

3RD | 4TH SEPTEMBER

COTE D'OR NATIONAL SPORTS COMPLEX



Friday 3 September 2021 - Conference Room 1

10am - 12pm	Parkour & Stunts - From obstacle to opportunity	Axel Louis, Giresh René & Olivier Sulpice	English
LUNCH & NETWORKING			
1:10pm - 2:10pm	Force Mentale - Hypnose et Performance Sportive (CPD)	Richard Gourel de St Pern	French
2:15pm - 3:45pm	1. When to call for help and when to refer? Signs and symptoms to look out for the coach 2. Le sport d'équipe comme modèle dans l'univers du travail et son rôle social (CPD)	1. Dr Naiken & Miss Ramdin 2. Dominique Filleul	1. English 2. French
4pm - 5pm	1. Human rights in Sports 2. Wearable performance devices - tips and clues (CPD)	1. Cristelle Parsooramen 2. Yannick Lincoln	1. English 2. French
5pm - 5:45pm	DNA and Sports (CPD)	Martine Beaufile	French

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Friday 3 September 2021 - Conference Room 2

9am - 10am	The ultimate Nutrition plan for beginners starting any type of sport	Anya Benoit	English
10:15am - 11:15 am	The importance of Nutrition for sports and exercise	Anya Benoit	English
11:30am - 12:30pm	Nutritional Training in Trail & Road Runners	Anya Benoit	English
LUNCH & NETWORKING			
1:30pm - 2:30pm	Trail running: principes de l'entraînement et séances clés pour progresser	Nicolas Queland	French
2:45pm - 3:45pm	L'utilisation de la variabilité cardiaque (HRV) pour une progression optimale en course à pied	Nicolas Queland	French

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Friday 3 September 2021 - Conference Room 3

9am - 10am	Activité physique pendant la grossesse et en post-PARTUM	Alicia Lamusse	French
10:15am - 11:15 am	Découverte du Spinning & du TRX	Alicia Lamusse	French
11:30am - 12:30pm	Foot care	Khesav Deenoo	English
LUNCH & NETWORKING			
1:30pm - 3:30pm	First Aid & Safety	Barbi Meuller Sol	English
4pm - 5:30pm	Tour de l'île Maurice en courant: Yan de Maroussem, Tina Staub et Pierre Yves Maria nous partagent leur expérience	Yan de Maroussem, Pierre-Yves Maria & Tina Staub - Nicolas Queland Mediator	French