

European Athletics Coaches Club

Berlin, GER 06-12 August 2018

Programme as of 04 July 2018

Location:

Meeting Room Montreal
Hotel Berlin,
BerlinLützowplatz 17,
10785 Berlin, Germany
[Link to google maps](#)

Participant profiles:

- Accredited and not accredited personal coach
- Head coach, performance director, Team coach
- Performance specialists and performance scientists
- Physios and Medical experts
- Other high performance interested individuals and team members
- Other European Athletics Family Members

Monday 06 August	
11:30 – 11:45	Arrival of the participants to Hotel Berlin Berlin , meeting room Montreal
11:45 – 12:30	<p>Welcome and Introduction Speakers: Svein Arne Hansen and Jean Gracia</p> <ul style="list-style-type: none"> • <i>Welcome note and explaining the significance</i> • <i>Explaining the working plan for the week and background</i>
12:30 – 13:15	<p>Keynote: The Winning Difference Speaker: Frank Dick</p> <ul style="list-style-type: none"> • <i>Preparing High Performance Athletes to be World Class means that Coaches and Performance Support Staff must also prepare to being World Class in their roles. We are all part of the winning difference.</i>
13:15 – 13:45	Coffee break
13:45 – 14:30	<p>European World Performance Analysis</p> <ul style="list-style-type: none"> • <i>Review of the medals and performances in the past OG, WCH, ECH, DL</i>
14:30 – 15:15	<p>Rehabilitation in coming back from injury or illness Speakers: Frédéric Depiesse</p>
15:15 – 15:30	Departure of the participants

Tuesday 07 August	
14:00 – 14:15	Arrival of the participants to Hotel Berlin Berlin , meeting room Montreal
14:15 – 15:00	<p>DNA Presentation</p> <p>Speakers: Marcel Wakim and Libor Varhanik</p> <ul style="list-style-type: none"> • <i>Explaining the DNA and plan for Minsk 2019</i>
15:00 – 15:45	<p>DNA & The Coach</p> <ul style="list-style-type: none"> • Q&A/Fireside chat with Vadim Nigmatov and Marcel Wakim
15:45 – 16:15	Coffee break
16:15 – 17:00	<p>The Strength of Female Coaches; Low in Numbers, High in Success Rate</p> <p>Speaker: Vicky Huyton</p> <ul style="list-style-type: none"> • <i>This presentation delivered by the founder of the Female Coaching Network, will discuss the impact that female coaches have on elite sport and how we as individual coaches can ensure that this trend increases. With a brief highlight of the low numbers of female performance coaches across the sporting world, this presentation will touch on what women bring to the coaching table and what can be done to ensure more women can reach the top.</i>
17:00 – 17:45	<p>Female Coaching Network</p> <p>Fireside chat with Vicky Huyton and Frank Dick</p>
17:45 – 18:00	Departure of the participants

Wednesday 08 August	
13:00 – 13:15	Arrival of the participants to Hotel Berlin Berlin , meeting room Montreal
13:15 – 14:00	<p>Finding function: exercise selection to strengthen movement</p> <p>Speakers: Martin Bingisser</p> <ul style="list-style-type: none"> • <i>Functional training isn't just about doing circus tricks, it's about finding training methods that transfer to your event. This sessions shares new concepts in training theory to give coaches a framework to help them better find and focus on function in training.</i>
14:00 – 14:45	<p>Adaptability in High Performance Conditioning</p> <p>Fireside chat with Martin Bingisser and Frank Dick</p> <ul style="list-style-type: none"> • <i>Key coaching qualities are to be adaptable and creative</i>
14:45 – 15:15	Coffee break
15:15 – 16:00	<p>Open forum "Improving our performance trends"</p> <p>Panel discussion</p>
16:00 – 16:45	Winning Coach Interviews
16:45 – 17:00	Departure of the participants

Thursday 09 August	
14:30 – 14:45	Arrival of the participants to Hotel Berlin Berlin , meeting room Montreal
14:45 – 15:30	<p>High Performance Science</p> <p>Speaker: Marco Cardinale</p> <ul style="list-style-type: none"> <i>The presentation will discuss challenges and opportunities of integrating sports science and sports medicine support. Some information on current trends and issues and examples of support for the group discussion</i>
15:30 – 16:15	<p>Art Through Science</p> <p>Fireside chat with Marco Cardinale and Frank Dick</p> <ul style="list-style-type: none"> <i>The art of science appliance</i>
16:15 – 16:45	Coffee break
16:45 – 17:30	<p>Coaching High Performers</p> <p>Speaker: Charles Van Commennee</p> <ul style="list-style-type: none"> <i>The smiles & headaches that come with coaching elite athletes for a personal coach and Head coach</i>
17:30 – 18:15	<p>Coaching High Performers</p> <p>Fireside chat with Charles Van Commennee and Frank Dick</p>
18:15 – 18:30	Departure of the participants

Friday 10 August	
14:30 – 14:45	Arrival of the participants to Hotel Berlin Berlin , meeting room Montreal
14:45 – 15:30	<p>Professionalization of of High Performance Coach</p> <p>Speaker: Gunter Lange, IAAF</p>
15:30 – 16:15	<p>Protecting vulnerable people in athletics</p> <p>Speaker: Kieron Stout</p> <ul style="list-style-type: none"> <i>A perspective on complacency about the occurrence of harm in athletics and on processes and practices to better safeguard children and vulnerable adults in our sport.</i>
16:15 – 16:45	Coffee break
16:45 – 17:30	<p>High Performance Coaching in the Paralympic arena</p> <p>Fireside chat with Paula Dunn and Frank Dick</p> <ul style="list-style-type: none"> <i>The unique challenges in technique, training and tactics when coaching Paralympians for the world arena</i>
17:30 – 18:15	<p>Winning Coach Interviews</p>
18:15 – 18:30	Departure of the participants

Saturday 11 August	
14:30 – 14:45	Arrival of the participants to Hotel Berlin Berlin , meeting room Montreal
14:45 – 15:30	<p>Preparing coaches to win the game of change</p> <p>Speakers: Fireside chat with Harald Muller (IAAF) and Marko Vasic (EA)</p> <ul style="list-style-type: none"> • <i>Creating new learning pathways for coaches and managing their operational environment</i>
15:30 – 16:15	<p>Technology and the Coach</p> <p>Speaker: Ralph Mouchbahani</p> <ul style="list-style-type: none"> • <i>Technology can provide direct insight as to how well athletes are recovering, whether they're at risk of injury, and whether they are physically prepared for competition, so the team can ensure their athletes are at peak health and performance.</i>
16:15 – 16:45	Coffee break
16:45 – 17:30	<p>EA High Performance Conference outcomes</p> <p>Speaker: Piotr Haczek</p> <ul style="list-style-type: none"> • <i>Applying lessons learned through EA high performance symposium to design quality coaching systems and structures</i>
17:30 – 18:15	<p>Talented Athlete Performance Strategy</p> <p>Speaker: Gunter Lange, IAAF</p> <ul style="list-style-type: none"> • <i>Managing the athlete performance pathway from European high potential youth/juniors to world high performance in peak performance years</i>
18:15 – 18:30	Departure of the participants

Sunday 12 August	
14:30 – 14:45	Arrival of the participants to Hotel Berlin Berlin , meeting room Montreal
14:45 – 15:30	<p>Learning Faster</p> <p>Speaker: Vin Walsh</p> <ul style="list-style-type: none"> • <i>Learning how to learn more effectively and lastingly</i>
15:30 – 16:15	<p>Breaking the Conventional Mould</p> <p>Fireside chat with Vin Walsh and Frank Dick</p> <ul style="list-style-type: none"> • <i>Changing how we think & how we use our brains</i>
16:15 – 16:45	Coffee break
16:45 – 17:30	<p>Keynote: Winning the Game of Change</p> <p>Speaker: Frank Dick</p> <ul style="list-style-type: none"> • <i>There is an essential tension between creatively anticipating change and being effectively adaptable in the face of change. We must be comfortable being uncomfortable in this never ending process.</i>
17:30 – 18:15	<p>Coaches Club Review & Future</p> <p>Speaker: Jean Gracia</p> <ul style="list-style-type: none"> • <i>Concluding notes</i>
18:15 – 18:30	Departure of the participants