

High Performance High Jump Conference

Performance			Development
<ul style="list-style-type: none"> • High Jump <ul style="list-style-type: none"> ○ Specific Focus on Women's High Jump 			Jumps - Generic Jumps Development
Day 1 Apollo			
11.00 registration Welcome 11.00am 15-20min. <ul style="list-style-type: none"> • Introductions etc. • Aims & Purposes 			KiHe✓ TeLo✓
11.30am Keynote IA Framing of Topic – Cycle Based Training 45min. <ul style="list-style-type: none"> • What? / Why? / How? • Science & Application 			TaCh✓ ReCo✓ +
Break - Lunch			
1.00pm Keynote II Ai Coaching Female HJ'ers 45 min Eleanor Patterson – taking on a Senior performance athlete (i.e. Previous coach) <ul style="list-style-type: none"> • From then/there to now journey 	AISt✓	Functioning Development Environment <ul style="list-style-type: none"> • Athlete-Jumper – HJ/LJ/TJ/(PV) Highlighting stages of development and their application emphasis	MaRi✓ Ed Fe✓ MaWy?
1.50pm Keynote II Aii Coaching Female HJ'ers 45 min Nicola Olyslagers – Career Coach (from beginner athlete) from start to ... current; journey stage			MaHo✓
Break - short			
2.15pm Strength & Power Development 30min <ul style="list-style-type: none"> • Generic Strength/Power development for jumpers • Coaches Programme insights • Toys 			AnRo✓ S&C✓ MaHo AISt
2.45pm Practical I – Application of Weights/Strength/Powerconcepts (<u>W</u> invited athletes +/- Personal athletes) min <ul style="list-style-type: none"> • Standard Approaches & activities i.e. Olympic type • Tool assisted • Specific/Technique strength 	60		Apollo AISt TeLo MaHo

<p>3.30pm The Jump Concept – What is it and what does it does this mean for coaching Jumps and jumpers (presentation and discussion) 45min</p> <ul style="list-style-type: none"> • Extension v Flexion • Stiffness v Compliance • Speed v Rhythm • Video illustration • Anatomical/mechanical factors 	<p>TeLo✓ AnRo✓ AISt✓ MaHo✓</p>
<p>Break - Dinner</p> <p>↻ Evening Social – Meet & Greet ↻</p>	

Performance	Development
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Day 2

<p>9.30am Keynote IB 45 min</p> <ul style="list-style-type: none"> • Physical Health • Mental Health • Nutritional Health <p>Understanding & application with focus on recovery</p>	<p>ReCo✓ TaCh✓ JoQu✓</p>	<p>Coach Development</p> <ul style="list-style-type: none"> • Athletics NZ approach • Potential Opportunities <p>Why?/How?/Who?</p> <ul style="list-style-type: none"> • EG influence <p>Includes Group Discussion</p>	
<p>10.15am Panel I 15' ea. + Panel Q & A</p> <ul style="list-style-type: none"> • Physiological factors and their treatment • HJ specific considerations for Female athletes • Health- Cycle impact • Physical/Structural consequences of high intensity training • Nutritional approaches 	<p>AnRo SaBe? TaCh ReCo</p>	<p>Horizontal Jumps Development (all Events?)</p> <ul style="list-style-type: none"> • Planning Approaches • Menus • Choices • Modalities 	<p>KiHe✓ MaRi✓ KiMi✓</p>
<p>Break - medium</p>			
<p>11.10am Keynote II Bi. 45 min</p> <p>Approaches to training</p> <ul style="list-style-type: none"> • Planning and implementation • Cycle & other factors involved 			<p>MaHo✓</p>
<p>12.00pm Keynote II Bi i 45 min</p> <p>Approaches to training</p> <ul style="list-style-type: none"> • Planning and implementation 	<p>AISt✓</p>	<p>Planning for levels of development</p> <p>Group Workshop</p> <p>What to include?</p>	<p>KiHe</p>

<ul style="list-style-type: none"> • Cycle & other factors involved 		When to include? How much to include? At various ages & stages	
Break – Lunch			
1.30pm The Jump – HJ Technique. 30 min(15'ea.) <ul style="list-style-type: none"> • Coach's concepts • What are we trying to achieve? Biomechanics & Physics v Athlete needs (Indiv.)			NPW AIST MaHo (TeLo)
2.00pm Practical IIa– High Jump Run-up. (<u>W</u> invited athletes +/- Personal athletes) 45min <ul style="list-style-type: none"> • Concepts/Structures • practical activities to establish and develop 			NPW MaHo AIST TeLo
Break – Long including Conference Dinner			
Conference Dinner Panel discussion starter Questions from participants			AIST TeLo MaHo AnRo JoQu TaCh

Performance		Development	
Day 3			
10.00am Planning Implications 80 min(40'ea.) <ul style="list-style-type: none"> - Integration of modalities/activities <ul style="list-style-type: none"> • Menu • Choice • Loads - Competition planning General - (International) Competition planning (Paris) - Biomechanics & Physics v Athlete needs (Indiv.) 	Apollo MaHo AIST (TeLo)	Soft Skills for Developing Coaches	MaRi

Break – set up			
11.00am Practical II b– Application of concepts (<u>W</u> invited athletes +/-or Personal athletes) 90 min			NPW AISt TeLo MaHo
<ul style="list-style-type: none"> • Where do we start? (Warm up to activities) • What do we look for? • What is key? 			
Break - Lunch			
1.15pm Wrap up			AISt TeLo MaHo AnRo JoQu TaCh
<ul style="list-style-type: none"> • Overview 15min 			
Panel Final 45min <u>max.</u>			
2.30pm Departure			