

	GENERAL HÖ 1 <i>Lecture Hall 1</i>	POLE VAULT HÖ 1, <i>Lecture Hall 1 and</i> Indoor Hall LAH	HIGH JUMP HÖ 1, <i>Lecture Hall 1 and</i> Indoor hall LAH
<b>Friday, 09.11.18</b>	<b>Eröffnung /Opening</b>		
16:00	<i>Prof. Dr. Thomas Abel</i>		
16:20	<b>Career report Fabian Hambüchen</b> <i>Olympic gold medalist gymnastics</i>		
17:20	<b>Career report Carlo Thränhardt</b>		
18:30	<b>Christian Zepp</b> <i>Coaching athletes to high performance</i>		
20:00	<i>Abendessen, Dinner (Mensa)</i>		
<b>Saturday, 10.11.18</b>	<b>Martin Bingisser</b> <i>Actual trends in periodization – facts and fiction</i>		
08:30			
09:30	<b>Herbert Czingon</b> <i>The challenge of planning 2019 - 2020</i>		
10:30	<i>Kaffeepause, Coffee break</i>		
11:00	<b>Roman Jahoda</b> <i>ComplexCore</i>		
12:30	<i>Mittagessen, Lunch (Mensa)</i>		
14:00		<b>Roman Jahoda</b> <i>Practical for pole vaulters – Mobilization and stabilization</i> LAH	<b>Tamas Kiss</b> <i>Technik und Training Hochsprung</i> HÖ 1
15:30		<b>James Bemiller / David Butler</b> <i>The Three Styles/Techniques of the Pole Vault: What makes the Rota- tion of the Pole Accelerate</i> HÖ 1	<b>Tamas Kiss</b> <i>Praxis Hochsprung</i> LAH
17:00	<i>Kaffeepause, Coffee Break</i>		
17:30		<b>Herbert Czingon</b> <i>Chat talk with James Bemiller and David Butler</i> HÖ 1	<b>Roman Jahoda</b> <i>Practical for high jumpers – Mobilization and stabilization</i> LAH
19:00	<i>Bankett, Get Together</i>		
<b>Sunday, 11.11.18</b>			
09:00		<b>Brian Hanley</b> <i>Biomechanical findings pole vault WC London 2017 /WIC Birmingham 2018</i> HÖ 1	<b>Giulio Ciotti</b> <i>My coaching approach in the high jump</i>  <i>Theory and practical</i> LAH
11:00		<b>Satoshi Kijiya</b> <i>Preparation for TOKYO 2020</i> HÖ 1	<b>Gareth Nicholson</b> <i>Biomechanical findings high jump – WC London 2017 / WIC Birmingham 2018</i> HÖ 2
12:30	<i>Summary of workgroups / discussions / practical</i> HÖ 1		
13:00	<i>Abschluss Mittagessen, Closing lunch</i>		