

Performance sport section


Summer school 07. - 11. 9. 2020

SFISM
Swiss Federal
Institute
of Sport
Magglingen

Multidisciplinary athlete development in performance sport




MONDAY, 07.9.2020

Multidisciplinary athlete development in performance sport

| TIME | TOPIC | LOCATION |
|-------------|---|--|
| 13:45-14:15 | Welcome coffee & registration Dennis Lüdin & Manuela Nay | Bar / SOH |
| 14:15-17:30 | Introduction & presentation of the summer school Silvio Lorenzetti, Jörg Fuchslocher & Dennis Lüdin | Erlach  |
| 17:30-18:30 | Transfer & room occupancy | |
| 18:30-21:00 | Dinner & visit to external sport facilities | Bellavista |

Tuesday, 08.9.2020




Multidisciplinary athlete development in performance sport

| TIME | TOPIC | LOCATION |
|-------------|---|--|
| 07:00-08:15 | Breakfast | Bellavista / SOH |
| 08:15-09:25 | Input 1: Bio-banding in junior soccer Exercise science & Technique and tactics, Dennis Lüdin & Jörg Fuchslocher | Erlach  |
| 09:25-09:40 | Break | |
| 09:40-10:50 | Input 2: tbd Sports physiology – Game sports | Erlach  |
| 10:50-11:05 | Break | |
| 11:05-12:15 | Input 3: tbd Sports physiology – Endurance | Erlach  |






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| 12:15-14:00 | Lunch <i>Sport</i> | Bellavista | |
| 14:00-15:30 | Input 4: tbd Sports physiology – Strength | Erlach |  |
| 15:30-16:00 | Break | | |
| 16:00-18:00 | Keynote 1 & 2 Biomechanical Research & Projects in Elite Sports Ina Janssen, Sports Biomechanist, Sportcentrum Papendal, Netherlands Force - Velocity Testing in Sprinting Jean-Benoit Morin, Sports Biomechanist, University St. Etienne, France | AULA |  |
| 18:00-19:30 | Dinner | Bellavista | |
| 19:30-21:00 | Project work | |  |

Wednesday, 09.9.2020


Multidisciplinary athlete development in performance sport

| TIME | TOPIC | LOCATION | |
|-------------|--|------------------|---|
| 07:00-08:15 | Breakfast | Bellavista / SOH | |
| 08:15-09:45 | Input 5: Visit to the nordic pavilion Sport physiology – Endurance | |  |
| 09:45-10:15 | Break | | |
| 10:15-11:45 | Update project work | ASH |  |
| 11:45-14:00 | Lunch <i>Sport</i> | Bellavista | |
| 14:00-15:30 | Input 6: tbd Sport medicine | Erlach |  |
| 15:30-16:00 | Break | | |

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|-------------|--|------------|---|
| 16:00-18:00 | Keynote 3: tbd (Women in performance sport) National / international speaker | AULA |  |
| 18:00-19:30 | Dinner | Bellavista | |
| 19:30-21:00 | Project work | |  |



Thursday, 10.9.2020

Multidisciplinary athlete development in performance sport

| TIME | TOPIC | LOCATION | |
|-------------|---|---------------------|---|
| 07:00-08:15 | Breakfast | Bellavista / SOH | |
| 08:15-09:45 | Input 7: tbd Sport psychology | Erlach |  |
| 09:45-10:15 | Break | | |
| 10:15-11:45 | Keynote 4: The Power of Empowerment – Shared Leadership in Sport Teams Katrien Franssen, KU Leuven, Belgium | AULA |  |
| 11:45-13:30 | Lunch Sport | Bellavista | |
| 13:30-14:00 | Transfer Magglingen – Ipsach / Grenchen | | |
| 14:00-15:30 | Project work | |  |
| 15:30-17:30 | Water sports / Velodrome | Ipsach / Grenchen | |
| 17:30-21:30 | Social Event (Barbecue / Yurt) | Ipsach / Magglingen | |
| 21:30-22:00 | Transfer Ipsach - Magglingen | Ipsach | |

Friday, 11.9.2020

Multidisciplinary athlete development in performance sport

| TIME | TOPIC | LOCATION |
|-------------|---|--|
| 07:00-08:15 | Breakfast | Bellavista / SOH |
| 08:15-09:45 | Project work |  |
| 09:45-10:15 | Break | |
| 10:15-11:45 | Presentations project work & End of summer school <i>Silvio Lorenzetti, Jörg Fuchslocher & Dennis Lüdin</i> | Erlach  |
| 11:45-13:45 | Lunch | Bellavista |

Note: subsequent changes to the program are possible.