SYMPOSIUM SCHEDULE

21ST August Speaker/Topic. Host

08:15 Registration

08:45 Opening & Welcome Frank Dick

09:00 Robert Chapman (USA) Richie Mercado

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09:50 "Fatigue and Bioenergetics –

New Insights into an Old Phenomenon".

10:00 Karena Vleck (W.A) Rebecca Hutchinson

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10:50

11:00 Refreshment Break

11:30 Dr Andras Hegyi (HUN) Sena Bekric

 | “Hamstring muscle function in sprinting

12:20 and in various exercises”

12:30 Dr Zsolt Radak (Hun) Frank Dick

 | The trainability of endurance and

13:20 strength training

Analyst Panel in Club Programme commences 14:30hrs. Elite Coaches’ interviews commence 15:45hrs.

22nd August Speaker/Topic. Host

08:15 Registration

08:45 21st August Summary Frank Dick

09:00 Dr József Tihanyi (HUN) Frank Dick

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09:50 "-------------------------------".

10:00 Dr Dianne Huxley (AUS) Rebecca Hutchinson

 | ”Athletics Australia High Performance

Coach Development Strategy”

10:50

11:00 Refreshment Break

11:30 Dr Éva Martos (HUN) Sena Bekric

 | “Maximizing effectiveness and minimizing

12:20 unintended doping-the principles
of supplementation”

12:30 Nikos Apostolopoulos

 (Hun) Frank Dick

 | "Microstretching for Recovery and Richie Mercado

13:20 Regeneration"

13:30 Closing Symposium Frank Dick

Analyst Panel in Club Programme commences 14:30hrs. Elite Coaches’ interviews commence 15:45hrs.

Coaches attending the symposium are welcome to participate in the analyst panel and Elite Coach Interview sessions which finish at 17:00 each day.

The presentations are recorded and will be available on the GACA website.