

Last update: October 17, 2023



THE LANGUAGE OF COACHING



CONFERENCE
PROGRAMME

NOVEMBER 3-5, 2023
PADOVA (ITALY)

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

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FRIDAY, NOVEMBER 3

13:15
ACCREDITATION

13:45
WELCOME

14:20
COACHING THE WINNING DIFFERENCE: REFLECTIONS ON
50+ YEARS OF COACHING THE BEST TO BETTER
VERN GAMBETTA (USA)

15:05
PRESENTATION 2
LIZ MCCOLGAN (UK)



15:50
COFFEE BREAK & PARTNERS WORKSHOPS

16:20 MONDO CARES
PHIL ESPOSITO

16:50 MONDO AND COACHES
ANDREA MARENGHI

17:25
FACTORS OF SUCCESSFUL DEVELOPMENT OF YOUNG
TALENTS INTO SENIOR WORLD-CLASS ATHLETES
ARNE GUELLICH (GER)

18:15
MY LIFE IN POLE VAULT: A PASSION THAT BECAME A
PROFESSION - THE PEAKS AND PITFALLS
SCOTT SIMPSON (UK)

19:05
"SHAUN PICKERING" THROWS PANEL
HOST: CLAUDIA COSLOVICH,
MANTAS JUSIS, NICOLA VIZZONI, PAOLO DAL SOGLIO
"ELIO LOCATELLI" SPRINTS, HURDLES & RELAYS PANEL
HOST: LAURA STRATI
LAURENT MEUWLY, MARCO AIRALE, JONAS DODOO, BENKE BLOMQUIST
"WOLFGANG RITZDORF" JUMPS PANEL
HOST: ANDREA GIANNINI,
SCOTT SIMPSON, ASTON MOORE
"PETER BONOVI" ENDURANCE PANEL
HOST: FRANK DICK
LIZ MCCOLGAN, PATRIZIO PARCESEPE, VERN GAMBETTA

SATURDAY, NOVEMBER 4



8:15 | ACCREDITATION



8:30 | WELCOME

8:45 | PRACTICALS

Aston Moore
Long Jump

Patrizio Parcesepe
Endurance / Race Walk

Jonas Dadoo
Sprints



10:00 | COFFEE BREAK AND PARTNERS' DEMOS

10:45 | PRACTICALS

Vern Gambetta
Athletic Development
Foundation Training from
Concept to Implementation

Laurent Meuwly
Short and long hurdles for
young talents

Giulio Ciotti
High Jump

12:00 | AN AUDIENCE WITH CAROLA BECKER



12:30 | LUNCH TIME



13:45 | PRACTICALS

Paolo Dal Soglio
Shot Put

Marco Airale
Top Speed biomechanics
models and drills

Aston Moore
Plyometrics with
developing athletes



15:00 | COFFEE BREAK AND PARTNERS' DEMOS

15:45 | PRACTICALS

Scott Simpson
Pole Vault

Benke Blomqvist
110Hs/100Hs

Nick Winkelman
The Language of Coaching

17:00 | AN AUDIENCE WITH ARNE GULLICH

17:30 | TRAINING WITH

Mantas Jusis
Developing Discus
Athletes

Marco Airale
Development of a Speed
Session - From the warm up
to be ready to sprint

Laurent Meuwly
Short and long hurdles for
top athletes



18:30
EACA SUMMIT
(FOR EACA MEMBERS ONLY)

20:30
**DINNER WITH
COACHES**



SUNDAY, NOVEMBER 5

08:30

FINAL DAY INTRO

08:45

ATHLETES' PANEL
HOSTED BY FRANK DICK

09:45

THE LANGUAGE OF COACHING – THE ART &
SCIENCE OF COMMUNICATING MOVEMENT

NICK WINKELMAN



10:30

COFFEE BREAK & PARTNERS DEMOS

11:00

THRIVING AS A COACH: NURTURING YOUR
RESILIENCE AND WELLBEING TO BRING OUT THE
BEST IN YOUR ATHLETES

CAROLA BECKER (GER)

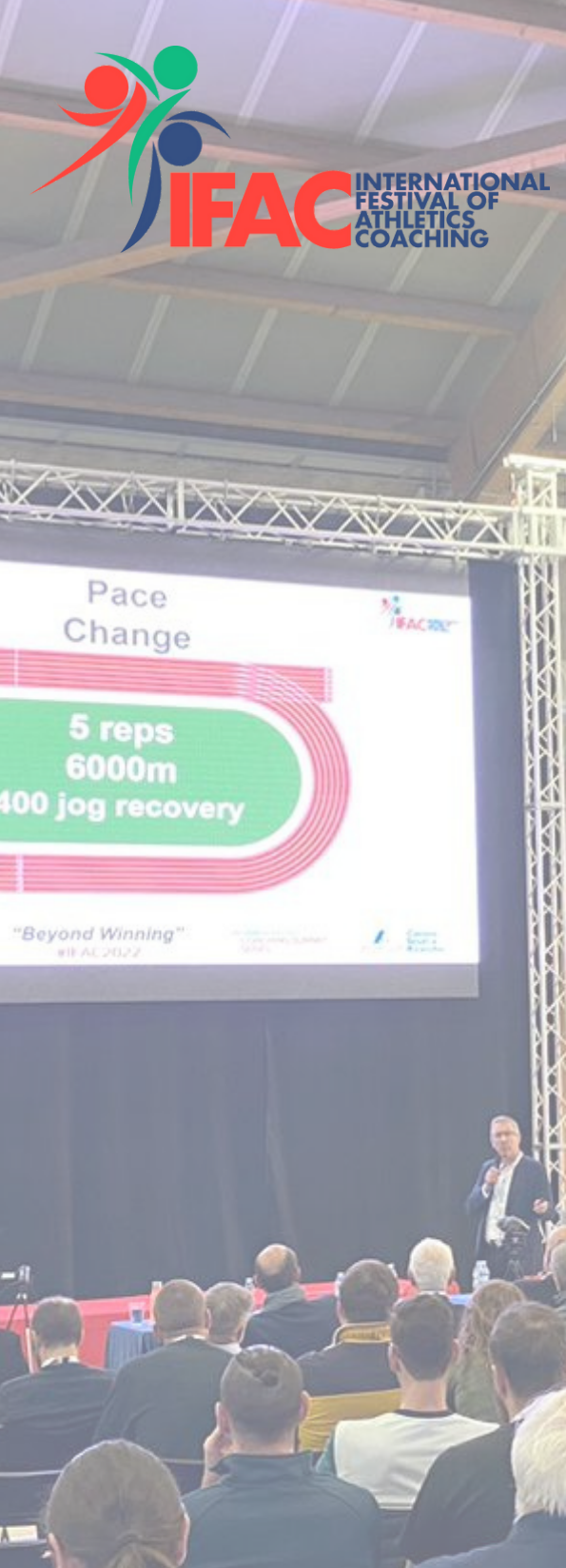
11:50

NO MAGIC BEHIND GOLD.
UNVEILING THE PATH TO EXCELLENCE
LAURENT MEUWLY (SUI)

12:45

CONFERENCE CLOSING

FRANK DICK (UK)



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