



FEBRUARY 21-23



Speakers

INTERNATIONAL COACHES

DAVIDE CASSANI

Italy, Italian National Cycling Team Manager

ANDREA CHIRICO

Italy, Psychologist and CONI-SdS Instructor

ELIAS DEL VALLE

Colombia, Head Coach Team Colombia

KALON DOBBIN

New Zealand, International Coach

ALESSANDRO DONATI

*Italy, Master CONI SdS
and Responsible of the Olympic Preparation*

CLAUDIO GIORGI

Italy, Engineer and SIRI Instructor

GARIKOITZ LERGA

Spain, Head Coach Team Spain

CHIN LUNG HUANG

Chinese Taipei, Inline Speed Skating TC Member

VINCENZO SCIONTI

Italy, World Skate Facilities Manager

CARLO VARALDA

*Italy, CONI-SdS Instructor
and FIPE Strength Academy Director*

IVAN VARGAS

Colombia, Coach Team Colombia

INTERNATIONAL JUDGES

ENZO BASILE

Italy, International Judge

RHODA BUEKER

Australia, International Judge

ANDREA CHIRICO

Italy, Psychologist and CONI-SdS Instructor

ERIK DEVOS

Belgium, International Judge

FRANÇOIS GIGAN

France, International Judge

HERVÉ LALLEMENT

France, Inline Speed Skating TC Member

ISMAEL OCHOA

Colombia, International Judge

CHANG PO-KUANG

Chinese Taipei, International Judge

JORGE ROLDAN

Colombia, Inline Speed Skating TC Chairman

Wednesday 20th February

17:00- 20:00 Accreditation.

Thursday 21st February

08:00 - 09:00 Accreditation.

COACHES AND JUDGES - CONFERENCE ROOM 1

09:00 - 09:30 Welcome Speech of World Skate President and authorities.

09:45 - 11:00 Inline Speed Skating, let's build a future together!
Sabatino Aracu

COACHES - CONFERENCE ROOM 1

11.15 - 12:30 Inline Speed Skating as Cycling: individual or team sport?
Davide Cassani

LUNCH

**INLINE SPEED SKATING
INTERNATIONAL SEMINAR
ROME 2019**



- 14:30 – 16:00** Evolution of a Coach. *Kalon Dobbin*
- 16:00 – 17:00** Training Methodology. *Alessandro Donati*
- 17:15 – 18:45** World Skate Academy:
Inline Speed Skating Coaches
School Presentation. *Chin Lung Huang*

DINNER

JUDGES - CONFERENCE ROOM 2

- 11:15 – 12:30** Evolution of the Rules/Positioning
on the track. *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

- 18:15 – 19:15** International and National Competitions.
Jorge Roldan

DINNER

Friday 22nd February

COACHES - CONFERENCE ROOM 1

- 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** Inline 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** Retreat prior the World Championship
managing of the school for speed skaters:
from beginners to World Champions.
Elias del Valle

DINNER

JUDGES - CONFERENCE ROOM 2

- 09:00 – 10:30** Faults Criteria, how to identify
and address them. *Hervé Lallement*

- 10:45 – 11:45** Preparation for a competition.
Rhoda Bueker

- 11:45 – 12:30** Secretary Judge, Needs and Challenges.
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

COACHES - CONFERENCE ROOM 1

- 09:00 – 10:30** Inline Speed Skating:
the new facilities. *Vincenzo Scionti*

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

LUNCH

- 14:30 – 16:15** Biomechanics: assessment of energy
expenditure and technical analysis
of Inline Speed Skating
Claudio Giorgi

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

JUDGES - CONFERENCE ROOM 5

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

JUDGES - CONFERENCE ROOM 2

- 09:00 – 10:30** Secretary Judge 2.0, Developing tools
for a competition. *François Gigan*

- 10:45 – 12:30** The Photo Finish, the transponders
and the rules. *Chang Po-Kuang*

LUNCH

- 14:30 – 15:30** Chief Judges's liability, Jury's liability,
on track behaviours guidelines.
Enzo Basile

- 15:30-16:30** Relay Race, Field Control, Security
and Privacy
Erik Devos

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

DINNER

Sunday 24th February

DEPARTURE

