

**TIAS WORKSHOPS-LECTURES-COMMUNICATION – University of Tsukuba
(January 13th to January 18th, 2020)**

NICK FOLKER – Assistant Swim Coach: **University of Hawaii (UH)** (<https://hawaiiathletics.com/staff-directory/nick-folker/1659>; <https://manoa.hawaii.edu/>) completed a successful workshop-lectures and associated meetings during the week-long visit to TIAS, University of Tsukuba, Japan

- <https://hawaiiathletics.com/news/2019/9/11/mens-swimming-diving-swim-and-dive-add-former-standout-nick-folker-to-coaching-staff.aspx>
- University of Hawaii at Manoa



Nick Folker, born and raised in South Africa, excelling in cricket and rugby before pursuing a career in swimming that took him to the 2000 Olympic Games; 1999 All-African Champion, 2000 Olympian, 2001 World Championships, 2002 Commonwealth Games silver-medallist. He holds a Bachelor of Arts, Marketing/Management, from UH and a Master of Sciences, Kinesiology from Cal-State East Bay. Prior to joining UH in 2019, Nick was in BridgeAthletic which he co-founded with Michael Sharf. Before that, Nick was the Director of Aquatic Performance at @University of California Athletic Department for 10 years, where his teams won 7 NCAA National Team championships in 7 years. He has also coached 35 Olympians and 22 Olympic medalists in 4 Olympic Games. A dynamic and progressive high performance specialist with over a decade of Olympic and NCAA Division I experience; and, a proven track record of developing athletes and teams to perform at optimal levels. A skilled communicator with the ability to educate, motivate and develop athletes of all ages and skill levels. He has worked hard to build a global network of world-class athletes, elite coaches and performance specialists. With this background, TIAS, being a global sport-based academic program as part of the Tokyo 2020 academic legacy, was honoured to have Nick Folker visit and spend quality time, academic, professional -coaching&conditioning, communication time with the students, professors and coaches and also the administrators.

The week saw a wonderful opportunity for **TIAS students (5th batch, current batch)**, and also other Graduate students associated with the Graduate School of Comprehensive Human sciences, Faculty of Health and Sport Sciences, University of Tsukuba, especially Swimming-related programs, to listen to and join the excellent talks of Coach, Nick Folker, mediated by TIAS instructor (Teaching Coaching and Japanese Culture) and Elite Coach **Dr. Yasuo Sengoku** on: “Strength Training Prior to and during Competition”. This highly Interactive Workshop at GSI talked through the Swimming-Strength and Conditioning--Supercompensation-Human Factors-Performance; and talks were also made by TIAS-5th student **Ms. Miki Hasegawa** on her research topics. **PRODUCTIVE TALKS...**

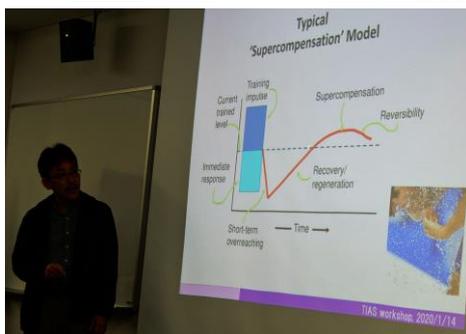


TIAS Workshop
“Strength training prior to and during competition”

- 1/14/2020 5:00-7:00pm
GSI302
Facilitator: Yasuo Sengoku
- Topic
Together with Nick Folker, Strength & Conditioning coach providing strength training to 35 Olympians winning 22 Olympic Medals, we will discuss about the strength training program prior to and during the main competition.
We will also focus on Post-Activation Potentiation and Functional training.

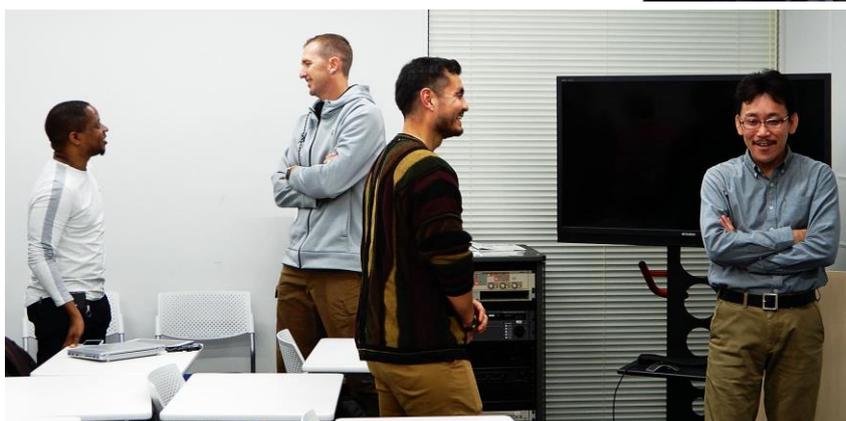
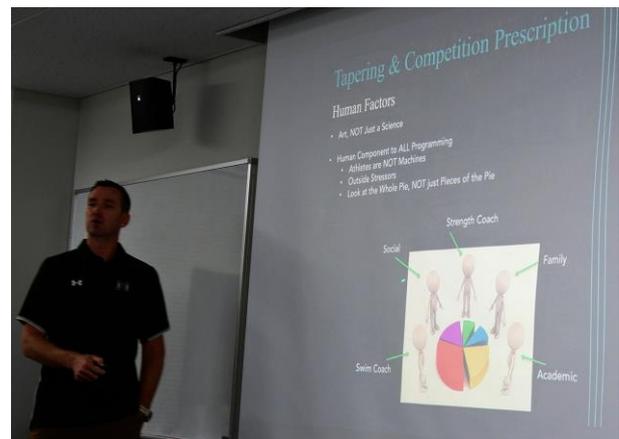


Nick Folker
Assistant Coach of Univ. of Hawaii,
Swimming & Diving Team
Olympic swimmer at 2000 Sydney.

NICK FOLKER at GSI





The other HIGHLIGHT of the visit to TIAS was the **LECTURE to the 5th Batch** as part of the **cross-cultural communication course**, and – wonderful, in class and on the field talk/interaction was seen – **‘Swimming for Tomorrow x Cross Cultural Communication’: The Journey in Sports and Passion for Coaching and Human Interactions...** Thank you students - Miki Hasegawa, Alvin, Yotham Gitige, Kaden Meth, Eranga Chrishanthi Fernando, Kae Ebihara, Takafumi Tomura, Juan Manuel Mijangos Castillo, Kai Png, Paulina Fritz and Jorge VZ – for excellent interactions and Thank you TAIKU- Soccer Field...University of Tsukuba x University of Hawaii.



Finally, meetings and discussions were held with Prof. Rakwal, Dr. SENGOKU and other colleagues and students on possibilities of ‘internships’ for TIAS and TAIKU students, and more cooperation in SPOTR SCIENCE and COACHING and interaction with TIAS to be enhanced each year, beyond Tokyo 2020.

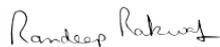
In addition meetings were held with Dr. Hirokazu MATSUO (TIAS instructor) and members of the AHTLETIC DEPARTMENT and staffs (Mr. Shinzo Yamada, Mr. Takada) and TIAS student (Ms. Kae Ebihara, 5th batch) on the AD systems in University of Hawaii, and potential for cooperation and research on the important component of University Sports.



In all, a fruitful visit and interaction at multiple levels, truly INTERNATIONAL-GLOBAL SPORT INNOVATION, thank you TIAS-JSA and UT-UH.

Thank you.

Sincerely Yours,



Dr. Randeep RAKWAL, Ph.D.

Professor, Faculty of Health and Sport Sciences & Tsukuba International Academy for Sport Studies (TIAS), Global Sport Innovation Bldg., Room 403, UNIVERSITY OF TSUKUBA, 1-1-1 Tennodai, Tsukuba, Ibaraki 305-8574, Japan

Email - plantproteomics@gmail.com - rakwal.randeep.fu@u.tsukuba.ac.jp (office)

Mobile – (+81) 090-1853-7875 / Office phone – (+81)029-853-2681

Website: <http://tias.tsukuba.ac.jp> / <http://www.trios.tsukuba.ac.jp/en/researcher/0000003045>