



LEARNING
TO WIN



CONFERENCE
PROGRAMME
2024

NOVEMBER 1-3, 2024.
PADOVA (ITALY)

[HTTPS://ATHLETICSCOACHES.EU](https://athleticscoaches.eu)

PLATINUM SPONSOR:

1080 MOTION™





FRIDAY, NOVEMBER 1

13:00
ACCREDITATION

13:30
WELCOME

13:50 - THE PANEL - TARGET LA 28

THE **SHAUN PICKERING THROWS** PANEL - WITH DON BABBITT & MARINELLA VACARRI.

THE **SPRINTS, HURDLES & RELAYS** PANEL - WITH FILIPPO DI MULO & GIORGIO FRINOLLI

THE **ENDURANCE** PANEL - WITH FRANK DICK & ANTONIO LA TORRE

THE **WOLFGANG RITZDORF JUMPS & COMBINED EVENTS** PANEL - WITH ASTON MOORE, FERNANDO OLIVA & BOO SCHEXNAYDER.

15:05 - THE PLENARY PANEL - LESSONS FOR LA 28.

16:00 COFFEE BREAK AND 1080 MOTION DEMO



16:45

A PRESENTATION ON THE HURDLES EVENT

GIORGIO FRINOLLI

17:45

"BUILDING THE FOUNDATION"
INJURY PREVENTION & PROTECTION



BOO SCHEXNAYDER

18:45

COACHING CHANGE



FRANK DICK

19:45. - EACA AGM



8:30 | ACCREDITATION

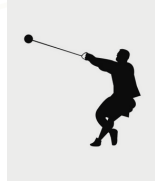


8:45 | WELCOME

9:00 | PRACTICALS



Marinella Vaccari
Hammer Throw



Aston Moore
Combined Events



11:15 | PRACTICALS



Giorgio Frinoli
Hurdles



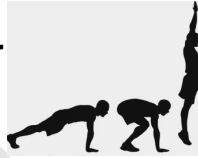
Don Babbit
Strength



14:00 | PRACTICALS



Boo Schexnayder
Plyometrics



Fernando Oliva
Combined Events



15:40 | PRACTICALS



Filippo Di Mulo
Relays



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17:55 | PRACTICALS

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Vincenzo Canali
Stretching/Flexibility/
Mobility



20:30

DINNER WITH THE COACHES





SUNDAY, NOVEMBER 3

08:30
FINAL DAY INTRO



08:35

AN ATHLETE'S CAREER
GENNARO BOCCIA

09:35
STRENGTH
DON BABBIT
10:30



COFFEE BREAK & 1080 MOTION DEMO

11:15
RELAYS
FILIPPO DI MULO



12:15

THE LAST STEP IN PARIS IS THE FIRST STEP INTO LA
ANTONIO LA TORRE



13:10
CONFERENCE CLOSING
FRANK DICK (UK)



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