



# COACHES' CLUB PROGRAMME

**BUDAPEST, 19-27 AUGUST 2023**

On-Site Club: Magyar Testnevelési És Sporttudományi Egyetem/ Hungarian University of Sports Science

Online Club: Zoom Webinar links available on GACA website.

**14:30 – 15:45 CEST Daily Session:**

Includes analysis of the previous evening and that morning.  
19.08.23 – Preview of Championships.



**15:45 - 17:00 CEST Daily Session**

Coaches Interviews. To be added ahead of or on the day.

**Coaches' Club Symposium: 09:00 – 13:30 CEST - 21st & 22nd August**

Each day 4 Performance Science and Coaching System Experts will present cutting edge material for coaches committed to making excellence possible for the athletes they coach.

**09:00 CEST 24th August - President of World Athletics, Sebastian Coe will speak at the Coaches' Club**

Confirmed panellists: Charles Clinton (USA), Terry Crawford (USA), Gunter Lange (GER), Malcolm Coomber (GBR), Rita Engelbrecht (RSA), Sue Humphrey (USA), Danie Cornelius (RSA), Joël Severe (MRI), Terseus Liebenberg (RSA), Les Gramantik (CAN), Dalton Grant (UK).



**REGISTER  
HERE**



# TIMETABLE

**DAY 1**  
**Saturday**  
**19 August**

**DAY 2**  
**Sunday**  
**20 August**

**14:30 – 15:45 CEST**

Frank Dick hosts the Panel session with:

Rita Engelbrecht- RSA  
Charles Clinton - USA  
Les Gramantik – CAN  
Terry Crawford – USA  
Sue Humphrey- USA  
Malcolm Coomber - GBR  
Joël Severe – MRI

**15:45 - 16:20 CEST**

Coach Interview - John Smith

**16:25 - 17:00 CEST**

TBC interviews a medal-winning coach

**14:30 – 15:45 CEST**

Frank Dick hosts the Panel session with:

Rita Engelbrecht- RSA  
Charles Clinton - USA  
Les Gramantik – CAN  
Terry Crawford – USA  
Gunter Lange – GER  
Malcolm Coomber - GBR  
Danie Cornelius - RSA  
Joël Severe – MRI  
Dalton Grant - UK

**15:45 - 16:20 CEST**

Coach Interview - TBD

**16:25 - 17:00 CEST**

Coach Interview - John Coghlan



# TIMETABLE

**DAY 3**  
**Monday**  
21 August

**DAY 4**  
**Tuesday**  
22 August

## COACHES' CLUB SYMPOSIUM

### MORNING SESSION

**09:00 CEST**

Robert Chapman  
"Fatigue and  
Bioenergetics - New  
Insights into an Old  
Phenomenon".

**10:00 CEST**

Karena Vleck  
Safeguarding-the  
coach's role in keeping  
our sport safe."

**11:30 CEST**

Andras Hegyi  
"Hamstring muscle  
function in sprinting and  
in various exercise"

**12:30 CEST**

Zsolt Radak  
"The trainability of  
endurance and strength  
training."

### AFTERNOON SESSION

**14:30 – 15:45 CEST**

Frank Dick hosts the  
Panel session with:

Charles Clinton - USA  
Les Gramantik – CAN  
Terry Crawford – USA  
Gunter Lange – GER  
Sue Humphrey- USA  
Joël Severe – MRI

**15:45 - 16:20 CEST**

Coach Interview -  
Craig Poole

**16:25 - 17:00 CEST**

Coach Interview -  
Fernando Oliva

## COACHES' CLUB SYMPOSIUM

### MORNING SESSION

**09:00 CEST**

Dr. József Tihanyi  
"How force-velocity-  
power (FVP) relationship  
can be used for  
estimation of abilities and  
control of training  
intensity."

**10:00 CEST**

Dr Dianne Huxley  
"Athletics Australia High  
Performance Coach  
Development Strategy"

**11:30 CEST**

Dr Eva Martos  
"Maximising effectiveness  
and minimising  
unintended doping-the  
principles  
of supplementation"

**12:30 CEST**

Nikos Apostolopoulos  
"Microstretching for  
Recover and  
Regeneration"

### AFTERNOON SESSION

**14:30 – 15:45 CEST**

Frank Dick hosts the  
Panel session with:

Rita Engelbrecht- RSA  
Charles Clinton - USA  
Les Gramantik – CAN  
Danie Cornelius - RSA  
Joël Severe – MRI

**15:45 - 16:20 CEST**

Coach Interview -  
Herbert Czingon

**16:25 - 17:00 CEST**

Coach Interview -  
Mike Judge.  
Mellanee Welty



# TIMETABLE

**DAY 5**  
**Wednesday**  
**23 August**

**DAY 6**  
**Thursday**  
**24 August**

## INTERNATIONAL COACHES FORUM

### MORNING SESSION

### AFTERNOON SESSION

**14:30 – 15:45 CEST**

Frank Dick hosts the  
Panel session with:

Rita Engelbrecht- RSA  
Charles Clinton - USA  
Terry Crawford – USA  
Gunter Lange – GER  
Danie Cornelius - RSA  
Joël Severe – MRI

**15:45 - 16:20 CEST**

Coach Interview -  
Charles Van Commenee

**16:25 - 17:00 CEST**

Coach Interview Vince  
Anderson

"OUR SPORT;  
OUR  
RESPONSIBILITY."

**09:00 CEST**

President of World  
Athletics, Sebastian Coe  
will speak at the  
Coaches' Club

**10:00 - 12:00 CEST**

Frank Dick hosts the  
International Coaches'  
Forum with 30 minute  
Fireside Chat including a  
Q&A session with Jon  
Ridgeon - CEO at World  
Athletics

**12:00- 13:00 CEST**

Spanish speaking  
Coaches' Forum led by  
Victor Lopez

**14:30 – 15:45 CEST**

Frank Dick hosts the  
Panel session with:

Rita Engelbrecht- RSA  
Charles Clinton - USA  
Les Gramantik – CAN  
Terry Crawford – USA  
Gunter Lange – GER  
Sue Humphrey- USA  
Malcolm Coomber - GBR  
Terseus Leibenberg - RSA

**15:45 - 16:20 CEST**

Coach Interview -  
James Holder  
Mike Marsh

**16:25 - 17:00 CEST**

Coach Interview -  
Greg Duplantis



# TIMETABLE

**DAY 7**

**Friday**

**25 August**

**DAY 8**

**Saturday**

**26 August**

**DAY 9**

**Sunday**

**27 August**

**14:30 – 15:45 CEST**

Frank Dick hosts the Panel session with:

Rita Engelbrecht- RSA  
Charles Clinton - USA  
Les Gramantik – CAN  
Gunter Lange – GER  
Sue Humphrey- USA  
Danie Cornelius - RSA  
Joël Severe – MRI

**15:45 - 16:20 CEST**

TBC interviews a medal-winning coach

**16:25 - 17:00 CEST**

TBC interviews a medal-winning coach

**14:30 – 15:45 CEST**

Frank Dick hosts the Panel session with:

Charles Clinton - USA  
Les Gramantik – CAN  
Terry Crawford – USA  
Sue Humphrey- USA  
Malcolm Coomber - GBR  
Joël Severe – MRI  
Terseus Leibenberg - RSA

**15:45 - 16:20 CEST**

Coach Interview -  
Nelio Moura

**16:25 - 17:00 CEST**

TBC interviews a medal-winning coach

**14:30 – 15:45 CEST**

Frank Dick hosts the Panel session with:

Charles Clinton - USA  
Les Gramantik – CAN  
Terry Crawford – USA  
Sue Humphrey- USA  
Malcolm Coomber - GBR  
Joël Severe – MRI

**15:45 - 16:20 CEST**

Coach Interview - Laurent Meuwly

**16:25 - 17:00 CEST**

TBC interviews a medal-winning coach

**22:00 – 22:30 CEST**

Virtual Analysis of the final evening.

Sue Humphrey- USA  
Gunter Lange – GER  
Terseus Liebenberg - RSA  
Terry Crawford – USA  
Charles Clinton - USA