



# *'Coaching Excellence'*



*Online Conference*  
*5-7 November, 2021*



**COACHING  
SUMMIT SERIES**

Friday November 5<sup>th</sup>, 2021

19:00 CET

Conference Welcome

FD

**Frank Dick**

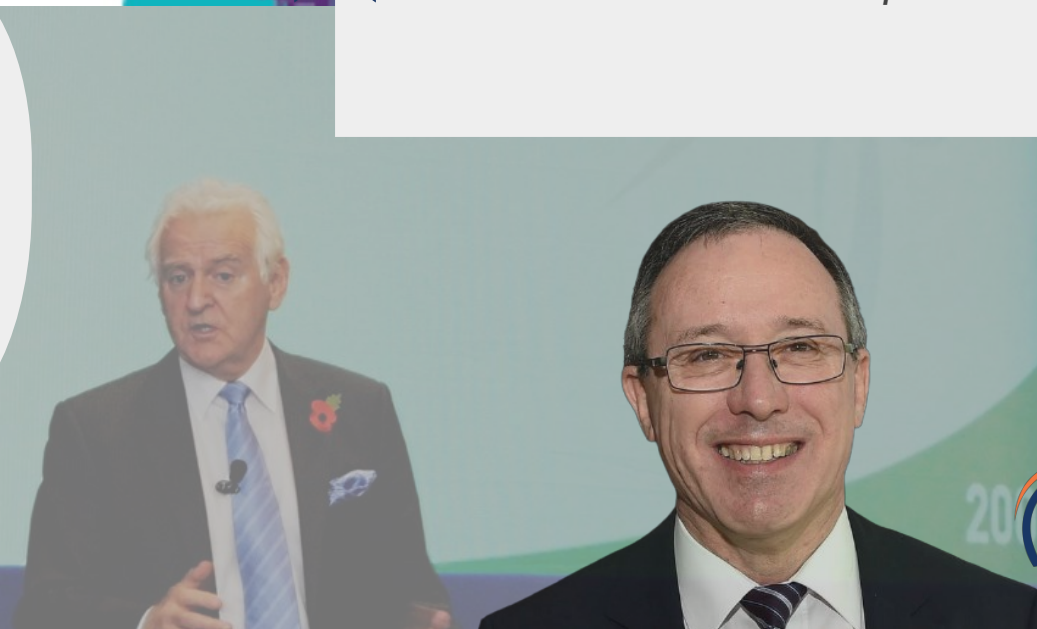
*President of European Athletics  
Coaches Association*

*Global Athletics Coaching  
Academy Chairman*

JG

**Jean Gracia**

*Vice-President of European Athletics*



# Target 24



## Breakout Rooms

Friday, November 5<sup>th</sup>  
19:05 – 20:35 CET

01

01

**Laurent Meuwly**  
Sprint & Relays



02

**Rita Engelbrecht**  
Hurdles



03

**Martin Bingisser**  
Shot put, Hammer & Discus throw



04

**Terseus Liebenberg**  
Javelin



05

**Steve Cram**  
Endurance



06

**Wolfgang Ritzdorf**  
High Jump and Pole Vault



07

**Danie Cornelius**  
Long & Triple Jump



08

**Gabby Pieraccini**  
Combined Events



# 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



Hosted by Frank Dick



Friday, November 5<sup>th</sup> 2021

11:00 CET



01

## Welcome

*Session Introduction*

# Learning to learn

02

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 6<sup>th</sup> 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?*

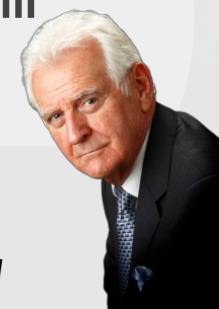
20:45 CET



04

**Arne Gullich, Kevin Ankrom**

*Panel session hosted by Frank Dick*



Saturday, November 6<sup>th</sup> 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*



Sunday, November 7<sup>th</sup> 2021







# The Italian Job

06



**Antonio La Torre**  
*Team Italy Head Coach*

- 15:00 CET  **01** **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*



**atletica  
italiana**

Sunday, November 7<sup>th</sup> 2021

# 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>