



'Coaching Excellence'



Online Conference

5-7 November, 2021



**COACHING
SUMMIT SERIES**

Friday November 5th, 2021

19:00 CET Conference Welcome

FD

Frank Dick

*President of European Athletics
Coaches Association*

*Global Athletics Coaching
Academy Chairman*

JG

Jean Gracia

Vice-President of European Athletics

Target 24

01



Breakout Rooms

Friday, November 5th
19:05 – 20:35 CET

08

Gabby Pieraccini
Combined Events



07

Danie Cornelius
Long & Triple Jump



06

Wolfgang Ritzdorf
High Jump and Pole Vault



05

Steve Cram
Endurance



04

Terseus Liebenberg
Javelin



03

Martin Bingisser
Shot put, Hammer & Discus throw



02

Rita Engelbrecht
Hurdles



01

Laurent Meuwly
Sprint & Relays



20:40 CET Q&A sessions

01

TE

Track Events

*Rita Engelbrecht
Laurent Meuwly
Peter Eriksson*



Hosted by Jimson Lee

FE

Field / Combined Events

*Gabby Pieraccini
Martin Bingisser
Terseus Liebenberg
Danie Cornelius
Wolfgang Ritzdorf*



Friday, November 5th 2021

Learning to learn

02

11:00 CET



01

Welcome

Session Introduction

11:05 CET



02

Vin Walsh

Learning: what we get wrong and how to do it right

11:55 CET



03

Kelvin Giles

Some Learning Tools

12:45 CET



04

Kelvin Gils, Vin Walsh

Panel session hosted by Jimson Lee

Saturday, November 6th 2021



Partners in Excellence

03

15:00 CET



01

Welcome

Session Introduction

15:05 CET



02

Hannah England

Partners in Excellence

15:55 CET



03

Hannah England, Rita Engelbrecht

*Athletes make excellence happen,
Coaches make excellence possible*

Fireside chat hosted by **Frank Dick**



16:45 CET



04

Frank Dick

Anticipate, Adapt, Achieve

The Bridge to Excellence

04

19:00 CET



01

Welcome

Session Introduction

19:05 CET



02

Kevin Ankrom

*The Athlete Performance Development
Pathway*

19:55 CET



03

Arne Gullich

*How do young athletes develop towards adult
world-class athletes?*

20:45 CET



04

Arne Gullich, Kevin Ankrom

*Panel session hosted by
Frank Dick*



Saturday, November 6th 2021

Recovery Strategies

05

11:00 CET



01

Welcome

Session Introduction

11:05 CET



02

Shona Halson

Sleeping To Win: Strategies to enhance sleep and change behaviours

11:55 CET



03

Lutz Graumann

Training makes athletes worse, sleep and recovery make them better: a different look on supercompensation

12:45 CET



04

Lutz Graumann, Shona Halson

Panel session hosted by Jimson Lee



The Italian Job

06



Antonio La Torre
Team Italy Head Coach



Welcome

Session Introduction

*Coach to Massimo Stano
and Antonella Palmisano*

15:05 CET



02

Patrizio Parcesepe

Race Walk training or "hurdles race" ?

Team Italy Relays Coach

15:55 CET



03

Filippo Di Mulo

*4x100 relay: from the European Silver to the Olympic Gold
Strategies, technique and analysis*

16:45 CET



04

Antonio La Torre, Filippo Di Mulo, Patrizio Parcesepe

'The Italian Miracle'

Panel session hosted by Frank Dick



Performance Ready

07

19:00 CET



01

Welcome

Session Introduction

19:05 CET



02

Tim Anstiss

The Five Pillars of Personal Wellbeing

19:55 CET



03

Carola Becker

Mental Health for Athletes: the nutrition strategies for mental wellbeing and performance

20:45 CET



04

Simone Binda & Simone Collio

Athlete Recovery and Biomechanical Tuning: Wintecare's Multi-Systemic Approach for Sprinters



W I N T E C A R E[®]

21:30 CET



05

Frank Dick

Conference Closing



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Register **FOR FREE** at:

<https://athleticscoaches.eu/ifac>



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