

ASPC European Forum 2016

THE CENTRE OF THE CENTRES: THE ATHLETE

SCHEDULE

4th October Tuesday

14.00 – 18.00 h Accreditation

18.00 – 18.30 h Welcome and presentation of ASPC European Forum

Miguel Cardenal Carro, President Spanish Council of Sports (CSD)

Tapio Korjus, Vicepresident Europe ASPC

18.30 – 19,15 h SPC and Media

Round table with journalists

19.15 – 20.00 h Spanish evaluation of 2016 Olympics and Paralympics Games

Luis Villanueva, Adjoin Deputy Director Performance Programmes at CSD

20.00 – 21.00 h Dinner at CAR Sierra Nevada

5th October Wednesday

8.00 – 8.30 h Breakfast

8.30 – 9.30 h Visit to CAR facilities and Inauguration

9.30 – 10.15 h Sport marketing and events' organization

Ignacio Valenzuela, Marketing Director Sierra Nevada Ski Resort and Jesús Mardaras, Deputy

Director Promotion and Innovations in Sports at CSD

10.15 – 11.15 h Spanish SPC System

Fernando Iserte, Senior Project Manager at CSD

11.15- 11.45 h Coffee break

11.45 – 12.30 h Agenda 2020: Athlete entourage

Chantal Buchser, Senior Proyect Manager at International Olympic Committee

12.30 – 13.15 h Paralympic Athletes in SPC

Cesar Carlavilla, Senior Project Manager ADOP at Spanish Paralympic Committee

13.15 – 14.30 h Lunch time

14.30 – 14.50 h Presentation of Gold in Education and Elite Sport Program (Research program founded by the European Union's Erasmus + Sport Program about Education and Performance Sport in Europe)

Ingrid van Gelder, Papendal CTO

14.50 – 15.10 h Finish Dual Career Program

Simo Tarvonen, Sport Director of the Finnish Olympic Committee

15.10 – 15.40 h Other Dual Career Programs

Short presentations about different models: Ana Ruth Dóminguez PROAD CSD, Susana Reguela

CAR Sant Cugat and Hans Holdhaus IMSB Austria

15.40 – 16.00 h Coffee break

16.00 – 17.00 h Discussion about Dual Career

Round table moderated by the speakers

17. 30 h Departure to Granada for Cultural Programme

Granada guided tour and Gala dinner at Sacromonte (famous for its flamenco caves)

6th October Thursday
8.00 – 9.00 h Breakfast
9.00– 9.20 h CAR Sierra Nevada general presentation <i>Alfonso Sánchez (Deputy Director CAR Sierra Nevada, CSD)</i>
9.20 – 10.00 h Altitude training and practical solutions <i>Carmen Calderón (Head of the Medical Department CAR Sierra Nevada, CSD)</i>
10.00 – 11.15 h Practical session: evaluation <i>Blanca de la Fuente (Head of Performance Analyses Department CAR Sierra Nevada, CSD)</i>
11.15 – 11.45 h Coffee break
11.45 – 12.15 h Nutrition and sports: theory and reality <i>Lorenzo Pajares (Former Chef in CAR Sierra Nevada, Chef in Beijing 08 with Triathlon and now working with Movistar Cycling Team. Chef and Nutrition degree)</i>
12.15 – 13.00 h La vuelta: 3.000 people, 3.000 kilometers, 21 days. <i>Javier Guillén, CEO La Vuelta cyclist tour and Fernando Escartín, Technical Director La Vuelta cyclist tour</i>
13.00 – 14.30 h Lunch time
14.30 – 15.15 h Athlete and coach: Needs and hopes <i>Mireia Belmonte (Swimmer with 2 silver medals in London 12 and a gold and bronze medal in Rio 16) and Fred Vergnoux (Spanish Federation coach and 5 different countries best coach of the year)</i>
15.15 – 16.30 h Interactive session <i>Round table of discussion about topic we propose to them</i>
17.00 h Cultural programme Guided visit to Alhambra Palace and going on Tapas Tour.

7th October, Friday
8.00 – 9.00 h Breakfast
9.00 – 9.30 h New ASPC centres presentation Short presentation of the new members of the ASPC about where, why and who they are
9.30 – 10.30 h ASPC meeting
10.30 – 11.00 h Conclusion and closing <i>Óscar Graefenhain de Codes, General Director Spanish Council of Sports</i>
12.00 h Departure