



COACHES CLUB

Berlin 2018

Welcome to European Athletics Coaches Club

6-12 August 2018

Location:

Meeting Room Montreal
Hotel Berlin,
BerlinLützowplatz 17,
10785 Berlin, Germany

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

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Wednesday 08 August

13:15 – 14:00 *Finding function: exercise selection to strengthen movement*

Speakers: Martin Bingisser

• 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

14:45 – 15:15 *Coffee break*

15:15 – 16:00 *Open forum "Improving our performance trends" Panel discussion*

16:00 – 16:45 *Winning Coach Interviews*

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Martin Bingisser

Finding function: exercise selection to strengthen movement



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*Thank you for attending
European Athletics Coaches Club
6-12 August 2018*