

# NORTH AMERICA, CENTRAL AMERICA AND CARIBBEAN TRACK & FIELD COACHES ASSOCIATION

**NACACTFCA BULLETIN Vol. 4 Number 2 - July 2006**



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## **16<sup>th</sup> NACACTFCA CONGRESS IN PUERTO RICO!**

The 16<sup>th</sup> NACACTFCA Congress will be held in Carolina, Puerto Rico October 13-16, 2006. A brochure is included in this Bulletin on page 7. Visit the website at: [www.nacactfca.org](http://www.nacactfca.org). The Congress Theme is Technical Skill Development in Athletics. The Keynote Presenter is Guenter Tidow of Germany, a world renowned specialist in technical development and a leader in the identification and study of technical models for the throws and jumps. Also on slate are Tom Tellez (USA) on the Sprints, Wynn Gmitroski (CAN) on Middle Distance, Ramona Pagel (USA) on Throws, Ernesto Torres (PUR) on Horizontal Jumps, and David Butler (USA) on Pole Vault. Hotel / reservation info on page 5!

## **NACAC Under 23 Championships in Santo Domingo**

Go here for more information / results from IAAF-NACAC:  
<http://www.nacac.sportcentric.com/>

## **CAC Junior Championships in Trinidad & Tobago**

For more information / results, go here: <http://www.athlecac.org/>

## **Canadian Coaching Conference**

The Canadian Athletics Coaching Centre will host a high-level conference in August, 2006 in Edmonton, Alberta. Go to page 6 or here for more info:

<http://www.athleticscoaching.ca/default.aspx?pid=3&eid=47>

## **United States T&F/CC Coaches Association Convention**

The USTFCCCA Convention will come to San Antonio, Texas on December 11-14, 2006. For full info: <http://ustfccca.collegesports.com/>

## **USA Track & Field Level I Coaches Education Schools in Texas**

Level I Schools will be held in Austin on December 8-10 and in Dallas December 15-17. Email [rmmercado@sjs.org](mailto:rmmercado@sjs.org) for contacts and more information.

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## Articles on the NACACTFCA Website

Access to most of the articles on the NACACTFCA Website ([www.nacactfca.org](http://www.nacactfca.org)) is now restricted to active members. To become a member or renew membership, go to the website and look on the left frame for the link to the Membership Information. This will download a WORD file that can be completed and emailed to [rmercado@sjs.org](mailto:rmercado@sjs.org) and [victorlp8@aol.com](mailto:victorlp8@aol.com); check may be sent to Victor Lopez at address listed. Direct link to file: <http://nacactfca.org/NACACTFCA%20MEMBERSHIP.doc>

Articles online are drawn from sixteen years of NACACTFCA Congress presentations and other articles by some of the best international coaches in Athletics.

## Contributions to the NACACTFCA Bulletin and the Electronic Athletics Journal

Please submit articles and information to [rmercado@sjs.org](mailto:rmercado@sjs.org) for inclusion in this NACACTFCA Bulletin and on the Electronic Athletics Journal online through the site. We especially desire original research and work based on training and technical analysis. Submit as Word Document (.doc, .rtf, or .txt) or cut and past into email if text only. Articles are welcome in English or Spanish or both!



Don Babbitt, Joe Vigil, Victor Lopez, and Dan Pfaff  
at the 2005 Congress in Santo Domingo



## **IAAF Report on 15<sup>th</sup> NACACTFCA Congress Dominican Republic - October 2005**

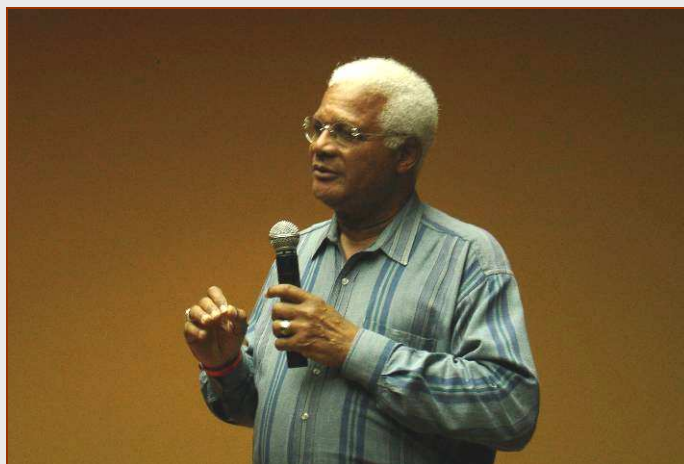
Over 75 participants, presenters, and sponsors from eleven different countries in the NACAC region and one from Sweden gathered in Boca Chica, Dominican Republic for the 15<sup>th</sup> Annual NACACTFCA Congress. This year's theme was Endurance and Joe Vigil (USA) was the keynote presenter (see **summary page 4-5**). Vigil coached the two American medalists at the 2005 Athens World Championships. Dan Pfaff addressed specific endurance for multiple rounds and the finish in the short sprints and hurdles, Mike Holloway spoke on endurance for the 400m and 400 hurdles, Don Babbitt presented training for specific endurance in the throws (see **summary page 5-6**), and Dr. Al Morris discussed nutrition in general and specifically nutrition for marathon training.

Dignitaries included the local organizing committee and national representatives from Dominican Republic, NACAC President Dr. Amadeo Francis (PUR), and Neville McCook (JAM), IAAF Council member. In addition to the program, elections were held and a new board was selected. Founder Victor Lopez was re-elected again as President of the NACACTFCA. Board members are:

### **NACACTFCA Board of Directors**

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**Irma Corral (MEX) – Vice President**  
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**Les Gramantik (CAN) – At Large Canada**  
**Jamil Justiniano (PUR) - At Large Caribbean**  
**Clive Walters (JAM) – At Large Caribbean**

New members include Glenn Albertina (AHO), Winston Ashby (ARU), Les Gramantik (CAN), Jamil Justiniano (PUR), and Clive Walters (JAM) – all At Large representatives. The Board represents members from the four regions with the NACAC – Canada, United States, Central America, and Caribbean. The tentative location for the 2006 Congress is Turks and Caicos, pending the report on contracts by the local organizing committee. Jens Liden of sponsor Nordic Sport AB was in attendance and Nordic Sport will continue as a NACACTFCA sponsor through 2006.



**Dr. Amadeo Francis - IAAF-NACAC President - Addresses the Congress in Santo Domingo**



**Endurance Training for Distance Events - Joe Vigil (USA)**, coach of 2005 Athens World Championship medalists Deena Kastor and Meb Keflezighi, was the Congress Keynote Speaker. Vigil praised the goal of eliminating all barriers to promote and improve Athletics – ethnic, national, financial, racial, economic, etc. The Congress participants exemplified this goal. Athletics is the most important sport of all and endurance training is vital for distance running and other disciplines as well, and this Congress was dedicated to that. His remarks stressed the importance of long term development of aerobic endurance and improvement of Anaerobic Threshold fractionalization toward 90% (threshold  $vVO_2$  relative to  $VO_2$  Max).

Success, according to Joe Vigil, comes by getting into the minds and hearts of the individual, and Deena Kastor is proof of this: she ran 40,000 miles over eight years in preparation to get to the WC bronze medal! The aerobic component is the most difficult and long term to develop in distance running, especially in the developed world. Psycho-social ramifications of Africa have been revealed in a study which estimates that the average 18 year old east African is 18,000 miles ahead of an American in aerobic endurance training! There is little or no exposure to television, computers, automobiles; culture dictates endurance and cardiovascular development. For distance training, volume is acceptable until you reach 80-90 miles/week and then there is decreasing return and increased injury potential. Threshold Running becomes the key after obtaining the  $VO_2$  uptake. Africans run much more at threshold pace! Heart Rate at threshold pace is 168-172 beats – determine the velocity and then use this for percentages of threshold pace.

Athletes must Train to Train and then Train to Win – an athlete cannot compete week after week – this interrupts the training protocol and long term development. Preparation for competition includes course modeling and education. Mammoth Lake in California was the site of a long hill similar to the one in Athens; Vigil's athletes trained specifically for the marathon by running the similar course seven times in the weeks before going to Greece! Kastor remarked that the Athens course was easy – nothing like Mammoth Lake! (Vigil also observed that women are tougher in training than men for mental and emotional toughness overall and in handling workouts. Men worry; women just get out there and do it!)

Technical and speed training is vital. Vigil incorporates neuromuscular training for speed and technical efficiency, and speed is included daily if only through 6x100 speed accelerations! The marathon takes a lot out of an athlete, but if one observed Kastor's form at the end of the marathon in Athens, it was beautiful, and her last 5K was 16:05!

Protocol is athlete centered and administratively supported, but coach driven training! The coaches determine what happens, and administrators take care of funding, etc. Psycho-Social Relationships are stressed and athletic maturity improved – teach athletes what work and dedication means! Get ready to run with the best in the world! Athletes must also show integrity and values. In Portugal, Coach Vigil asked Ethiopian runners and coaches why they were buying anything at a clothes market regardless of size; they responded that *someone* in their village would be able to wear it. Meanwhile, the Americans were buying tailor made coats for themselves.

Testing is also possible without fancy equipment. Use the Balke Test, start training at 60% of Max  $VO_2$  uptake and go up from there! Adapt runners to MAX  $VO_2$  mile pace by running 3-5 x mile at that pace with 2-3 mins rest. Threshold pace will increase with greater mileage and Max  $VO_2$  pace will drop as well without any speed work. Start with 4-5 miles of threshold runs and work up to 14-15 miles at that threshold pace. With Drossin, as mileage increased over five years, threshold pace dropped to close to max  $VO_2$  pace and fractionalization of 83% (max uptake / threshold pace). Men are 10% higher than females in physiological terms, yet Drossin was much closer to the men than 10% on uptake. The difference was threshold pace due to strength / mechanical differences. The  $vVO_2$  is vital – know your athlete's mile time and develop the training



protocol based on that!

Critical factors for training are:

- increase in strength, flexibility, reactive impulse (neuromuscular training)
- improve fractionalization toward 90% (threshold VO<sub>2</sub> related to VO<sub>2</sub> Max)-Anaerobic Threshold pushed higher
- incorporate speed workouts faster than race pace to develop better running economy at race pace
- have knowledge of the top 10-15 times in the world in your event and train to achieve those times!

Endurance athletes train 365 days a year – there is no down time! Vigil tests once a year for basic physiological data and runs four blood profiles a year – red blood cell mass, enzyme profile, etc. Diet is critical, and can be fixed after blood analysis. Immediate short and long term adjustments are made after training sessions, and Vigil is constantly reading research articles daily to keep up with the scientific aspects of training. Vigil's typical outlook on life is reflected in his approach to distance training: *“Do endurance training daily, eat as though you were a poor man, and don't let your mind go to sea – have a curiosity in life!”*

**Endurance Training for the Throws - Don Babbitt (USA)**, coach of World Champion shot putter Adam Nelson and Olympian Reese Hoffa, stressed the importance of building physical, mental, and technical endurance in the training the throws. The more complex the exercise, the more difficult it is to develop endurance, and endurance is vital for the volume training necessary for throws and weight training. Mental endurance is important for maintenance of focus throughout the entire competition, building and sustaining a “mental peak” during critical points in the season, and knowing when to expend mental energy during competition and when to save it! Technical endurance is necessary to repeat complex technical exercises and throws over and over and to replicate proper technique when fatigued or stressed.

Physical endurance is developed by building up a high volume of throws in the preparation phase while knowing when to stop throwing when technique starts to break down. The key is to focus on reproducible technique in throwing sessions, not one big throw! Weight training begins with high volume – low intensity with the goal of training as many motor units as possible and decreasing or ceasing repetitions if technique deteriorates. Repetitions are 10 for power and supplemental lifts and 6 for Olympic lifts. Specific strength exercises focus on the trunk to bridge the gap between the legs and upper body and to maintain posture and technique. Heavy or overweight implements are used to develop specific strength through the actual range of motion in the throws, but attention is paid to avoid “heavy implement technique” and overuse injuries to small joints such as the wrist. Medicine balls are also thrown with good posture into walls to develop high repetitions in short amount of time through the specialized movement of the throw. A series of weight and circuit and ball exercises are used to develop specific endurance through a wide range of motions, including combination lifts (olympic combinations), combined jumps and throws, and body and medicine ball exercises and throws.

Some of the following are goals of training for mental endurance:

- Stay focused through entire competition
- Be able to respond to challenges later in the competition
- Be able to dictate the flow of the competition
- Keep pressure on the opponents
- Build and sustain a mental peak during the critical points of season (usually more difficult than physical peak)
- Choose meets carefully so the peak does not have to be maintained too long
- Do not waste too much energy throwing big marks (especially personal bests) early in the season
- Know when to expend mental energy and how to use it



- Use practice competitions to work on meet strategy
- Be able to follow up a personal best with another personal best
- Be able to manage excitement and disappointment within the competition and the season

Technical Endurance is developed to repeat good technique at will, even when tired or under competition stress. Technique is the focus during training - not distance – intensity levels must not destroy technique, throws are executed after lifting and conditioning, and practice competitions simulate pressure situations. Technical progressions help to teach proper motor patterns and variations of drills or technique are repeated to develop technical endurance. One specific example demonstrated through a video was a repeat turn drill used by Adam Nelson to develop rhythm, perfect the technical pattern for rotation, and extinguish the balance and control problem that Nelson suffered at times in competition. Endurance exercises were demonstrated for all the throwing disciplines, but a common theme was the endurance aspect of the setup for the delivery in each throw – the glide or turn in the shot, the spin in the discus, multiple turns in the hammer, and the run-up and crossover steps in the javelin. The other main goals of the endurance training for the throwing disciplines were the development of postural strength during the delivery phase of the throws and the dynamics of the throwing motion itself.

## *High Performance Training Centers*

**There are two High Performance Training Centers in the NACAC Region:**

**IAAF Certified HPTC - Kingston, Jamaica (University of Technology)**

Sprints / Hurdles and Horizontal Jumps

Director: Mr. Neville McCook ([tedmac@cwjamaica.com](mailto:tedmac@cwjamaica.com))

<http://www.iaaf.org/development/category=DV19/orgCode=190519/index.html>

**Canadian Athletics Coaching Centre / Canadian High Performance Training Center**

Kevin Tyler, Director

t: 780.492.6865 / f: 780.492.6867 / email: [kevin.tyler@ualberta.ca](mailto:kevin.tyler@ualberta.ca)

<http://www.athleticscoaching.ca/default.aspx>

### **Coaching Conference 2006 Fri Aug 25 2006 - Sun 27 Aug 2006**

The Canadian Athletics Coaching Centre in conjunction with its partners, the University of Alberta, Athletics Canada and Athletics Alberta, is pleased to bring in some of the world's most respected coaches to present at a three day conference starting August 25<sup>th</sup>. Wynn Gmitroski, Irving "Boo" Schexnayder, Dr. Anatoli Bondarchuk, and Mike Murray have extensive experience in developing the world's best athletes in their respective event areas: distance, jumps, throws, sprints, hurdles & relays. At this one of a kind coaching conference, participants will be presented with the very best technical / training information for their chosen event. With a strong mix of classroom and athlete integrated sessions coaches will come away with valuable information, and level three NCCP technical certification.

For more information go here to download the conference brochure:

<http://www.athleticscoaching.ca/UserFiles/File/Coaching%20Education/Coaching%20Conference%202006/Final%20Conference%20Promotional.pdf>

Or, contact the Canadian Athletics Coaching Centre at (780) 492-6868.



**CONGRESS HEADQUARTERS  
COURTYARD MARRIOTT ISLAVERDE  
CAROLINA, PUERTO RICO**

The Courtyard Marriott Hotel located in the beautiful Isla Verde Beach in Carolina, Puerto Rico has been selected as the headquarters for the 16th NACACTFCA Congress. This fantastic resort is offering a special rate of \$115.00 per room plus 10% hotel tax, single or double for the delegates to the Congress. The rate includes, continental breakfast, free use of the fitness center, free access to high speed internet communication, complimentary use of the business center, complimentary calls to the metropolitan area, two complimentary bottles of water a day per room, a complimentary welcome rum drink and \$25.00 Casino Match Bet Coupon. **You must make your own reservation since NACACTFCA will not include the hotel in the registration fee.**

Please make your reservation with:

**Nadya Ayah**  
Group Sales Manager  
Courtyard by Marriott  
Tel. 787-999-6500 or 1-800-791-2553  
reservations@sjcourtyard.com  
www.sjcourtyard.com

Make sure you make your reservation by September 12th and mention that you are making your reservation for the NACACTFCA Congress in order to get the special rate. Make your reservation on time since the rooms with that rate are limited.

Please visit the NACACTFCA web site:  
[www.nacactfca.org](http://www.nacactfca.org)

**MONDO**

**NACACTFCA CONGRESS REGISTRATION**

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE or PROVINCE \_\_\_\_\_  
COUNTRY \_\_\_\_\_ POSTAL CODE \_\_\_\_\_

**CONGRESS REGISTRATION FEE**

\$175.00 for NACACTFCA members  
\$225.00 for non-members

Congress fee includes registration, materials, proceedings, T-shirt, welcome reception, door prizes, luncheon, banquet, ground transportation. (To provide ground transportation we must receive your arrival information by October 10th).

**\*In order to get the registration fee discount for members you must have paid your membership fee by September 30th, 2006.**

Please complete the above registration form and return with International Bank Draft, Traveler Check or Money Order. You can send registration to:

**Victor Lopez**  
PO Box 4770  
Carolina, Puerto Rico 00984-4770  
Tel: (787) 762-5400 Office  
(787) 253-2982 Fax  
(787) 367-1421 Mobile  
email: victorlp8@aol.com

**\*Personal Check will not be accepted\***



**2006**

**16th  
NACACTFCA  
INTERNATIONAL  
ATHLETIC  
CONGRESS**

**October 12-15, 2006  
Courtyard Marriott  
Isla Verde Beach Resort  
Carolina, Puerto Rico**

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PUERTO RICO CONVENTION BUREAU  
PUERTO RICO TOURISM DEPARTMENT**

**CAROLINA SIGLO 21  
CONSTRUYENDO EL FUTURO HOY**

**CONGRESS THEME**

**Skill Development and the application in the training of all track and field disciplines and sports.**

**CONGRESS GUEST SPEAKERS**

**Keynote Speaker**

***Dr. Gunter Tidow - Germany***

**Dr Tidow is regarded world wide as a specialist on strength training, biomechanics and technical analysis events. He was National Junior Decathlon Coach in Germany for nearly twenty years. Gunter Tidow is currently Head of the Faculty of Human Movement and Sport at the Humboldt University in Berlin. His sessions were thought provoking being well supported by a wealth of practical sports science knowledge.**

***David Butler - USA - One of the most recognized pole vault coaches in the USA, responsible for introducing the event for girls in the Texas high school program. Assistant coach at Rice University.***

***Tom Tellez - USA - Master coach, Tom Tellez was the personal coach of Carl Lewis, Leroy Burrell, Joe DeLoach, Mike Marsh, and many more Olympic medallists. One of the greatest mind in the profession.***

***Gwyn Gmitroski - Canada - Responsible for the Canadian middle and long distance program.***

***Ramona Pagel - USA - Former USA Olympian and now Head Coach at Fresno State University. Perhaps the greatest female shot putter in USA history.***

***Ernesto Torres - PUR - Former triple jumper and hurdler and one of Puerto Rico top coaches. Assistant coach at his alma mater Catholic University.***

**CONGRESS PROGRAM**

**Thursday, October 12**

All Day - Arrivals  
4:00 7:00 PM - Registration  
7:00 9:00 Welcome Reception  
9:00 BOD Meeting

**Friday, October 13**

8:00 9:00 Registration  
9:00 9:45 Congress Inauguration  
10:00 12:00 Keynote Presentation - G Tidow - GER  
12:00 2:00 LUNCH - Sponsored by Nordic Sports  
2:00 3:45 Throws - R. Pagel - USA  
4:00 5:30 Horizontal Jumps - E. Torres - PUR  
5:45 6:30 Discussion Panel  
7:30 Night at Placita de Mercado Santurce

**Saturday, October 14**

9:00 10:30 Pole Vault - D. Butler - USA  
10:45 12:30 Distance Events - G Gmitroski - CAN  
12:30 2:00 LUNCH - Sponsor - MONDO  
2:00 4:00 Sprints - T. Tellez - USA  
4:30 5:30 Discussion Panel and Wrap up  
7:00 BANQUET AND CLOSING

**Sunday, October 15**

**Departures or Trip to El Yunque**

**NORDIC  
Proud sponsor of the  
NACACTFCA**

