

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	Richard Gourel de St Pern	French
2:15pm - 3:45pm	<ol style="list-style-type: none"> 1. When to call for help and when to refer? Signs & symptoms for athletes & coaches to look out for (CPD) 2. Le sport d'équipe comme modèle dans l'univers du travail et son rôle social 	<ol style="list-style-type: none"> 1. Dr Naiken & Miss Ramdin 2. Dominique Filleul 	<ol style="list-style-type: none"> 1. English 2. French
4pm - 5pm	<ol style="list-style-type: none"> 1. Human rights in Sports 2. Wearable performance devices - tips and clues 	<ol style="list-style-type: none"> 1. Cristelle Parsooramen 2. Yannick Lincoln 	<ol style="list-style-type: none"> 1. English 2. French
5pm - 5:45pm	DNA and Sports	Martine Beaufiles	French

3RD | 4TH SEPTEMBER

COTE D'OR NATIONAL SPORTS COMPLEX



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

3RD | 4TH SEPTEMBER

COTE D'OR NATIONAL SPORTS COMPLEX



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