

## NACACTFCA BOARD OF DIRECTORS

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## CONGRESS GUEST SPEAKERS

**KEYNOTE SPEAKER: Víctor López (PUR)**  
Founder and only NACACTFCA president. Still has a world vision for the CAC and NACAC, a future based not only on athletes, but on coaching development.

**Santiago Antúnez – Hurdles (CUB)** The celebrated Cuban coach of international hurdlers Dayron Robles, Anier Garcia, and Yoel Hernandez. Antúnez has developed world class hurdlers for three decades and was recently granted the prestigious IAAF Coach Award in 2010.

**Raul Barreda - Sprints (MEX/CUB)** The longtime sprint coach in Mexico best known for guiding the career of 400 meter World Champion Ana Guevara. Barreda, originally from Cuba, currently coaches 400 and 800 meter sprinter Gabriela Medina, and other top sprinters in México.

**Carlos Cavalheiro – Distances (BRA)** Current senior endurance coach for ASPIRE Academy in Qatar. Brazilian distance coach with tremendous experience and success with distance athletes, who have won 3 Olympic and 12 World Championship medals in the past two decades.

**David Johnston - Jumps (USA)** Vault coach and creator of the checkmark system for vault and long jump. Master of approach development and stride length / velocity management, stride development for hurdles, pole vault, and horizontal jumps. He is the current Saudi Arabian national vault coach.

**Peter Pratt – Triple Jump (BAH)** Former Bahamian triple jumper, winner of the inaugural CARIFTA Games, and current national team coach. Pratt has developed countless triple jumpers over the past two decades, including twins currently bursting onto the international junior scene.



CENTRAL AMERICAN & CARIBBEAN  
ATHLETIC CONFEDERATION  
CONFEDERACION CENTROAMERICANA Y DEL  
CARIBE DE ATLETISMO

## 2011 CONGRESS PROGRAM

### TENTATIVE

#### Thursday, October 6

3:00pm-6:00pm

Registration

7:00pm-9:00pm

Welcome Reception

#### Friday, October 7

9:00-9:45am

Opening Ceremonies

10:00-10:45am

Keynote Presentation

11:00-12:30pm

Victor Lopez–NACACTFCA

12:30-1:30pm

Jumps – Peter Pratt

1:30-3:00pm

Mondo Lunch

3:15-4:30pm

Hurdles – Santiago Antúnez

4:30-5:30pm

Coaching Presentations

7:00pm

Roundtable Discussion

*Night on own in Merida!*

#### Saturday, October 8

9:00-10:30am

Distances–Carlos Cavalheiro

10:45-12:15pm

Sprints/Jumps – David

Johnston

12:15-12:30pm

Group Picture outside hotel

12:30-1:30pm

Nordic Sport Lunch

1:30-2:15pm

*Kinovea* Technical Analysis –

Richie Mercado

2:30-4:00pm

Sprints – Raul Barreda

4:00-4:45pm

Roundtable

4:45-5:15pm

Raffle

7:00-10:30pm

Banquet & Entertainment

#### Sunday, October 9

Departures

*\* Simultaneous translation in English and Spanish*



*Proud sponsors of NACACTFCA*



CONGRESS HEADQUARTERS  
HOTEL EL CONQUISTADOR

The *Hotel El Conquistador* has been selected as the headquarters for the 21<sup>st</sup> NACACTFCA Congress. The hotel is offering a special rate of \$87.00 USD for a single and \$91.00 USD for a double per night, including all taxes and breakfast. **Please make your own reservation by 5:00pm September 30, since the registration fee for the Congress will not include hotel.**

Please make your reservation with:

Jorge Jiménez Coral - Hotel El Conquistador  
[ejec\\_vta@elconquistador.com.mx](mailto:ejec_vta@elconquistador.com.mx)  
(999)940-6400 ext. 2017  
<http://www.elconquistador.com.mx/>

Make sure you make reservation by September 30<sup>th</sup> 2011 and mention NACACTFCA Congress for 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)



NACACTFCA CONGRESS  
REGISTRATION

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

CONGRESS REGISTRATION FEE

**\$175.00 for coaches from  
NACACTFCA member federations**

**\$225.00 for coaches of non-member federations**

Congress fee includes all registration, materials, proceedings, T-shirt, welcome reception, door prizes, luncheon, banquet, ground transportation. **(To provide ground transportation we must receive your arrival information by September 30<sup>th</sup>). There will be up to 4 spots for 15 minute presentations by coaches in the association – please email your interest with an abstract or brief paper to [rmercado@sjs.org](mailto:rmercado@sjs.org)**

**\*In order to get the \$175.00 registration fee your national federation and / or coaching organization must have paid the national membership fee.**

Complete above registration form & return with International Bank Draft, Traveler Check or Money Order to: **Víctor López - PO Box 4770  
Carolina, Puerto Rico 00984-4770  
(787) 762-5400 – Office / (787) 253-2982 FAX  
(787) 367-1421 Mobile**

email: [victorlp8@aol.com](mailto:victorlp8@aol.com) / [rmercado@sjs.org](mailto:rmercado@sjs.org)

**\*Personal Checks will not be accepted\***



21<sup>st</sup> NACACTFCA  
INTERNATIONAL  
ATHLETICS  
CONGRESS

*The Art and Science of  
Athletics Training*

October 6-9, 2011  
HOTEL EL CONQUISTADOR  
MERIDA