



FEBRUARY 21-23



Conference Speakers

INTERNATIONAL COACHES

CHIN LUNG HUANG

Chinese Taipei, Speed TC Member

ELIAS DEL VALLE

Colombia, Team Colombia Head Coach

VINCENZO SCIONTI

Italy, World Skate Facilities Manager

ALESSANDRO DONATI

Italy, Master CONI SdS and Responsible of the Olympic Preparation

GARIKOITZ LERGA

Spain, Team Spain Head Coach

ANDREA CHIRICO

Italy, Psychologist and CONI-SdS Instructor

CLAUDIO GIORGI

Italy, Engineer and SIRI Instructor

CARLO VARALDA

Italy, CONI-SdS Instructor and FIPE Strength Academy Director

KALON DOBBIN

New Zealand, International Coach

IVAN VARGAS

Team Colombia Coach

DAVIDE CASSANI

Manager for Italian National Cycling Team

Conference Speakers

INTERNATIONAL JUDGES

JORGE ROLDAN

Colombia, Speed TC Chairman

HERVÉ LALLEMENT

France, Speed TC Member

ISMAEL OCHOA

Colombia, International Referee

FRANÇOIS GIGAN

France, International Referee

RHODA BUEKER

Australia, International Referee

ANDREA CHIRICO

Italy, Psychologist and CONI-SdS Instructor

Wednesday 20th February

17:00 - 20:00 Arrival and Accreditation

Thursday 21st February

08:00 - 09:00 Accreditation

CONFERENCE ROOM 3 - COACHES

09:00 - 09:30 Welcome of the President

09:30 - 11:00 Speed Skating as Cycling: individual or team sport.
Davide Cassani

11.15 - 12:45 Training Methodology
Alessandro Donati

LUNCH

14:30 - 16:00 Evolution of a Coach
Kalon Dobbin

16:00 - 17:00 World Skate Academy: Speed Coaches School: Presentation
Chin Lung Huang



**WORLD
SKATE**

**INLINE SPEED SKATING
INTERNATIONAL SEMINAR
ROME 2019**

17:15-18:45 Retreat prior the World Championship, managing of the school for speed skaters: from beginners to World Champions
Elias del Valle

DINNER

CONFERENCE ROOM 4 - JUDGES

09:30 - 10:30 International and National Competitions
Jorge Roldan

11:00 - 12:30 Evolution of the Rules
Hervé Lallement

LUNCH

14:30 - 16:00 Positioning on the track / Rules interpretation and application 1
Ismael Ochoa

16:15 - 18:15 The importance of communication between the members of a Jury
Andrea Chirico

DINNER

Friday 22nd February

CONFERENCE ROOM 3 - COACHES

09:00 - 11:00 Communication Skills and Motivation
Andrea Chirico

11:15 - 12:45 Development of muscular efficiency in skaters
Alessandro Donati

LUNCH

14:30 - 16:00 Speed Skating: individual or in team
Garikoitz Lerga

16:00 - 17:30 The positive effects of weight-lifting exercises on performance and injuries prevention
Carlo Varalda

17:45-19:15 Round Table: new projects

DINNER

CONFERENCE ROOM 4 - JUDGES

09:00 - 10:30 Faults Criteria
Hervé Lallement

10:45 - 11:45 Preparation for a competition
Rhoda Bueker

11:45 - 12:30 Secretary Judge, Developing a Competition Program 1
François Gigan

LUNCH

14:00 - 16:00 Recognizing and accepting the role of the leader within a group
Andrea Chirico

16:15 - 18:15 Start Procedure / Rules interpretation and application 2
Ismael Ochoa

18.45 - 20:00 Examination: Oral test for candidates applying to become International Judges. Examination 2nd phase (video analysis)

DINNER

Saturday 23th February

CONFERENCE ROOM 3 - COACHES

09:00 - 10:30 Speed: the new facilities
Vincenzo Scionti

10:45 - 12:30 Importance of the pedagogical model in sports training
Ivan Vargas

LUNCH

14:30 - 16:00 Biomechanics: assessment of energy expenditure and technical analysis of Inline Speed Skating
Claudio Giorgi

16:15-18:30 Round Table: What's next?

CONFERENCE ROOM 5 - JUDGES

8:30-10:30 Written test for candidates applying to become International Judges

CONFERENCE ROOM 4 - JUDGES

09:00 - 10:00 Secretary Judge 2.0, Developing tools for a competition
François Gigan

10:15 - 12:30 Diagnostic the and reflexion about the solution
Hervé Lallement

LUNCH

14:30 - 16:15 Judging position profile and tasks and communication skills
Rhoda Bueker / Hervé Lallement / Ismael Ochoa

16:15 - 18:30 Round Table: What's next?

DINNER

Sunday 24th February

DEPARTURE



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