is the reigning world champion in the pole vault for Masters men aged 55-59, and last year also ranked #2 in the world and #1 for the USA in the decathlon for his age group. He previously won the M50 World Championships in the PV, and is a multiple time national champion in the decathlon and indoor heptathlon. In 2017 and 2018 he competed as an American Ninja Warrior. He earned his undergraduate degree at Harvard College, and has masters degrees from Harvard University and the University of Zimbabwe.