



INTERNATIONAL
FESTIVAL OF
COACHING 2016



CONI



FORMIA 2016 | 28 – 30 OCTOBER
WWW.ATHLETICSCOACHES.EU

FRIDAY 28 OCTOBER - VENERDÌ 28 OCTOBRE

13.00	<i>Terrazza</i> REGISTRATION
15.00- 15.30	<i>Aula Magna</i> OFFICIAL OPENING Carlo MORNATI CONI Deputy Secretary General Marko VASIC Head of European Athletics Development Frank DICK President EACA
15.30- 16.30	<i>Aula Magna</i> Keynote 1 Martin BUCHHEIT Monitoring Training Loads
16.30- 16.50	<i>Terrazza</i> COFFEE BREAK
16.50- 17.50	<i>Aula Magna</i> Keynote 2 Giuseppe BANFI Cryotherapy
17.50- 18.50	<i>Aula Magna</i> Keynote 3 Brian CUNNIFFE Integrating Sciences & Coaching
18.50- 19.30	<i>Aula Magna</i> Keynote 4 Frank DICK Making Decisions Under Pressure
19.30	<i>Restaurante CONI</i> CENA / DINNER



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SATURDAY 29 OCTOBER - SABATO 29 OTTOBRE

08.30-09.30	<i>Aula Magna</i> Keynote 5		Ans BOTHA Coaching World Class Sprints	
09.30-10.30	<i>Aula Magna</i> Keynote 6		BONIFAZI & MORINI Creating a High Performance Environment & Team	
10.30-11.00	<i>Terrazza</i> COFFEE BREAK			
11.00-12.00	TEAM SPORTS STEAM	<i>Aula Magna</i> Vincenzo CANALI Posture as Injury Prevention in High Performance Sport		
11.00-13.00	ATHLETICS STREAM	<i>Aula Secretariat</i> Malcolm ARNOLD Theory & Practical: Hurdles	<i>Meeting Room</i> René SACK Theory & Practical: Discus & Shot Put	<i>Aula Placanica</i> Wolfgang RITZDORF, Elio LOCATELLI Vitaly PETROV Theory: Jumps
13.00-14.00	<i>Restaurante CONI</i> PRANZO - LUNCH			
14.30-16.00	<i>Gymnasim Vitellozzi</i> MOXOFF: OTTAVIO CRIVARO Technical Analysis: Tennis Volleyball Golf		<i>Athletics Track & Physio Room</i> Practical Exhibitions Beast Technologies Lisport	
16.00-18.30	<i>Aula Magna & Biomechanics Lab</i> CONI Sport Science Dept: Dario DALLA VEDOVA Performance Analysis Practical Athletics: Sprints Hurdles Long Jump High Jump Fencing Diving		<i>Aula Placanica</i> Ans BOTHA Women in Coaching Roundtable Discussion & Reflections	
19.00	<i>Restaurante CONI</i> CENA - DINNER			
20.30	<i>Restaurante CONI</i> GALA DINNER RECEPTION <i>tickets 25€</i>			



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SUNDAY 30 OCTOBER - DOMENICA 30 OTTOBRE

09.00-10.00	<i>Aula Magna</i> Keynote 7 Paolo BENINI Winning Psychology
10.00-10.20	<i>Terrazza</i> COFFEE BREAK
10.20-11.20	<i>Aula Magna</i> Keynote 8 Daniel Giorgio DI MATTIA Anti-Doping: New Guidelines & Procedures
11.20-12.30	<i>Aula Magna</i> Keynote 9 Elio LOCATELLI & Frank DICK RIO 2016: Olympic Debrief in Athletics
12.30-13.00	European Athletics Coaches Debrief & Call to Action (Athletics Coaches)
13.00	CLOSE
13.00	<i>Restaurante CONI</i> LUNCH