

**WADC 2025**

**Program Competitive Swimming**



**Thursday 9<sup>th</sup> January**

12.00-13.00	<b>Registration</b>
13.00-13.15	<b>Welcome and information</b>
13.15-14.15	<b>Mike Peyrebrune</b> <i>Planning considerations at critical stages of the swimmer development pathway</i>
14.15-14.30	<b>Break</b>
14.30-15.30	<b>Jim Pawleczyk and Milton Nelms</b> <i>What`s your paradigm</i>
15.30-16.00	<b>Coffee break</b>
16.00-17.00	<b>Alex Niktin</b> <i>The Intersection of Science and Art in Coaching Swimmers</i>
17.00-17.15	<b>Break</b>
17.15-18.00	<b>Mads Claussen</b> <i>Efficient communication</i>
19.00	<b>Dinner at Scandic Restaurant</b> (need to be pre-booked)

**Changes may occur**

## Friday 10<sup>th</sup> January

08.30-9.30	<p><b>Abstract – presentation</b>  <b>Chris DeSantis</b>  <i>Positive Psychology That Actually Applies</i></p>
9.30-10.00	<p><b>Coffee Break</b></p>
10.00-10.15	<p><b>Opening ceremony</b>  - <b>Together with Learn to Swim</b></p>
10.15-10.35	<p><b>Milton Nelms</b>  <i>Introduction</i></p>
10.40-11.30	<p><b>Dean Barker</b>  <i>Metaphors of movement learning: How we think we learn to move</i></p>
11.30-11.45	<p><b>Break</b></p>
11.45-12.45	<p><b>Greg Louganis</b>  <i>Coaching From the Inside Out</i></p>
12.45-13.45	<p><b>Lunch</b></p>
13.45-14.30	<p><b>Alberto De Silva</b>  <i>New program Portugal 2021/22</i></p>
14.30-14.45	<p><b>Break</b></p>
14.45-15.30	<p><b>Dean Barker</b>  <i>Workshop</i></p>
15.30-16.00	<p>Coffee Break</p>
16.00-17.00	<p><b>Walter Bolognani</b>  <i>Talent (Detecting and developing)</i></p>
17.10-17.45	<p><b>Panel</b></p>
18.00-19.00	<p><b>Social activity</b></p>
19.00-	<p><b>Dinner at Scandic restaurant</b>  (need to be pre-booked)</p>

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## Saturday 14<sup>th</sup> January

08.30-09.15	<b>Jim Pawelczyk</b> <i>Is breathing fashionable or primal?</i>
09.15-09.30	<b>Break</b>
09.30-10.15	<b>Alberto De Silva</b> <i>APSVELOX Model of Periodization in blocks - part 1</i>
10.15-10.45	<b>Coffee break</b>
10.45-11.30	<b>Alex Niktin</b> <i>From Fundamentals to Finesse: Coaching with Precision</i>
11.30-11.45	<b>Break</b>
11.45 – 12.30	<b>Milton Nelms</b> <i>Impulses and Spaces</i>
12.30-13.30	<b>Lunch</b>
13.30-14.15	<b>Walter Bolognani</b> <i>HANDLE WITH CARE (competitive swimmers from first stages to the top)</i>
14.15-14.30	<b>Break</b>
14.30 -15.30	<b>Mike Peyrebrune</b> <i>Supporting Olympic Gold Medalists: Messages from Rebecca Adlington, Adam Peaty and Daniel Wiffen</i>
15.30-16.00	<b>Coffee Break</b>
16.00-16.50	<b>Jim Pawelczyk</b> <i>Creating vs eliminating: What makes swimming unique?</i>
16.50-17.00	<b>Break</b>
17.00-18.00	<b>Q &amp; A med Greg Louganis</b>
19.30 -	<b>Banquette</b> <b>(need to be prebooked)</b>

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## Sunday 15<sup>th</sup> January

09.00- 10.00	<b>Mike Peyrebrune</b> <i>Translating science into practice for swimming coaches</i>
10.00-10.15	<b>Break</b>
10.15- 11.00	<b>Alberto Pinto Da Silva</b> <i>APSVELOX Model of Periodization in blocks - part 2</i>
11.00-11.15	<b>Coffee Break</b>
11.15-12.00	<b>Walter Bolognani</b> <i>The Coach</i>
12.00-13.00	<b>Lunch</b>
13.00-14.00	<b>Mads Claussen</b> The C.O.A.C.H Model
14.00-14.10	<b>Break</b>
14.10-15.00	<b>Summary and Goodbye</b>
15.00	<b>Coffee to go</b>