

## European Horizontal Jumps and Sprint Symposium 2024

Friday 15th	Malmö Arena hotel	Location	Room
14:00-15:00	Registration	Arena Hotel	Level 1
15:15-15:20	Swedish Athletics	View Hotel	Öresundssalen 1
15:20-15:45	Malmö idrottsakademi	View Hotel	Öresundssalen 1
15:45-17:15	Randy Huntington - Developing speed for sprint and jumps	View Hotel	Öresundssalen 1
17:15-17:45	Refreshments	View Hotel	
17:45-19:15	Matthew Wood - Explore to learn, learn to explore: An ecological dynamics approach to skill and talent development	View Hotel	Öresundssalen 1
20:30	Dinner	Arena Hotel	Nilssons
Saturday 16th	Malmö Arena hotel and Atleticum indoor track	Location	Room
06:30-(10:30)	Breakfast	Arena Hotel	Percys
09:00-10:00	Jordan Mendiguchia - Hamstring rehabilitation	Arena Hotel	Terrassen
10:00-10:30	Break - Coffee		
10:30-11:30	Jordan Mendiguchia - Hamstring rehabilitation	Arena Hotel	Terrassen
12:00-13:00	Lunch	Arena Hotel	Nilssons
13:00-14:15	Jonathan Edwards - jumps, Presentation	Arena Hotel	Terrassen
	Andreas Behm - hurdles -Rhythm Development in the Hurdles	Arena Hotel	Boulevarden 3
14:45-15:45	Transport to Atleticum Indoor Arena - 14:45 / 15:05 / 15:25		
15:45-17:00	Jonathan Edwards - jumps, Practical part	Atleticum	
	Randy Huntington - sprint, Practical part		
17:00-17:30	Break - Refreshments	Atleticum	
17:30-18:45	Randy Huntington - jumps, Practical part	Atleticum	
	Andreas Behm - hurdles, Practical part		
18:45-19:45	Transport to hotel - 18:45 / 19:05 / 19:25		
20:30	Dinner	Arena Hotel	Percys
Sunday 17th	Malmö Arena hotel	Location	Room
06:30-(10:30)	Breakfast	Arena Hotel	Percys
09:00-10:00	Sophia Jowett - Communication as the fuel for quality coach-athlete relationships	Arena Hotel	Terrassen
10:00-10:30	Break - Coffee		
11:00	Check out latest time. Drop your key in box in Terrassen. Drop your bag in Terrassen		
10:30-12:00	Jonathan Edwards	Arena Hotel	Terrassen
12:00-12:15	Conclude and thank you!		
12:30-13:30	Lunch	Arena Hotel	Nilssons