


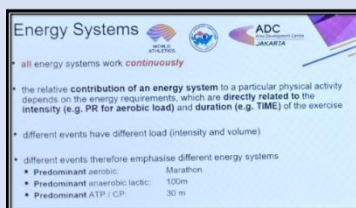
 In an effort to increase knowledge of Coaches in coaching practice in the field, this time ADC Jakarta held a webinar related to Best Practice in coaching specifically for Middle & Long Distance events.



 The Leturer in this Webinar was Mr. Gunter Lange (IAAF Senior Lecture / WA), and this time he was on duty in Uganda as a Consultant Coach of Medium & Long Distance Events Elite Athletes.

 Participants were the coaches of Athletics Member Federations who have attended CECS Level 1 and still active coaching in Middle & Long Distance Events at national or provincial level.

 This webinar was attended by 43 coaches from 16 MFs affiliated to ADC Jakarta and special participants from 3 countries: Sudan, Uganda and Zimbabwe. In addition, other Coaches also participated via the ADC Jakarta YouTube link.



 The webinar was held for two days (12 – 13 June 2021) from 09:00 – 16:30 (Jakarta/Bangkok Time). It was began with a welcome greeting from the Director of ADC Jakarta, Mr. Ria Lumintuarso.



The material presented by Mr. Gunter Lange greatly interested the participants. It was proved by many questions submitted during the Webinar.

On June 13, at 17.30, the Webinar was closed by Mr. Ria Lumintuarso. Each participant was deserved an E-Certificate of Attendance.

