

EA SUMMIT SERIES COMBINED EVENTS VÄXJÖ

Program

Friday 21st

15:00-17:00	Check-in			Royal Corner Hotel
17:00-18:30	Theory	Success Through Curiosity: Coach & Athlete in Sync	Nadja Casadei	Royal Corner Hotel
18:30-18:45	Coffe Break			
18:45-20:45	Theory	Stories from the Passenger Seat – Lessons from a Lifetime of Coaching	Harry Marra	Royal Corner Hotel
21:00	Dinner			Royal Corner Hotel

Saturday 22nd

07:00-08:45	Breakfast			Royal Corner Hotel
08:45-09:15	Walk to Östergatan			
09:15-09:30	Welcome	Welcome – from Östers IF's organization (football club)		
09:30-11:00	Theory	The Puzzle of Load, Planning and Progression	Ronald Vetter Anouk Vetter	Östergatans Restaurang
11:00-11:15	Coffee break			
11:15-12:45	Theory	From Promising Junior to Performing Senior: Building Long-Term Pathways in Combined Events	Fernando Oliva	Östergatans Restaurang
12:45-13:30	Lunch			Östergatans Restaurang
13:30-14:30	Walk	Visit other arenas in the arena city of Växjö		
14:30-16:00	Practical	Javelin training for multies. Focus: athletes with limited natural aptitude in the event.	Ronald Vetter Anouk Vetter	Telekonsult Arena
16:00-16:30	Coffee break	Standing long jump challenger		
16:30-18:00	Practical	Efficiency in Practice: Warm up drills for Combined Events Jumps with focus on High Jump	Fernando Oliva	Telekonsult Arena
19:00-21:00	Theory	Panel Q&A with Nadja Casadei, Harry Marra, Anouk Vetter, Fernando Oliva		Royal Corner Hotel
21:00-22:00	Dinner			Royal Corner Hotel

Sunday 23rd

07:00-08:30	Breakfast			Royal Corner Hotel
08:30-09:00	Walk to Telekonsult			
09:00-10:30	Practical	Simplicity, Rhythm and Precision. Sprint mechanics and Block starts mechanics	Harry Marra	Telekonsult Arena
10:30-10:50	Coffee break			
10:50-12:00	Practical	7 points to coaching excellence in the long jump event.	Harry Marra	Telekonsult Arena
12:30	Lunch	Lunch and good bye		Royal Corner Hotel