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CAROLINA SIGLO 21
CONSTRUYENDO EL FUTURO HOY

CONGRESS THEME

Skill Development and the application in the training of all track and field disciplines and sports.

CONGRESS GUEST SPEAKERS

Keynote Speaker

Dr. Gunter Tidow - Germany

Dr Tidow is regarded world wide as a specialist on strength training, biomechanics and technical analysis events. He was National Junior Decathlon Coach in Germany for nearly twenty years. Gunter Tidow is currently Head of the Faculty of Human Movement and Sport at the Humboldt University in Berlin. His sessions were thought provoking being well supported by a wealth of practical sports science knowledge.

David Butler - USA - One of the most recognized pole vault coaches in the USA. responsible for introducing the event for girls in the Texas high school program. Assistant coach at Rice University.

Tom Tellez - USA - Master coach, Tom Tellez was the personal coach of Carl Lewis, Leroy Burrell, Joe DeLoach, Mike Marsh, and many more Olympic medallists. One of the greatest mind in the profession.

Gwyn Gmitroski - Canada - Responsible for the Canadian middle and long distance program.

Ramona Pagel - USA - Former USA Olympian and now Head Coach at Sacramento State University. Perhaps the greatest female shot putter in USA history.

Ernesto Torres - PUR - Former triple jumper and hurdler and one of Puerto Rico top coaches. Assistant coach at his alma mater Catholic University.

CONGRESS PROGRAM

Thursday, October 12

All Day - Arrivals
4:00 7:00 PM - Registration
7:00 9:00 Welcome Reception
9:00 BOD Meeting

Friday, October 13

8:00 9:00 **Registration**
9:00 9:45 **Congress Inauguration**
10:00 12:00 **Keynote Presentation - G. Tidow - GER**
12:00 2:00 **LUNCH - Sponsored by Nordic Sports**
2:00 3:45 **Throws - R. Pagel - USA**
4:00 5:30 **Horizontal Jumps - E. Torres - PUR**
5:45 6:30 **Discussion Panel**
7:30 **Night at Placita de Mercado Santurce**

Saturday, October 14

9:00 10:30 **Pole Vault - D. Butler - USA**
10:45 12:30 **Distance Events - G. Gmitroski - CAN**
12:30 2:00 **LUNCH - Sponsor - MONDO**
2:00 4:00 **Sprints - T. Tellez - USA**
4:30 5:30 **Discussion Panel and Wrap up**
7:00 **BANQUET AND CLOSING**

Sunday, October 15

Departures or Trip to El Yunque

NORDIC
Proud sponsor of the
NACACTFCA

**CONGRESS HEADQUARTERS
COURTYARD MARRIOTT ISLA VERDE
CAROLINA, PUERTORICO**

The Courtyard Marriott Hotel located in the beautiful Isla Verde Beach in Carolina, Puerto Rico has been selected as the headquarters for the 16th NACACTFCA Congress. This fantastic resort is offering a special rate of \$115.00 per room plus 10% hotel tax, single or double for the delegates to the Congress. The rate includes, continental breakfast, free use of the fitness center, free access to high speed internet communication, complimentary use of the business center, complimentary calls to the metropolitan area, two complimentary bottles of water a day per room, a complimentary welcome rum drink and \$25.00 Casino Match Bet Coupon. **You must make your own reservation since NACACTFCA will not include the hotel in the registration fee.**

Please make your reservation with:

Nadya Ayala
Group Sales Manager
Courtyard by Marriott
Tel. 787-999-6500 or 1-800-791-2553
reservations@sjcourtyard.com
www.sjcourtyard.com

Make sure you make your reservation by September 12th and mention that you are making your reservation for the NACACTFCA Congress in order to get 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

MONDO

NACACTFCA CONGRESS REGISTRATION

NAME _____

ADDRESS _____

CITY _____ STATE or PROVINCE _____

COUNTRY _____ POSTAL CODE _____

CONGRESS REGISTRATION FEE

**\$175.00 for NACACTFCA members
\$225.00 for non-members**

Congress fee includes registration, materials, proceedings, T-shirt, welcome reception, door prizes, luncheon, banquet, ground transportation. **(To provide ground transportation we must receive your arrival information by October 10th).**

***In order to get the registration fee discount for members you must have paid your membership fee by September 30th, 2006.**

Please complete the above registration form and return with International Bank Draft, Traveler Check or Money Order. You can send registration to:

Víctor Lopez
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Carolina, Puerto Rico 00984-4770
Tel: (787) 762-5400 Office
(787) 253-2982 Fax.
(787) 367-1421 Mobile
email: victorlp8@aol.com

Personal Check will not be accepted



2006

16th

**NACACTFCA
INTERNATIONAL
ATHLETIC
CONGRESS**

**October 12-15, 2006
Courtyard Marriott
Isla Verde Beach Resort
Carolina, Puerto Rico**