

# IAAF

## 3RD IAAF WORLD U20 COACHES CONFERENCE

TAMPERE, FINLAND  
15 JULY 2018





## 3RD IAAF WORLD U20 COACHES CONFERENCE

High drop-out rates due to performance stagnation, challenges in professional, social and psychological development plus an expected quality performance spur from event group to elite/senior world class performance is a further methodical challenge to the long-term development oriented coach.

The IAAF invited a number of experts in various fields, whose knowledge, experience and insights will be shared to qualify our coaches in this important topic.

The 3rd edition of the Coaches Conference will also be a chance to take part in an interactive Q&A session with speakers and fellow coaches.

The main objective of this conference is to keep coaches informed, bringing consistency and competence (Life Long Learning) to the coach who plays an essential part in the athletes' career.

# KEY SPEAKERS



## PROF DR ROMAIN MEEUSEN PHD (BEL)

Head of the Human Physiology Research Group at the Vrije Universiteit Brussel, his research interest is focused on Exercise and the Brain in Health & Disease and the influence of neurotransmitters on human performance, training and rehabilitation.

His recent work is on thermoregulation, neurogenesis, cognition and nutrition in health & disease and he teaches on exercise physiology, training & coaching and sports physiotherapy. He has published ca 550 articles and book chapters in peer-reviewed national and international journals and 21 books on sport physiotherapy. He has given lectures at more than 900 national and international conferences. and is the past President of the Belgian Society of Kinesiology and the Belgian Federation of Sports Physiotherapy. He is a former Board Member of the European College of Sports Science ECSS (2000-2013) and American College of Sports Medicine (ACSM) (2010-2013).

**09:00 - 10:00 - What Happens In The Brain During Exercise?**

---



## VILLE KALLINEN (FIN)

Doctoral Student at the University of Jyväskylä, Master of Sport Science, coaching and fitness testing.

He is currently researching children's motivational factors of organized sports participation. He was a coaching educator of Finnish Swimming Federation 2014-2016, a multiple national champion in swimming and is currently working with the Finnish Track and Field Association as an expert in childrens sport.

**11:15 - 12:00 - How To Prevent 'Drop Out' in U20 Competitive Sport**

# THE PROGRAMME

Sunday 15th July 2018

- **08:00-09:00** Registration at Conference Hall
- **09:00-09:35** Media Briefing
- **09:35-10:20** What happens in the Brain during Exercise?  
*Prof. Dr. Romain Meeusen (BEL)*
- **10:20-11:00** Neuronal Variability Training (legs/arms/rotation) of U20 Athletes  
Best practise to ensure a long time career for U20 athletes. (Q&A)  
*Rana Reider (USA)*
- **11:00-11:15** Coffee Break
- **11:15-12:00** How To Prevent “Drop Out” in U20 Competitive Sport (T&F)  
*Ville Kallinen (FIN)*
- **12:00-12:40** Age/Development Related Training of U20 Athletes  
Best Practise To Ensure a Long Time Career For U20 Athletes. (Q&A)  
*Ekkawit Sawangphol (THA)*
- **12:45-13:00** Wrap Up & Closing

**Moderator:** Günter Lange

Simultaneous interpretation into English,  
French, Spanish and Finnish will be provided

## ADDRESS

Original Sokos Hotel Ilves Ball Room  
Hatanpään valtatie 1, 33100  
Tampere, Finland

Tel: +358 20 1234 631,

Fax: +358 10 787 0049

Email: [ilves.tampere@sokoshotels.fi](mailto:ilves.tampere@sokoshotels.fi)

## TRANSPORT

**AIRPORT** > To Tampere-Pirkkala Airport 16.8 km

**RAIL** > To Tampere Railway Station 0.5 km

**BUS** > To Tampere Bus Station 0.3 km

## INFORMATION

Stéphane Merlino  
[stephane.merlino@iaaf.org](mailto:stephane.merlino@iaaf.org)  
+33 6 07 93 25 95

Günter Lange  
[gunter.lange@iaaf.org](mailto:gunter.lange@iaaf.org)  
+33 6 78 63 44 41