

Last update: October 23, 2023



# THE LANGUAGE OF COACHING



CONFERENCE  
PROGRAMME

NOVEMBER 3-5, 2023  
PADOVA (ITALY)

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

MAIN SPONSOR:



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Speedworks  
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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**  
FOR THE RECORD  
**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 GUELICH (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 BONOV" ENDURANCE PANEL  
HOST: FRANK DICK  
LIZ MCCOLGAN, 🏅 PATRIZIO PARCESEPE, VERN GAMBETTA



# SATURDAY, NOVEMBER 4



Denotes Medal Winning Coach -  
Budapest 23



8:15 | ACCREDITATION



8:30 | WELCOME

8:45 | PRACTICALS



**Aston Moore**  
Long Jump



**Patrizio Parcesepe**  
Race Walk technique and  
mechanics: rules and roles

**Jonas Dodoo**

Using AI to support Sprint  
Training



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 drills to run  
the curve.

12:00 | AN AUDIENCE WITH CAROLA BECKER



12:30 | LUNCH TIME



13:45 | PRACTICALS



**Paolo Dal Soglio**

Shot Put training session  
with Leonardo Fabbri &  
Marcus Thomsen.



**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

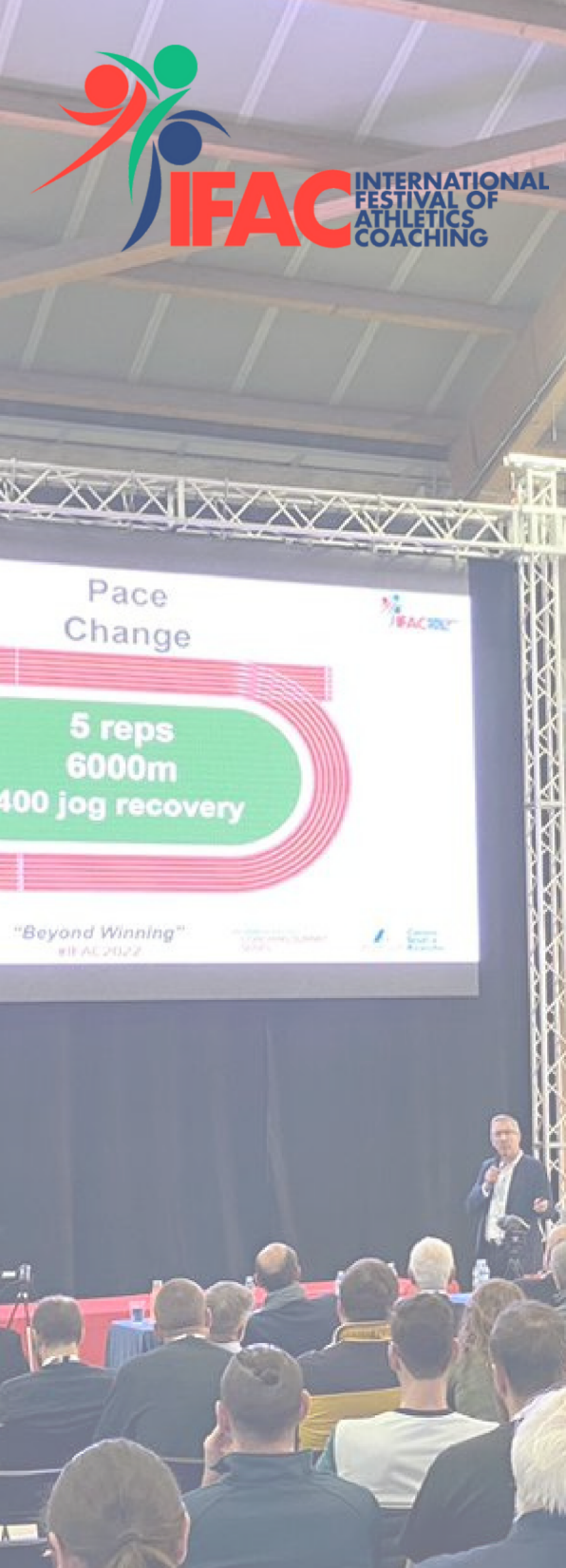


**LAURENT MEUWLY (SUI)**

**12:45**

CONFERENCE CLOSING

**FRANK DICK (UK)**



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