

"Basketball Strength and Conditioning: experiences and methodological innovations"

PISTOIA 2nd-3rd of June 2012

Program:

Saturday June the 2nd

8.00: Participants' registration

9.00: Conference presentation and welcome –CNA President –APFIP President – Local political figures.

9.15: Sessions opening

9.15-10.45 **SESSION ON INJURY PREVENTION AND REHABILITATION**

9.15 - 10.00 - **Dr. Saverio Colonna** - Orthopedic, expert in Sports Medicine and Manual Osteopathic Medicine, President of the Italian Association of Osteopathic Doctors and Director of the Sports Physiotherapy Masters Programme.

"Knee chondral issues: a myofascial chains approach"

10.00- 10.45 – **Rehabilitation Technician Fabrizio Borra**- Rehab Therapist – Spors Rehabilitation Expert - Team Ferrari Therapist and Director of the Fisiology Center-Forli'

" The knee and the basketball player "

Coffee Break 10.45-11.00

11.00- 12.30 - **SESSION ON STRENGTH AND CONDITIONING**

11.00- 12.15 **Jesse Wright** -Head Strength & Conditioning Coach Philadelphia 76ers (NBA)

"Identifying and Preventing Basketball-Specific Injuries"

12.15 – 12.30 Question time

15.00 - 17.45 **SESSION ON YOUTH STRENGTH AND CONDITIONING**

15.00 – 16.15 -**Fabrice Serrano** - Strength and Conditioning Coach Asvel Lyon Villeurbanne (France)

"Aims and methods in the initial years of youth teams training – The French approach."

16.15- 17.15 -**Virginijus Mikalauskas** - Strength and Conditioning Coach BC Azvomash (UKR), for many years Director of Strength and Conditioning for the Lithuanian Senior and Youth National Teams.

"Aims and methods in youth teams training – The Lithuanian approach"

Ore 17.15 – 18.00 – **Massimo Annoni** – Strength and Conditioning Coach Armani jeans Milano
"The warm up before the game"

18.00 -18.30 **SESSION ON ATHLETES' NUTRITION AND SUPPLEMENTATION**

18.00– 18.30- Giuseppe Moggi -Doctor of Medical Biotechnology, Veterinary and Pharmaceutical, biotech and ofNatrix.

"Food intolerances and allergies and their influence on performance"

Sunday June the 3rd

9.15-10.15 **SESSION ON STRENGTH AND CONDITIONING**

Jesse Wright - S&C coach Philadelphia 76ers (NBA)

"Alternative Ideas and Exercises in the Basketball Weightroom"

10.15 - 10.40 **SESSION ON TECHNOLOGY, IDEAS AND TRAINING RESOURCES**

- 20' Workshop Microgate

10.15 – 11.30 **SESSION ON STUDIES AND RESEARCH**

10.15 – 11.00 Matteo Levi – Professor at the University of Florence, School of Medicine; Professional Strength and Conditioning Coach, FIGC and FIR.

Analisi e risultati sulla capacità polmonare come valutazione della condizione di un giocatore.

11.00 – 11.15 Coffee Break

11.15 – 11.35 **SESSION ON TECHNOLOGY, IDEAS AND TRAINING RESOURCES**

- 20' Workshop Conquest Company

11.35 – 12.50 **SESSION ON TRAINING METHODS**

11.30– 12.30 Virginijus Mikalauskas – Luca Bechi Head Strength and Conditioning Coach and Head Coach BC Azvomash (UKR),

Work synergy between the Head Coach and the S&C Coach in an elite European basketball club.

12.30 – 12.45 Question time

13.00 End of Conference



CNA in collaboration with APFIP presents:

International Clinic for Strength and Conditioning Coaches "ENZO GRANDI"



Info and registration:

Registration fee before the 15th of May:

*Coaches from external Federal Bodies, physiotherapists, PE Teachers € 100
students, Italian Basketball Federation Coaches € 80*

Registration fee after the 15th of May:

*Coaches from external Federal Bodies, physiotherapists, PE Teachers € 120
students, Italian Basketball Federation Coaches € 100*

APFIP Office (Italian Basketball Strength and Conditioning Coaches Association) – Website www.apfip.it
Mail to info@apfip.it Tel. +393331876167





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