



Ron Pickering Memorial Fund World Class Jumps Conference

Saturday 8th and 9th November, 2008



The **Ron Pickering Memorial Fund** and **UK Athletics** are to host a **World Class Jumps Conference** focussing on the development of coaches throughout the UK, and again is free of charge for all interested coaches. The conference is scheduled to take place at Loughborough University and will be split into two days in order to allow those coaches interested in attending more than one event module, every opportunity to benefit.

Saturday November 9th will focus on the Long Jump and High Jump events, while the Pole Vault and Triple Jump events will be covered on Sunday 9th November. There will be a full schedule each day, beginning at 10:00am covering both Theoretical presentations and Technical demonstrations, and concluding with a Round Table discussion for each event module, where coaches will have every opportunity to ask questions of the experts before the conclusion of the day's activities at 5:00pm.

The Conference will bring together some of the Worlds greatest Coaches and Athletes to share their knowledge and experience with developing coaches in the UK, and we hope that you will take full advantage of this great opportunity. The speakers include the following:

Long Jump – Saturday 8th November

Mike Powell:

World Record Holder, and former World Champion. Now coach to many top Jumpers from USA and around the world, including US Champ Trevell Quinley.

He will talk about his own experience from the Golden era of the Long Jump and the duels with Carl Lewis and the competition at the 1991 World Championships in Tokyo that culminated in the World Record jump of 8.95m

Also, now as a successful coach, he will outline his technical and training philosophies and how he has worked with success in the US Collegiate system, bringing talent to Olympic level in 4 years.

Lynn Davies:

The 1964 Olympic Champion and Trustee of the Ron Pickering Memorial Fund named after the coach that guided him throughout his career, will be on hand throughout the weekend, to share his knowledge and experience.

Lynn will talk about the partnership he had with his coach, that took him to an Olympic Gold medal and ownership of the British record for more that 40 years!

These presentations shall be followed by a Panel Discussion and a question and answer session.

High Jump – Saturday 8th November

The Training of Stefan Holm:

Unfortunately, despite his and our best efforts, Stefan himself is unable to attend the conference in person, but he has provided us with unprecedented access to his training diaries, and incredible film clips to show what has made Stefan Holm the most consistent High Jumper of all time, with 132 competitions above 2.30m. **Fuzz Ahmed**, one of the UK's best High Jump coaches, has been spending time with Stefan over the past months, and will take us through the details of the training programme of a truly exceptional athlete.

Fuzz will also lead the Technical Workshop together with our newly crowned Olympic Silver Medallist, **Germaine Mason** and Olympic finalist **Tom Parsons** to provide the foundations for excellence in what is arguably the UK's strongest individual event.

Germaine will explain how he was able to peak at the right time in Beijing, and why his medal was not the surprise that many felt it was!

Dennis Doyle, one of the UK's most experienced High Jump coaches, and proud owner of one of the most extensive library of event footage in the World, will share some of that information and in particular his just completed IAAF Academy study into the implications of foot instability during takeoff.

Contribution from **Steve Smith**, British record holder and Olympic Bronze Medallist, and the first recipient of a Scholarship from the newly formed Ron Pickering Memorial Fund in 1991/2, is hoping to make an appearance in what is set to be a High Jump master class, and inspirational for Coaches and athletes alike.

Pole Vault – Sunday 9th November

Anatoly Chernobay, Russian National Coach and personal coach to a whole stable of 5.90+m vaulters, will lead the conference and bring his experience on the modern Russian school of Pole Vaulting. This approach is closely aligned to the work of his relative and friend **Alex Parnov** who guided **Steve Hooker** to Australia's greatest moment in Beijing and the well deserved Gold Medal.

Viktor Chistiakov, the great Russian/Australian Vaulters will help **Coach Chernobay** with the Theoretical presentations on training and development of top level Pole Vaulters, and bring his own experience as one of the worlds best vaulters for nearly 15 years.

In addition to coaching **Chistiakov**, **Chernobay** is currently coach to **Igor Pavlov**, former World Indoor Champion, and training partner **Pavel Gerasimov**, the Bronze Medalist from the 2005 World Championships.

Triple Jump – Sunday 9th November

The Best of British!

Over the past 25 years, dating back to Keith Connor's victory in the 1982 European Championships and Bronze medal at the 1984 Los Angeles Olympics, British athletes and coaches have been at the forefront of some of the Worlds great performances in what has to be our most successful jumps event.

A selection of these great coaches and athletes will be on hand to share their knowledge and experiences and lead what will be an exceptional opportunity for all coaches to learn from some of the Worlds best!

Peter Stanley: Coach to World Record Holder Jonathon Edwards

Frank Attoh: Coach to 2005 World Champion Trecia Smith

Aston Moore: Coach to 1999 and 2003 World Indoor Champion, Ashia Hansen

Also on hand will be some of our greatest ever Triple Jumpers:

Philips Idowu, the Olympic Silver medallist from Beijing and World Indoor champion

Ashia Hansen, the recently retired double World Indoor, and European Champion

There will be presentations on the technical and practical aspects of the Triple Jump, and an interesting discussion on the quest to find the "next Ashia Hansen"!

Note: Each session shall be filmed and edited into a DVD set for each event, which shall be available at cost to each attendee and anyone interested, so you will not miss out on any of the presentations. A full set of all four Jumps modules will also be made available for those that want a complete record of this exciting conference.

These DVD sets will be available for distribution at the end of November and will be sent directly to those that pre-order the DVD sets which you can do when attending the Conference itself.

Please bring the attached order form with you and submit at conference registration.

There will be a small charge for attendance (£5/day) which will cover central costs and refreshments – delegate fees should be made payable to UK Athletics

All coaches must register, as places are limited and no entry on the day will be permitted.

Priority is given to coaches, but if space is available then limited numbers of athletes may be able to attend.

If you would like to attend the conference please complete the attached registration sheet and return to Andy Paul.

apaul@ukathletics.org.uk

Places are limited so please return this form ASAP to guarantee your place.
For any enquiries or more information please contact Andy Paul on 0121 713 8434

Registration Form

Personal details:

Name	
Address	
Contact Number	
Email	
Coaching Ref no	

Event Module selection*: please select as appropriate

Date	Event	Sessions	Select
Sat 8 th November	Long Jump Module	am: Theoretical Presentations pm: Practical demonstration	<input type="checkbox"/>
Sat 8 th November	High Jump Module	am: Theoretical Presentations pm: Practical demonstration	<input type="checkbox"/>
Sun 9 th November	Pole Vault Module	am: Theoretical Presentations pm: Practical demonstration	<input type="checkbox"/>
Sun 9 th November	Triple Jump Module	am: Theoretical Presentations pm: Practical demonstration	<input type="checkbox"/>

Please enclose a **£5 cheque** made payable to 'UK Athletics Ltd' with this registration (£10 if attending both days). This cannot be paid on the day.

If yes, do you have any specific requirements from an access perspective then please detail this below:

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Please return this form to:

Andy Paul
 UK Athletics Ltd
 Athletics House, Central Boulevard
 Blythe Valley Park
 Solihull, West Midlands
 B90 8AJ
apaul@ukathletics.org.uk
 Fax: 0121 713 8452



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DVD Order Form

Personal details:

Name	
Address	
Contact Number	
Email	
Coaching Ref no	

Event Module DVD selection: please select as appropriate

- Each Event Module DVDs are available for a nominal charge of £10.00 per set (2 Discs)
- The Complete Set of 8 DVDs (over 16 hours) is available for a nominal charge of £25.00

Event	Sessions	Order	Number	Cost
Long Jump Module 2 Disc set	Theoretical Presentations Practical demonstration	<input type="checkbox"/>		£10.00
High Jump Module 2 Disc set	Theoretical Presentations Practical demonstration	<input type="checkbox"/>		£10.00
Pole Vault Module 2 Disc set	Theoretical Presentations Practical demonstration	<input type="checkbox"/>		£10.00
Triple Jump Module 2 Disc set	Theoretical Presentations Practical demonstration	<input type="checkbox"/>		£10.00
Complete Set: 8 Disc Jumps set	Long Jump, High Jump, Pole Vault and Triple Jump	<input type="checkbox"/>		£25.00
Postage and Packing				£2.50
Total Cost				£

Cheques to be made payable to: **Ron Pickering Memorial Fund**

If you have any thoughts about these types of events in the future? Please detail below:

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If not submitted on the day of the conference, please return this to

Or:

Andy Paul
UK Athletics Ltd
Athletics House, Central
Boulevard
Blythe Valley Park
Solihull, West Midlands
B90 8AJ
apaul@ukathletics.org.uk

Jean Pickering
Ron Pickering Memorial Fund
11 Wendover Drive
Welwyn
Herts
AL6 9LT
rpf@lineone.net
Fax: 01438 714250