

2009 Utah Sport Summit

Perspectives on Long-Term Athlete Development and Sport for Life

Friday September 25, 2009

Hilton Hotel—Salt Lake City Center

Speaker Bios

Keynote: Dr. Eric Heiden

A Perspective on Long-Term Athlete Development

Dr Eric Heiden is the most successful speed skater in history, he won five individual gold medals and set four Olympic records during the 1980 winter games in Lake Placid, New York. In 1985, Dr. Heiden went on to win the U.S. Cycling Championship and competed in the 1986 Tour de France. Dr. Heiden's Olympic Gold medals were eventually used to help fund his medical school education to become an orthopedic surgeon. In 2006, Dr. Heiden and his wife, Dr. Karen Heiden, relocated to Park City to join The Orthopedic Specialty Hospital (TOSH). As an orthopedic surgeon, he finds that his experiences skating and cycling help him form a unique connection with his patients - many of whom are injured athletes. Dr. Heiden's successes include Co-founder, UC Davis Sports Performance Program, Medical Staff, Sacramento Kings and Team Physician, United States Speed Skating Team, Salt Lake Winter Olympics.

Istvan Balyi, MA, Canadian Sport Centre, Pacific

Long-Term Athlete Development

Planning and Periodization for the Junior Athlete

Istvan Balyi is a world renowned coaching educator and his series on Long-term Athlete Development (LTAD) and periodization have been published in Australia, Canada, the United States and the United Kingdom. From 1994 to 2006, he had been the resident sport scientist of the National Coaching Institute at the University of Victoria, British Columbia Canada. He has worked with 16 Canadian National Teams as high performance advisor and planning and periodization consultant for Major Games. Istvan is a member Sport Canada's expert advisory group of Long-term Athlete Development and presently works with 17 Canadian sports to develop LTAD models.

Lynda Blades, MPH, CHES, Program Manager, PANO Program, Utah Department of Health

Moving the Masses: Increasing Physical Activity to Impact Obesity in Utah

Lynda Blades is the Program Manager with the Physical Activity, Nutrition and Obesity (PANO) Program at the Utah Department of Health. She has worked in population-based health promotion and public health for over 17 years, specifically in the area of chronic disease prevention. She served as a subject matter expert for ACSM's recently launched Physical Activity in Public Health Specialist certification.

John Crawley, MS, High Performance Director, United States Olympic Committee

"The World is Stirring"

John Crawley provides performance enhancement services, high performance planning, and competitive analysis primarily for Olympic team sports. Prior to returning to the USOC in 2008, John served in several capacities with USA Triathlon from 2002-2007, including High Performance Manager, National Select Team Coach, and Technical Services Coordinator. John served on the coaching staff at the 2007 Pan American Games, and has served on USA Triathlon's elite coaching staff at the International Triathlon Union (ITU) World Championships, ITU World Cups, and at various training camps all over the world since 2002. He holds a Level III Elite Coaching Certification from USA Triathlon, a Level II Endurance Coaching Certification from USA Track and Field, as well as a Level II Coaching Certification from USA Cycling. From 1999-2002, John was a Sport Biomechanist with the Coaching and Sport Sciences Division of the United States Olympic Committee and provided performance enhancement service to athletes and coaches preparing for the Sydney and Salt Lake City Olympic Games. He received his undergraduate degree from The Ohio State University, and his graduate degree in Kinesiology from Arizona State University.

Dr. Dan Freigang, Ph.D.

Learning to Love the Game: Cultivating Motivation

Dr. Dan Freigang presents his skills as a unique blend of applied scientist and coach. He is most visibly working with the United States Soccer Federation in Sport Psychology.

Dr. Dan's programming on mental skills and training can also be found in the Bundesliga, NHL, NBA and MLS. His unparalleled PAC (Parent, Athlete and Coach) program has become a standard at the club levels for US Soccer and applied to all organizations in Dr. Dan's practice. He is currently in private practice in Utah and invites your inquiries.

Dr. Grant Hill, Department of Kinesiology, California State University, Long Beach

Sport Specialization: Causes and Concerns

Dr. Grant Hill is the Associate Chair of the Department of Kinesiology at CSULB and serves as the Director of Graduate Studies. Dr. Hill has extensive teaching and leadership experience at the K-12 and university levels of education. He spent the 2006-07 academic year at The University of Utah as a Visiting Professor in the Department of Exercise and Sport Studies. He has published articles in leading Kinesiology journals including, The Physical Educator, The Journal of Physical Education, Recreation and Dance, Journal of Sport and Social Issues, Sociology of Sport Journal, Strategies, and The High School Journal.

Website: <http://www.csulb.edu/colleges/chhs/departments/kin/people/ghill-contributewebpage.htm>

Sally S. Johnson, Executive Director, National Council of Youth Sports

Panel Discussion: Perspectives on Long-Term Athlete Development

Sally Johnson has served as the Executive Director of the National Council of Youth Sports (NCYS) since January 1997. The NCYS membership comprises the "who's who" of the youth sports industry and serves more than 60-million registrants/44-million actual boys and girls participating in sports programs nationwide. Sally has recently been honored as one of 25 innovators and influencers in the sports industry.

Sally is a founder and advisory board member of the National Center for Safety Initiatives, a solution based company designed to take the criminal background screening burden of ethical, legal and financial challenges off youth serving organizations, letting them focus on what they do best, while helping to implement proven policies, procedures and training that will better protect the children.

Tony Lepore, U.S. Soccer Development Academy Director of Scouting

U.S. Soccer and Zone 1 Player Development (5-12 year olds)

Tony Lepore is currently the U.S. Soccer Development Academy Director of Scouting and Assistant Coach to the U-14 and U-15 Boy's National Teams. He holds a USSF 'A' Coaching License and a National Youth Coaching License. He has also worked with the U.S. U-17 Women's National Team and the U.S. U-18 Men's National Team.

Before joining the Development Academy program in 2007, Lepore spent time coaching at all youth soccer levels. He served as the Director of Coaching for 6 years at Academy club Seacoast United in Hampton, NH as well as Director of Coaching for New Hampshire Soccer Association and U.S. Youth Soccer staff coach for Region 1.

After a successful playing career at Keene State College, Lepore stayed at Keene State to begin his coaching career as a graduate assistant while earning his Master's of Education degree. Lepore worked for nine years as an elementary and middle school counselor in Londonderry, N.H., where he also coached the boy's varsity team to a state championship. During this time he also played for the Cape Cod Crusaders and the New Hampshire Phantoms in the USL-3.

Ken Martel, Director, American Development Model

USA Hockey's American Development Model - Implementing an LTAD plan in the "Land of the Free"

Ken Martel recently took on the role of director of USA Hockey's American Development Model after having served as USA Hockey's manager of youth hockey. He served as an assistant coach and director of player personnel for USA Hockey's National Team Development Program over the course of eight seasons (1998-2005), and helped guide the U.S. National Under-18 Team to the gold medal as an assistant coach at the 2002 International Ice Hockey Federation World Under-18 Championship. In 2004, Martel served as an assistant coach for the gold medal-winning U.S. National Junior Team at the IIHF World Junior Championship, and recently served as a video coach for the 2008 and 2009 U.S. National Junior Teams. Prior to his time with USA Hockey, he was a coach at the United States Air Force Academy, Michigan Tech University and St. Cloud State University.

Alicia McConnell, Director of Athlete Services and Programs, United States Olympic Committee

Panel Discussion: Perspectives on Long-Term Athlete Development

Alicia is currently the Director of Athlete Services and Programs for the United States Olympic Committee. Her main responsibility is to cultivate partnerships with community organizations throughout the United States, to access additional resources, services and facilities for athletes and National Governing Bodies (NGBs) of sport. She oversees 10 Olympic and Paralympic Training Sites which serve national athletes and teams as well as 6 Community Olympic Development Programs which create sport opportunities for youth. In 2008 the partners contributed approximately 6.5 million dollars to offset USOC, NGB and athlete training and development costs. Additional responsibilities include overseeing Athlete Services Centers at the Olympic Training Centers which provide programs, services and resources for America's finest athletes.

Alicia has an extensive background as an elite athlete and coach, in sport program development and in program management. After competing at University from 1981 through 1984 she played professionally on the Women's International Squash Tour from 1986 through 1991. She has worked for the YMCA and The City of New York Department of Parks and Recreation and in 1993 accepted the position of Head Squash Professional at the Heights Casino in Brooklyn, NY. She was the National Junior Squash Coach from 1994-1998 and in 1998 moved to Colorado Springs to become the Manager of Athlete Development for the United States Olympic Committee.

Alicia earned her B.A. from the University of Pennsylvania in Economics and is currently very active in her community. She serves on the El Pomar Youth Sports Park and National Council for Youth Sports Board of Directors as well as numerous advisory boards and committees of local and national non-profit organizations such as Colorado Springs Leadership Institute, USA Swimming's Diversity Committee, United Way's Community Funding Panel and Colorado College's Business and Community Alliance Advisory Board.

Brett McIlff, MSPH, CSCS, Physical Activity Coordinator, PANO Program, Utah Department of Health

Moving the Masses: Increasing Physical Activity to Impact Obesity in Utah

Brett McIlff is the Physical Activity Coordinator for the Physical Activity, Nutrition and Obesity (PANO) Program at the Utah Dept. of Health. Brett has worked as a strength coach and personal trainer for over 10 years. He is currently working on his Ph.D. in Public Health with his research focusing on the role of the built environment in childhood physical activity levels.

Asher Mendelsohn, U.S. Soccer Development Academy Manager

U.S. Soccer and Zone 1 Player Development (5-12 year olds)

Asher Mendelsohn is currently the U.S. Soccer Development Academy Manager. He serves as the staff liaison to the U.S. Soccer Technical Committee and played an instrumental role in the formation of the U.S. Soccer Development Academy program in 2007.

Mendelsohn grew up playing soccer at various youth levels in Connecticut before concluding his playing career at Brown University.

Kristi Spence MS, RD, CD Sport Dietitian TOSH Sport Science

Food and Nutrition Literacy

Kristi Spence is a registered dietitian and works with youth, recreational, and elite athletes at The Orthopedic Specialty Hospital (TOSH) in Salt Lake City. She completed her master's degree in Nutrition at the University of Utah in 2007 and earned her undergraduate degree from Princeton University in 2001. As a lecturer in the University of Utah's Division of Nutrition, Kristi's Healthy Weight for Life course addresses issues in weight management, healthy living, and sustainability. Kristi is also the dietitian for Athletic Republic, an international athletic training program. Still a competitive athlete, Kristi is an Olympic Trials qualifier in the marathon and uses her personal experiences with sport and nutrition to advise people of all ages.

Richard Way, MBA, Canadian Sport Centre, Pacific

Panel Discussion: Perspectives on Long-Term Athlete Development

Physical Literacy: Building the Base for Health and Excellence

Richard Way is an architect of 'Canadian Sport for Life' with its long-term athlete development model (www.ltad.ca). A model which has been adopted by Canada and its provincial and territorial governments. Other countries such as Ireland, Netherland and England are also using this model. Richard has presented, consulted, coached and raced internationally. He has represented Canada in nine World Championships, has an MBA and is a chartered professional coach. A leader in Canadian sport, Richard works nationally as a consultant on long-term athlete development as Project Leader for the LTAD Expert Group. He, with his team of experts, provides guidance to 56 National Sport Organizations as they adopt LTAD in all aspects of sport development; development to high performance.

September 8, 2009