



CENTRO DE ALTO RENDIMIENTO  
HIGH PERFORMANCE CENTER

# III Americas Continental Forum

Bogotá, COLOMBIA

October 29 – November 1st

## PROGRAM - SUBJECT TO CHANGE

<b>Day 0</b>	<b>Tuesday, October 28</b>	
14:00 – 18:00	Arrival of Participants - Registration / Check-in	Capital and Tryp Hotels
<b>Day 1</b>	<b>Wednesday, October 29</b>	
7:00-9:00	Registration	Capital and Tryp Hotels
9:30-10:00	Welcome and Opening Ceremony	<b>Dale Henwood</b> -ASPC President; Canadian Sport Institute Calgary <b>Debbie Low</b> -ASPC Americas Vice President; Canadian Sport Institute Ontario <b>Andrés Botero P.</b> – Colombian Minister of Sports, IOC Member
	Coffee break	
10:30-12:00	Panel of athletes and coaches: “High altitude training and High performance center experiences”	<b>Mariana Pajón</b> Gold olympic medalist BMX – London 2012 <b>Moises Fuentes</b> Bronze and Silver Paralympic medalist <b>José Julian Velásquez</b> National cycling coach <b>Jenaro Leguizamo</b> Moderated by Lic. <b>Eduardo González</b> – COC
12:00-14:00	Lunch	
14:00–15:00	Tour of the “Sports” Zone	By bicycle or/and car: Simon Bolivar’s Metropolitan Park, Coldeportes and Colombian Olympic Committee Headquarters
15:30-17:00	Carbon Offsetting Activity	Coldeportes’ High Performance Center
19:00	Dinner	
<b>Day 2</b>	<b>Thursday, October 30</b>	
8:30 – 9:00	“Investment speeds up performance”	<b>Andrés Botero P.</b> Keynote Speaker Colombian Minister of Sports and IOC Member.
9:00 – 9:30	“Altitude adaptation, results and experiences from the HPC”	<b>Dr. Mauricio Serrato, MD.</b> Keynote Speaker Sports Medicine. Coldeportes.
9:30 – 10:30	Training Centers: Next Steps - Future and Sustainability	Bogotá High Performance Center - <b>Carlos E. Villegas</b> Ecuador Training Centers – <b>Dr. José Mancayo</b> - Viceminister US Olympic Training Centre at Chula Vista – <b>Tracy Lamb</b>
	Coffee break	
11:00 – 12:30	Tour of Coldeportes’ HPC	Guided by HPC Staff
12:30-14:00	Lunch	Coldeportes’ High Performance Center Hotel
14:30–15:30	“Use of Altitude/Hypoxic Training by Olympic Athletes”	<b>Dr. Randall L. Wilber, Ph.D., FACSM.</b> Keynote Speaker Senior Sport Physiologist. USOC Athlete Performance Lab.
15:30-16:00	“Training at altitude, which is the altitudinal threshold?”	<b>Dr. Edgar Cristancho.</b> Ph.D. Keynote Speaker Biologist. National University.
16:00-16:30	“The protection of athlete health and importance of science to the IOC Medical Commission”	<b>Dr. Torbjorn Soligard</b> - IOC Medical and Scientific Department

	Coffee break	
17:00-18:00	Interactive Panel discussion: “Altitude training: Trends, sense and concerns”	Dr. <b>Randall L. Wilber</b> , Ph.D. USA Dr. <b>Torbjorn Soligard</b> Ph.D. Norway Dr. <b>Edgar Cristancho</b> , Ph.D. Colombia Moderated by Dr. <b>Mauricio Serrato</b> Colombia
19:30	Forum Reception & Dinner	At Andrés DC
<b>Day 3</b>	<b>Friday, October 31</b>	
8:30-9:30	“Application of Motion Analysis Technology to Olympic Sports”	Dr. <b>Phil Cheetham</b> , Senior Sport Technologist, Sport Performance Division, Chula Vista US Olympic Training Centre
9:30-10:00		Dr. <b>Daniel Hardelin / Aude Reygade</b> - INSEP France
10:00-10:30	“Biomechanical evaluations: The Colombian experience”	<b>Ing. Natalia Rodríguez</b> , Biomedical Engineer. Coldeportes’ Sport Science Center.
	Coffee break	<b>Press Conference</b> A. Botero and ASPC Dignitaries
11:00-12:00	Interactive Panel discussion: “Integrated services through science at HPCs”	Dr. <b>Phil Cheetham</b> , USOC Mr. <b>Joseph Escoda</b> - CAR Sant Cugat Barcelona Dr. <b>Camilo Poveda</b> , Colombia Ing. <b>Natalia Rodríguez</b> , Colombia Moderated by Dr. <b>Juan Carlos Quiceno</b> Colombia
12:00-13:00	Tour of Sport Science Center and Doping Control Lab	Drs. Juan. C. Quiceno / Mauricio Serrato Dra. <b>Gloria Gallo</b>
13:00-14:00	Lunch	At the Sport Science Center / Hotel
14:30-16:00	“Setting up and Integrating Support Teams for Olympic/Paralympic Athletes”	<b>TBD</b> INS Quebec– <b>Scott Willgress</b> , Strength & Physiology Specialist, CSC Atlantic <b>Susan Boegman / Emma McCrudden</b> , CSI Pacific <b>Dave Stow</b> - US Olympic Training Centre at Chula Vista Moderated by <b>Troy Taylor</b> , Director Sport Science & Medicine –
	Coffee Break	
16:30-17:00	TORONTO 2015 Pan/Para Pan Am Games Update –	<b>Debbie Low</b> , TO2015 Bid Committee
17:00-17:30	ASPC Update & Forum Conclusions & Declaration	<b>Dale Henwood</b> , President, APSC
	Free evening	
<b>Day 4</b>	<b>Saturday, November 1<sup>st</sup>.</b>	
7:00-15:00	Tourist/cultural activities <i>At participant's own cost.</i>	Salt Cathedral of Zipaquirá