



European Athletics Coaching Summit Series:

**“Secret for Athletics Longevity is...”**  
Tallinn, 30-31 January 2013

Detailed info about the performers and their subjects:

**Bronislavs Konstantinovičs** (28.09.1970) is a **representative of a Latvian gymnastics school** with great traditions. Graduated from the Latvian Sports Academy (1991), a Master of Sports Science degree (2012). From 2000 to 2009 he was a senior coach at the Riga Gymnastics School and the coach of the Latvian national juniors' team. From 2010 to 2011 he was a senior gymnastics coach of the town of Riga. From 2011 he has been the principal of Riga's Gymnastics School. A certified B-category gymnastics coach since 2005, since 2001 an international category gymnastics referee.

A strong, harmonically developed body is the basis of a long and successful athletics' career. Each and every muscle and muscle group counts. A human body works well only if all muscle groups have had a balanced training, if they all accept the challenge and help achieve the ultimate goals. As the saying goes: „A chain is only as strong as its weakest link.” This sample training shows the daily life of a gymnast – a thorough warm-up, exercises of different gymnastics disciplines and special exercises for increasing general training level.

**Elmo Nüganen** (15.02.1962) is the **most famous and well-recognized Estonian director, producer and actor**. In addition to numerous national awards he has won the award for best director, leading and supporting actor at the Saint Petersburg International Theatre Festival „Baltiiski Dom”, the annual Saint Petersburg Academic Drama Theatre's award for best director, special award of the Theatre Union of the Russian Federation, Russian Federation's national art prize and the memorial medal „Chekhov 150”. Elmo Nüganen has been the stage manager of the Tallinn Town Theatre for more than 20 years and the master of the class for two sets of students at the Drama School of Estonian Academy of Music and Theatre.

About the role of Ray Bradbury in „451 degrees Fahrenheit” at the Moscow Theatre Elmo Nüganen has said: „Instead of fearing the job I focused and prepared for it. I realised that fear doesn't help me in any way. Offers like these don't come along that often. If you manage to do your job in any possible way and it leaves you with good memories, then you have succeeded. But if a nagging sensation remains because of your poor choices.... Well, I was prepared and ready. I think athletes would understand me perfectly and know what it all means.“

We are going to talk about the ability to focus, the cognisance of role and how to perform well not only on a good day but also on a bad day, about the audience as a distracting factor and as an inspiring factor and about many other things.



**Ludmila Olijare** (5.02.1958) still holds the Latvian national record in 60m and 100m hurdles as well as in 4x100m race. At the moment she is a **coach and consultant** on an international level and a member of the European Athletics Council.

Her most successful student, son Stanislav Olijar has won a gold medal in 110m hurdles race from the European Championships in Gothenburg and the European Indoor Championships in Ghent, a silver medal from the European Championships in Munich and a bronze medal from the World Indoor Championships in Valencia and from the European Indoor Championships in Vienna. Hephathletes Liga Klavina and Aiga Grabuste are U-23 European champions; Grabuste was 4th at the European Championships in Helsinki.

Ludmila Olijare ponders the pros and cons of a woman's long athletics career, starting with physiological and psychological characteristics and training plans. On Thursday she is going to hold sample training for hepathletes' hurdles and long jump running preparation, stressing its main goals, focal points and describing recommended exercises.

Ludmila Olijare also shares her experience in uniting and separating the roles of a parent and a coach.

**Aleksander Tammert** (2.02.1973) is an **athlete, coach and managing director of a sports association**. He started training at the age of 8 under the guidance of his father Aleksander Tammert senior and participated in five Olympic Games. He has also trained in the USA where he followed Dave Wollmann's instructions. Highlights of his career are bronze medals from the Olympic Games in Athens and the European Championships in Gothenburg.

Aleksander Tammert held a sample training „Trough Cognizance to Perfect Technique” at the 2nd World Discus Throwing Conference. He is a highly acknowledged teacher among members of the national team, young athletes and their coaches.

In his presentation „Five Olympics – five different situations” Aleksander Tammert analyses five different preparation systems, different situations in personal life and training principles and also how to be a professional athlete while studying in the USA and while having a job and a family. When Ludmila Olijare talks about the roles of a parent and a coach, then Aleksander Tammert focuses on the situation of an athlete who's father and coach is his biggest opponent and influence.

Practical sample training „Third attempt” focuses on the problematic situation where an athlete has already made two failed attempts and he only has one chance left. Aleksander Tammert shares his experience on how to focus in this situation, how to deal with yourself, which exercises could help, etc.

**Jaanus Kriisk** (04.07.1964) has worked as a coach for 25 years and has taken his best disciple, 110m hurdles runner Tarmo Jallai (Estonian national record 13.62), to the Olympic Games in Athens. As a former decathlete (personal best: 7403 p) and a student of legendary decathlon coach Fred Kudu, Jaanus Kriisk has published three books: a book about the European junior champion, USSR champion and former Estonian national record holder (8506 p) Valter Klvet named „Klvets Among Themselves on Decathlon” (2004); a book about his coach and teacher, the legendary Fred Kudu named „The Boss. Memories of Fred Kudu” (2008). The Cultural Endowment of Estonia annual prize (2009) and a methodical book „Decathlon” (2012).