

PROGRAMME - Monday, 16 May 2022

SCHEDULE	TITLE	SPEAKER
Before 14:00	Arrival of participants	
14:00 - 15:30	Opening of the Conference	Jean Gracia (FRA)
	Session I - How technology serves High Performance Advanced	
	Footwear Technology and Performance in Running	Stéphane Bermon (FRA)
	Specific Solutions in Supporting Science in Athletics: a National and Global Perspective	Rainer Knöllner (GER)
15:30 - 16:00	Panel I How technology serves High Performance <i>Co-moderator: Marco Cardinale (ITA)</i>	Speakers session I
16:00 - 16:30	Speakers corner I Informal discussion with the speakers and participants <i>Coffe break</i>	Speakers session I
16:30 - 18:00	Session II - High Performance Coaching Systems Next Coach Programme & DLV Academy	Idriss Gonschinska (GER)
	Developing a Performance Strategy in the UK to Improve International Success	Tommy Yule (GBR)
	Athlete and Coach Support Systems: A Balkan Perspective	Vesna Babić (CRO)
18:00 - 18:30	Panel II High Performance Coaching Systems <i>Co-moderators: Ami Baran (ISR) & Periklis Iakovakis (GRE)</i>	Speakers session I
18:30 - 19:00	Speakers corner II Informal discussion with the speakers and participants	Speakers session II
19:00	Dinner at the hotel	

PROGRAMME - Tuesday, 17 May 2022

SCHEDULE	TITLE	SPEAKER
09:00 - 10:00	Session III - Mental Health and Reducing Stress	James Thie (GBR)
10:00 - 11:30	Session IV - Recovery from physical stress Training and Injury Recovery Strategies in Athletics	Jakub Adamczyk (POL)
	Advanced Monitoring of Load, Stress, Health and Wellness in the Spanish National Team	Josu Gomez Eceiza (ESP)
11:30 - 11:45	Coffee break	
11:45 - 12:15	Panel III Mental health and reducing stress, Recovery from physical stress <i>Co-moderators: Periklis Iakovakis(GRE)</i>	Speakers session III & IV
12:15 - 12:45	Speakers corner III Informal discussion with the speakers and participants	Speakers session III & IV
12:45 - 13:45	Lunch	
13:45 - 14:30	Session V - Supplements for Athletics: Current and Future Trends	Mónica Sousa (POR)
14:30 - 15:15	Session VI - How the Menstrual Cycle, Menstrual Irregularities, and Hormonal Contraceptive Use Might Affect Exercise Performance	Kirsty Elliott-Sa
15:15 - 15:45	Speakers corner IV Informal discussion with the speakers and participants <i>Coffee break</i>	Speakers session III & IV
15:45 - 16:30	Session VII - Periodization of Weight Regulation for Health and Performance in Olympic-Level Athletes	Ina Garthe (NOR)
16:30 - 17:00	Panel IV	Speakers session V, VI & VII
17:00 - 17:30	Speakers corner V Informal discussion with the speakers and participants <i>Coffee break</i>	Speakers session VI, VII & VIII
17:30 - 20:00	Sightseeing Tour in Warsaw	
20:00	Dinner in Warsaw	

PROGRAMME - Wednesday, 18 May 2022

SCHEDULE	TITLE	SPEAKER
09:00 - 10:00	Session VIII - Systemic Performance & Talent Development	Marco Cardinale (ITA)
10:00 - 11:30	Session IX - Leadership and managing teams	
	Reflections on Performance Culture: Optimising Performance Environments in Training and Competition	Anders Möller(SWE)
	Stress Management in International Championships	Renaud Longuèvre (FRA)
	Recognizing and Developing a Small Management System for High Excellence	Ljiljana Culibrk (CRO)
11:30 - 11:45	Coffee break	
11:45 - 12:15	Panel V Systemic Performance & Talent Development, Leadership and managing teams <i>Co-moderator: Ami Baran (ISR)&Idriss Gonschinska (GER)</i>	Speakers session III & IV
12:15 - 12:45	Speaker corner VI Informal discussion with the speakers and participants	Speakers session VIII & IX
12:45 - 13:00	Closing of the Conference and final remarks	Jean Gracia (FRA)
13:00 - 14:00	Lunch and departures of participants	