

European Horizontal Jumps and Sprint Symposium 2024

Friday 15th	Malmo Arena hotel	Location	Room
14:00-15:00	Registration	Arena Hotel	Level 1
15:15-15:20	Swedish Athletics	View Hotel	Ströget
15:20-15:45	Malmö idrottsakademi	View Hotel	Ströget
15:45-17:15	Randy Huntington -Developing speed for sprint and jumps	View Hotel	Ströget
17:15-17:45	Refreshments	View Hotel	
17:45-19:15	Matthew Wood -Explore to learn, learn to explore: An ecological dynamics approach to skill and talent development	View Hotel	Ströget
20:30	Dinner	Arena Hotel	
Saturday 16th	Malmo Arena hotel and Atleticum indoor track	Location	Room
06:30-08:30	Breakfast	Arena Hotel	
08:30-9:30	Jordan Mendiguchia - Hamstringrehabilitation	Arena Hotel	Terrassen
09:30-9:15	Break		
09:15-10:15	Jordan Mendiguchia -Hamstringrehabilitation	Arena Hotel	Terrassen
10:15-10:30	Q&A	Arena Hotel	Terrassen
10:30-10:45	Break		
10:45-11:45	Sophia Jowett -Communication as the fuel for quality coach-athlete relationships	Arena Hotel	Terrassen
12:00-13:00	Lunch	Arena Hotel	
13:00-14:15	Jonathan Edwards -jumps, presentation	Arena Hotel	Terrassen
	Andreas Behm- hurdles -Rhythm Development in the Hurdles	Arena Hotel	Boulevarden 3
14:45-15:30	Transport to Atleticum Indoor Arena		
15:30-16.45	Jonathan Edwards -jumps, practical	Atleticum	
	Randy Huntington-sprint, practical	Atleticum	
16:45-17:15	Break	Atleticum	
17:15-18:30	Randy Huntington-jumps, practical	Atleticum	
	Andreas Behm - hurdles, practical	Atleticum	
18:30-19:15	Transport to hotel		
20:30	Dinner	Arena Hotel	
Sunday 17th	Malmo Arena hotel	Location	Room
06:30-08:30	Breakfast	Arena Hotel	
09:00-10:30	Paul Brice -Upright mechanics for the sprint and jumps	Arena Hotel	Terrassen
10:30-10:45	Break		
10:45-12:15	Jonathan Edwards	Arena Hotel	Terrassen
12:15-12:30	Conclude and thank you!		
12:30-13:30	Lunch	Arena Hotel	