



Coaching Education & Certification System

Strength Training Workshops



Strength Training Workshop for Athletics Coaches

Organized by the Curaçao Athletic Federation

Why You Should Attend

The Strength Training Workshop is an essential learning experience for coaches who want to help athletes build a strong, injury-resistant foundation. Strength is a key element in every sport—improving speed, power, endurance, and overall performance. Whether you're training youth athletes or experienced competitors, understanding how to develop and apply proper strength training techniques is vital.

"Strength is the foundation on which athletic success is built."

This workshop gives you the tools to build that foundation—safely, effectively, and with long-term progress in mind.

"Don't guess. Train with purpose."

Workshop Goals

Strength Training

This workshop is designed to equip coaches with practical knowledge and tools to design and implement safe and effective strength training programs for athletes of all levels. After completing this session, coaches will be able to:

- Understand the role and importance of strength training in athletic development.
- Distinguish between different types of strength: maximal strength, explosive strength, endurance strength, and functional strength.
- Apply age-appropriate and sport-specific strength training principles.
- Teach correct lifting techniques and movement patterns to reduce injury risk.
- Design strength programs that align with the athlete's phase in the training cycle (preparation, competition, transition).
- Integrate strength sessions into a broader training plan using periodization principles.
- Monitor progress and adjust loads, volume, and intensity based on athlete performance and recovery.

This workshop blends theory with hands-on practice to ensure coaches can confidently apply strength training concepts in real-life settings.

The Curaçao Athletics Federation will ensure that all coaches who wish to use the gym facilities at SDK for strength training with their athletes are properly trained. Participation in this workshop is **mandatory** for gaining access to those facilities. Coaches who are not certified in strength training may **not be granted entry** to train their athletes in the gym, in order to safeguard the athletes' health and performance.

Workshop Content

Friday, July 18, 2025 (18:00 – 21:00)

Session 1 – Theoretical

1. Introduction:

- a. Why strength Training
- b. Safety First
- c. Speed
- d. Flexibility
- e. Coordination
- f. Strength

2. The Types of Muscle:

- a. Smooth
- b. Cardiac
- c. Skeletal

3. The Structure and Function of Skeletal Muscle:

- a. The Muscle Fiber
- b. The Myofibril
- c. Muscle Fiber Action

4. Skeletal Muscle and Exercise:

- a. Slow-Twitch and Fast-Twitch Muscle Fibers
- b. Muscle Fiber Recruitment
- c. Fiber Type and Athletic Success
- d. Use of Muscles

5. Exercises In the Gym:

- a. General
- b. Maximum Strength
- c. Explosive Strength
- d. Neuromuscular
- e. TRX Force

6. Exercises On the Track & Field:

- a. Different jumps
- b. Throws
- c. Resistance runs
- d. Exercises with Aqua bag

7. Exercises Outside the Track & Field:

- a. Hills
- b. Cross Training
- c. Wind resistance

8. Measuring the Strength:

- a. Bench Press
- b. Arm curl
- c. Half Squat

- d. Leg Press
- e. Power Clean
- f. Snatch

Saturday, July 19, 2025 (15:00 - 18:00)

Session 2 - Practical

- 1. Domestic rules of our gym**
 - a. Safety and hygiene
 - b. Goodhouse keeping
 - 2. With 20kg bar**
 - a. Half Squat
 - b. Bench Press
 - c. Arm Curl
 - d. Military Press
 - e. Dead Lift
 - f. Power clean
 - g. Snatch
 - 3. Core exercises**
 - a. Jack Knife
 - b. Twist
 - c. Push disk
 - d. Twist disk
 - e. Hanging leg lift
 - 4. TRX Force**
 - a. Pushup
 - b. Rowing
 - c. Core twist
 - 5. With Dumbbells**
 - a. Arm Curls
 - b. Bent over rowing
 - c. Standing press
 - 6. With Ultimate Instability Aqua Bag**
 - a. <https://www.youtube.com/watch?v=1AMtNERtuYg>
 - 7. Resistance runs**
 - a. Sliddings
 - b. Weight belts
 - 8. Throws**
 - a. Shots
 - b. Medicine balls
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Presenters

Jairo Duzant and Wendell Prince

Their expertise bridges theory and practical application, ensuring that participants not only understand the principles of strength development but also how to apply them effectively with their own athletes.

Location & Schedule

Venue: Meeting Room, SDK Stadium


Dates/times:

- Session 1: Friday, July 18, 2025 (18:00 – 21:00)
 - Session 2: Saturday, July 19, 2025 (15:00 – 18:00)
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Who Should Attend

- All coaches enrolled in the current CAB Coaching Course (free of charge)
 - All other interested coaches (participation fee: XCG 30.00)
 - Strength & conditioning trainers
 - Club technical leaders and team planners
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Registration Details

- Deadline: July 11, 2025
 - Fee: XCG 30.00 (free for current coaching course participants)
 - Register via:
 <https://curacaoatletiekbond.com/courses/>
 - Payment Info:
Account Number: MCB 278.960.04
Account Name: Curacaoose Atletiek Bond
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Tools Provided

- Digital templates for planning
 - Performance diaries & tracking sheets
 - Real athlete case studies and examples
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Appendix

- A. Registration form
- B. Contact information

A. Registration Form – Strength Workshops

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Venue: Meeting Room, SDK Stadium

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Workshop Fee: XCG 30.00 (free for current coaching course participants)

Registration Deadline: July 11, 2025

Personal Information:

Full Name: _____

Date of Birth (DD/MM/YYYY): _____ Gender: ☐ Male ☐ Female

Nationality: _____

Address: _____

Phone Number: _____

Email: _____

Signature: _____ Date: ____ / ____ / ____

B. Payment Details and contact information:

Course Fee: XCG 30.00

Payment must be made before July 12, 2025.

Bank Transfer Details: MCB 27896004

Proof of Payment must be sent to treasury@curacao-athletics.com

For any questions, contact us at board@curacao-athletics.com