

WADC 2025

Program Competitive Swimming



Thursday 9th January

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

Changes may occur

Friday 10th January

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

Changes may occur

Saturday 11th January

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

Changes may occur

Sunday 12th January

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

Changes may occur