

SPRINT & SPEED FOR COACHES II JAMAICAN & CANADIAN APPROACHES (PLATINUM TECHNIQUES)

Workshops will be led by Jamaican
& Canadian Sprint Specialists:

Okeile Stewart and Michael McIntosh
(JAMAICA)

Marc-Élie Toussaint and Jérôme Favérial
(CANADA)



Approved by the IAAF



Main Partner
Olympic Solidarity



Thursday November 9th to
Sunday November 12th 2017
McGill Athletic Center
Montreal, Canada

Early Bird Fees (Before October 9th)
4 days 175\$
1 day 45\$
Regular Fees (After October 9th)
4 Days 250\$
1 Day 60\$

Open to all coaches
MAXIMUM OF 60 PARTICIPANTS

Information and registration:
www.paisac.org
+1 514 574 4997

Lectors



Michael Hugh George McIntosh - JAMAICA

- Member of the Coaching Staff to the World Youth Championship in Lille (France) in 2011
- Head Coach to CAC Junior Athletic Championship in Mexico in 2015
- Head Athletic coach of Jamaica to the Youth Commonwealth Games in Samoa in 2015

Athletes coached :

- Odail Todd (Jamaica), World Youth 100m Champion and 200m Silver Medalist
- High School Coach of Jamaican Olympian Roxroy Cato



Okeile Lavar Stewart - JAMAICA

Founder of Speed With Endurance and Perfect Technique (SWEPT) Track and Field Club (2007), the cradle from which many athletes have matured into the fine Jamaican sprinters.

He has benefited from the training philosophy and expert tutelage of the Honourable Glen Mills, Founder of the Racers Track Club and Coach of the World Record 100m and 200m Usain Bolt.

Athletes coached :

- Sheldon Mitchell (Jamaica), PANAM Games Festival 2014 Champion 100m
- Emmanuel Callendar (Trinidad & Tobago) Sprint Relay Medalist at Olympic Games and IAAF World Championships. Title Holder PANAM GAMES & Caribbean Athletic Championships 2011-2015
- Jamaican Oral Thompson (Jamaica) National Title 400m in 2010

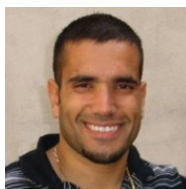


Marc-Élie Toussaint - CANADA

- Co-founder and instructor at the Athletic Club Perfmax- Racing Club, where he coaches athletes in sprint and hurdles as well as CFL professionals.
- Occupies coach functions in the provincial and national athletic teams since 2003.
- Actual co-physical preparation coach for the Carabins (University of Montreal) and the Vert et Or (Sherbrooke University).
- Coach of the sprinters team of Sherbrooke University since 2006.

Athletes coached:

- Pierre-Hans Horacius and David Pedneault. Both finished 4th and 5th at the IAAF World youth championship in 2003
- Martin Grenier, Olympian at the 2004 Olympic games in Athens in the 4x 100m Relay.
- Georges St-Pierre MMA world champion (UFC)



Jérôme Favérial - CANADA

- Strength and conditioning consultant since 1999
- BA in Kinesiology, Laval University (Quebec)
- NCCP track & Field, Level 3
- Track & Field Coach, Specialist in Sprint and hurdles disciplines and sprint biomechanics
- Responsible for the sprint and implementation of the spring program (McGill University, Laval University, Bishop University)

Sprint & Speed For Coaches II – Jamaican & Canadian Approach (Platinum Techniques) COURSE IN ENGLISH ONLY

COURSE OBJECTIVE:

To provide participants with foundation knowledge in developing a balanced and structured practical training program based on a system of coaching philosophy and practicum developed in Jamaica.

COURSE OUTLINE:

Thursday November 9th - 5.30 to 9.00pm

Basic Sports Drills Theory & Purpose

Learning to Sprint (Biomechanical Development - Body Positioning - Breathing - Relaxation)

(by O. Stewart & M. McIntosh, JAMAICA)

Friday November 10th – 8.30 am to 5.30 pm

Explaining Training Fundamentals (inter-training using Methods)

Sprint session (Sprint Drills for speed- Starting Blocks and other training equipment)

Power and Speed techniques

(by O. Stewart & M. McIntosh, JAMAICA)

Saturday November 11th – 8.30 am to 5.30 pm

Development of Strength theoretical & Practical (by O. Stewart & M. McIntosh, JAMAICA)

Speed specific timing with electronic timing devices and the alternatives (by Marc-Élie Toussaint & Jérôme Favérial, CANADA)

Sunday November 12th – 8.30 am to 5.30 pm

Cone Drills - Plyometric(low, medium, high) - Baton Passing

Periodization Plan - Recap - Evaluations (Theory and Practica)

(by O. Stewart & M. McIntosh, JAMAICA)

ORGANIZER: PAISAC

ABOUT PAISAC

The International Support Program to African and Caribbean Sport of which acronym is PAISAC, is a Canadian-African project in international sport development. It was developed by P.A. Pereira in 1997-99 in Ivory Coast, under the initiative of teachers of Physical Education and Sports of the National Institute of Youth and Sports of Abidjan and together with Abidjan's sporting world, with the support of Gabon and Senegal coaches, and the participation of top athletes of the International athletic's Centre in Dakar.

Since its implementation in Montreal in 2002, after 29 training sessions, PAISAC offered to 163 coaches from 16 International Sport Federations and from The National Olympic Committees of 36 African and Caribbean Countries to follow the National Coaches Certification Program (NCCP) from the Canadian Coaches Association. In Africa (106) in Congo in 2015 (58) and in Senegal in 2011 and 2017 (48) coaches got the opportunity to follow some courses inspired by the NCCP, courses given by Canadian Experts and the 2 first African Trainers of Trainers certified by PAISAC.

PAISAC'S MISSION

PAISAC is a non profit african-canadian organization funded by the Olympic Solidarity's scholarship program for coaches (IOC). Its mission is to contribute to sustainable development of sport in African and Caribbean countries members of the Francophonie and the Commonwealth, while contributing to enhance the role of the coach and his development through the training and the improvement of his knowledge and his competences in the field of training, coaching and teaching in applied sport sciences at all levels.

Organized by
PAISAC



In partnership with
Jamaican Olympic Association



WADA

In partnership with



In collaboration with
**Athletic Federation of Quebec
& McGill University**



Training Partners

ACNOA
Association des Comités Nationaux
Olympiques d'Afrique



Association of National
Olympic Committees of Africa
ANOCA



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