

Race Walk Summit - St Louis, MO Hyatt Regency St. Louis at the Arch

Nov 30 - Dec 1, 2011

Session #1: Date and Time: Wed – Nov 30th (6pm to 9:30pm)

Location: Sterling 1 (2nd floor)

- Dave McGovern – The Future of US Racewalking: Are you Already Coaching a Potential Olympian?

-Andi Drake – Bio-mechanics and kinematics of World Class Race Walkers

-Tim Seaman – Coaching Elite Juniors and College athletes.

Session #2: Date and Time: Thurs – Dec 1st (9am to 12 noon)

Location: Sterling 5 (2nd floor)

- Andi Drake – Moving Walkers from Entry level to Training Elite Race Walkers

-Q&A session with Tim Seaman, Andy Drake & Dave McGovern
(moderated by Vince Peters)

- Hands on Experience on RW Technique for Coaches

Dr Andi Drake is the Carnegie Director of Race Walking at Leeds. England. He is a UKA Level 4 Performance Coach in Race Walking and a UKA Level 3 Performance Coach in Marathon and Distance Running. In addition to this he has a wealth of academic and practical experience of the discipline, including holding a related PhD on elite performance race walking, acting as personal coach to athletes who have competed at Olympic, World and Commonwealth level.

Dave McGovern is 25-year veteran of the US National Racewalk Team and a globe-trotting racewalking and running coach with a master's degree in sport science from the United States Sports Academy. During his competitive career Dave represented the United States on nearly 20 international teams, won 14 U.S. National Championships, and in January will compete in his 7th consecutive Olympic Trials, the only track and field athlete in US history to have done so.

As a private coach, Dave has conducted some fifteen to eighteen of his "World Class Racewalking" clinics and camps per year since 1991 and has coached ten athletes to the United States Olympic Track & Field Trials. Dave has also coached the national team of Ghana, West Africa, and was a coach for the

U.S. team at the 2008 World Cup of Racewalking in Cheboksary, Russia.

Dave is the author of *The Complete Guide to Racewalking*, *The Complete Guide to MarathonWalking*, and the soon to be released *The Complete Guide to Competitive Walking*.

Tim Seaman is a 2x Olympian who has successfully made the segway from athlete to coach. Tim coach's some of American's best and brightest athletes and in the past two years they have set over 5 US Junior records. Tim sent three athletes to the IAAF World Track and Field Championships in Daegu, South Korea and he has turned around the distance program at Cuyamaca College where he is the Head Men's Cross Country Coach and Head Women's Track Coach. Tim himself has 10 American records and 43 National Championships to his resume. Tim also co-authored four books with Jeff Salvage, including the highly popular *Race Walk Faster by Training Smarter*, in which he lays out his successful philosophy of training.