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1. Executive Summary

The 11th *ASPC International Forum on Elite Sports, Barcelona* was held at FC Barcelona facilities from 10-11 October 2019. This 11th instalment was co-organized by Barça Innovation Hub and CAR Sant Cugat.

The first international forum was held in 1999 in Australia (Sydney) and the last edition took place in Durban, South Africa. It was precisely at the Durban meeting that Barcelona's candidacy was chosen to host the 2019 Forum, following the presentation of the Catalan project by Francesc Cos, head of the Sports Performance Knowledge Area of the Barça Innovation Hub. FC Barcelona and CAR Sant Cugat have signed an agreement for the organization and joint implementation of this edition, understanding the relevance of CAR as a local representative among the High Performance Centers.

35 countries were represented at the forum; local and international delegates attended including leaders in the sports industry from Barcelona, Spain and the rest of the world.

The forum program and invited speakers were structured to address topics such as:

- Coaching Development
- Dual Career
- Leadership Development
- Women in Sports
- High Performance
- Center Relations
- Sports Sciences
- Sports Management
- Paralympics
- E-Sports
- Big Events (Next Olympic Games)

The forum partners were: Barça Innovation Hub, CAR Sant Cugat and ASPC. The Forum also had 6 different sponsors, with either

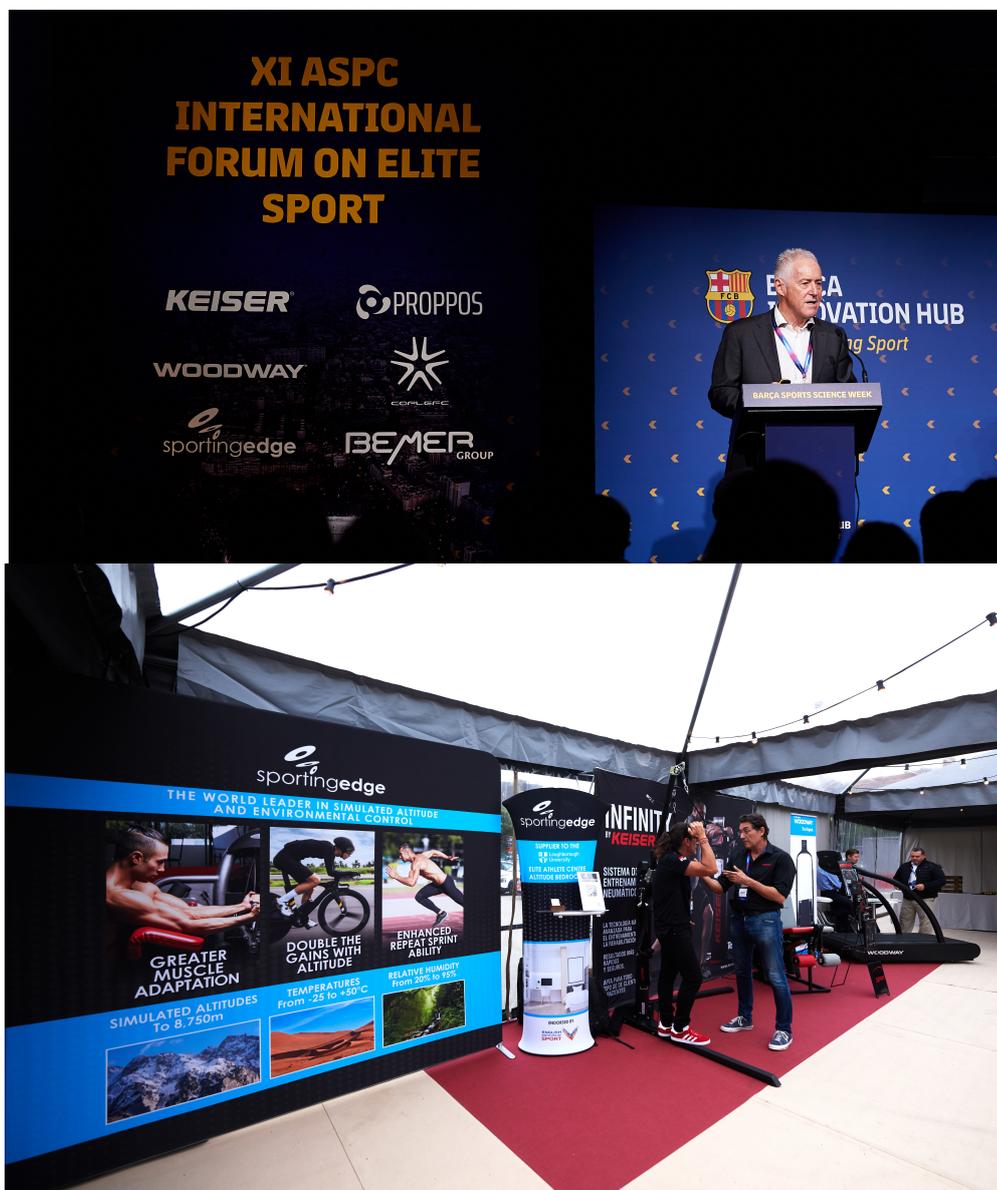
as a Division of FC Barcelona is based on the fact that all the knowledge that the Club generated over the years, on various subjects associated to sport, and not just football, can be shared.

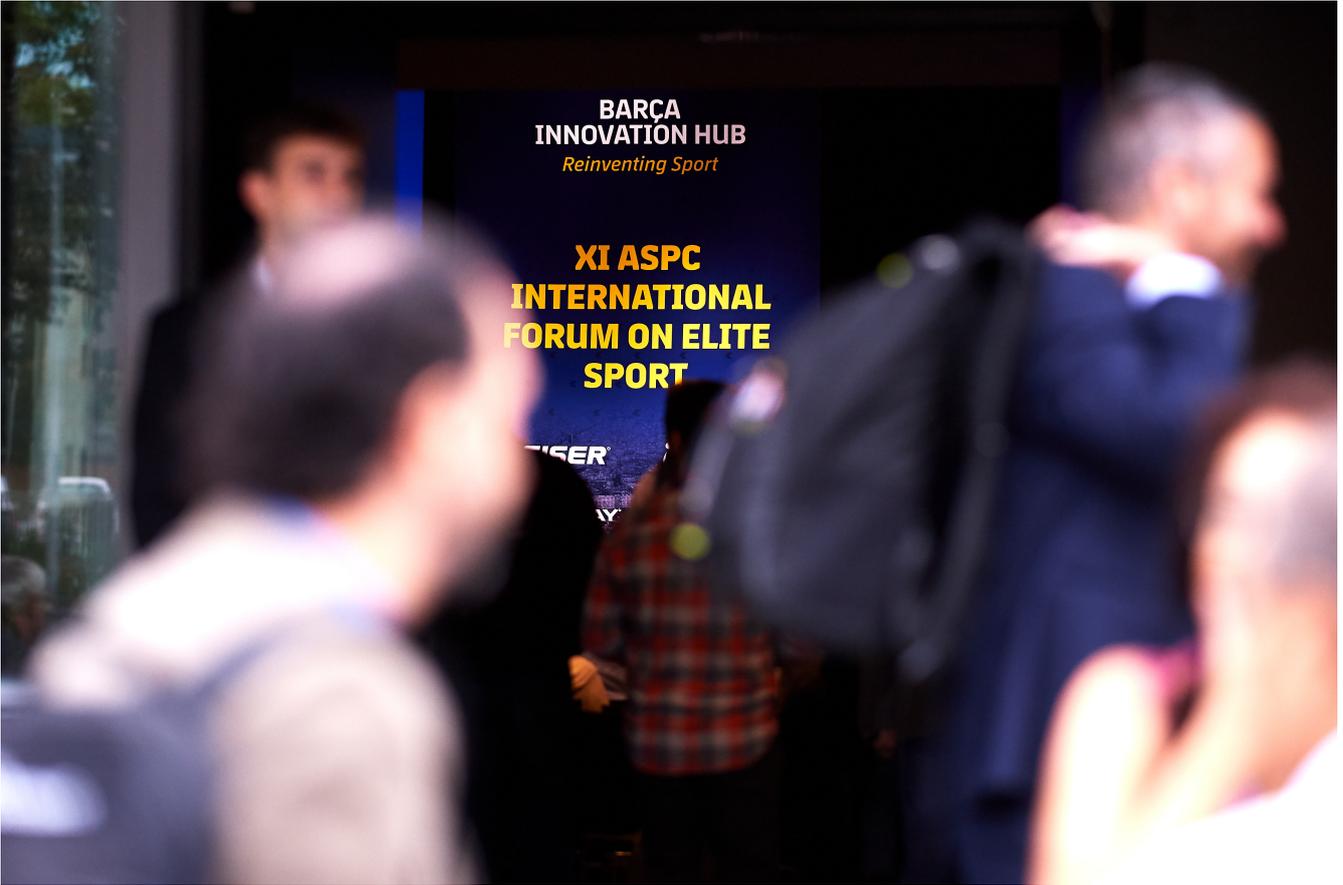
Barça Innovation Hub and High Performance Center of Sant Cugat del Vallès aim to be the worldwide number one sports industry center for knowledge and innovation, with the idea of creating value both for their institutions and society in general.

Our main purpose is to feat our professionals to success and also to share our knowledge with everyone.

3. Overview

The Forum saw delegates from 36 countries coming to Barcelona for an intensive 3 days of Capacity Building and Networking. The Forum saw 30 speakers presenting in the main auditorium and 30 speakers presenting in the workshops which were conducted by CAR Sant Cugat.







4. Organizing Committee

HONOR COMMITTEE

- Mr Gerard M. Figueras i Albà
Secretary General for Sport, Government of Catalonia
- Dr. Jordi Monés MD, PHD
Member of the Board of Directors Commissioner FCB
Universitas and Sport Science Department Futbol Club
Barcelona
- Ramón Terrassa
Director of High Performance Center Sant Cugat del
Vallès
- Albert Mundet
Head of Barça Innovation Hub Futbol Club Barcelona

ORGANIZING COMMITTEE

- Gerard Carmona, PhD, MS
Sports Performance Director Department of Barça
Innovation Hub
- Susana Regüela, PhD, MS
Head of Education, High Performance Center Sant Cugat
- Joan Ramón Tarragó
Sports Performance Director Department of Sports
Science, Futbol club Barcelona
- Xavier Balius, MS
Head of Sports Sciences, Medicine & Technology, High
Performance Center Sant Cugat

ASPC SUPPORT:

Dale Henwood, ASPC President
Jochem Schellens - Liaison Forum ASPC
Josep Escoda, ASPC Secretary General
Silvia Matesanz, ASPC Secretariat

FC BARCELONA SUPPORT:

Marcos Picalló
Jessie Engelhart
Blanca Martínez
Agustín Villegas

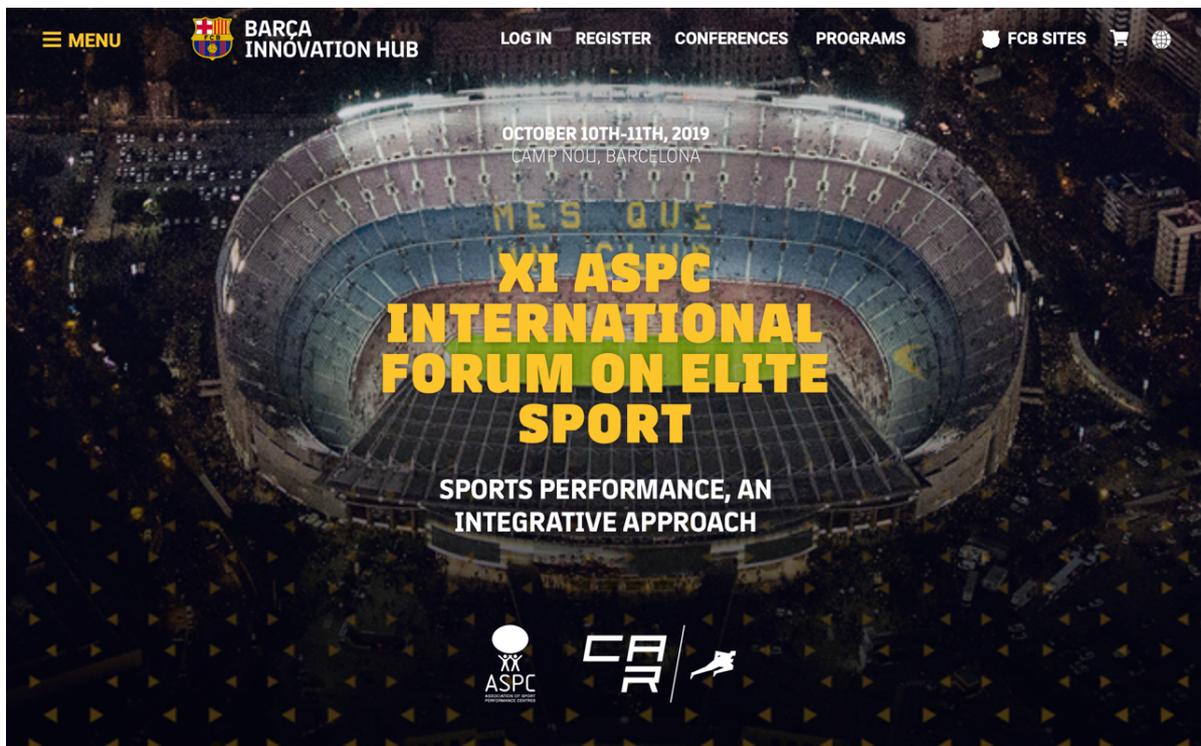
5. Forum Promotion

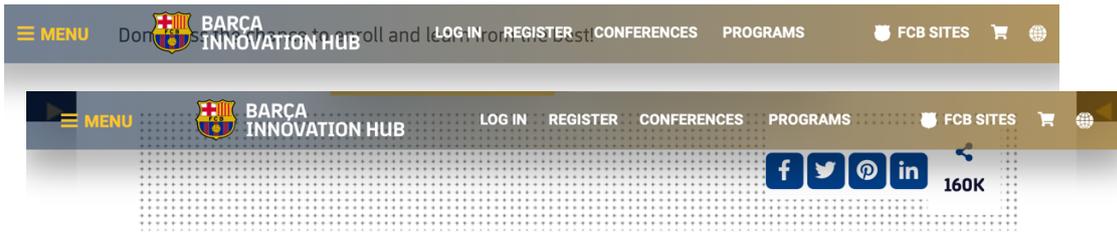
Both organizers promoted the conference: CAR and Barça Innovation Hub. The tools were BIHUB social media such as LinkedIn, Twitter and Instagram and also by newsletters to the BIHUB network.

On the other hand, CAR Sant Cugat distributed to all membership several mailing lists announcing the save the date, the Program and the Speakers.

Communication Dept at CAR promoted the event thru the weekly CAR Newsletter, A Press Note to the Media and Twitter Social Network.

6. Website





This 11th edition of the ASPC Forum on Elite Sports will be a unique opportunity for everyone that works in the field of elite sports to learn about integrative performance, leadership and management models in elite sports – among many other relevant challenges such as woman in elite sports or E-sports.

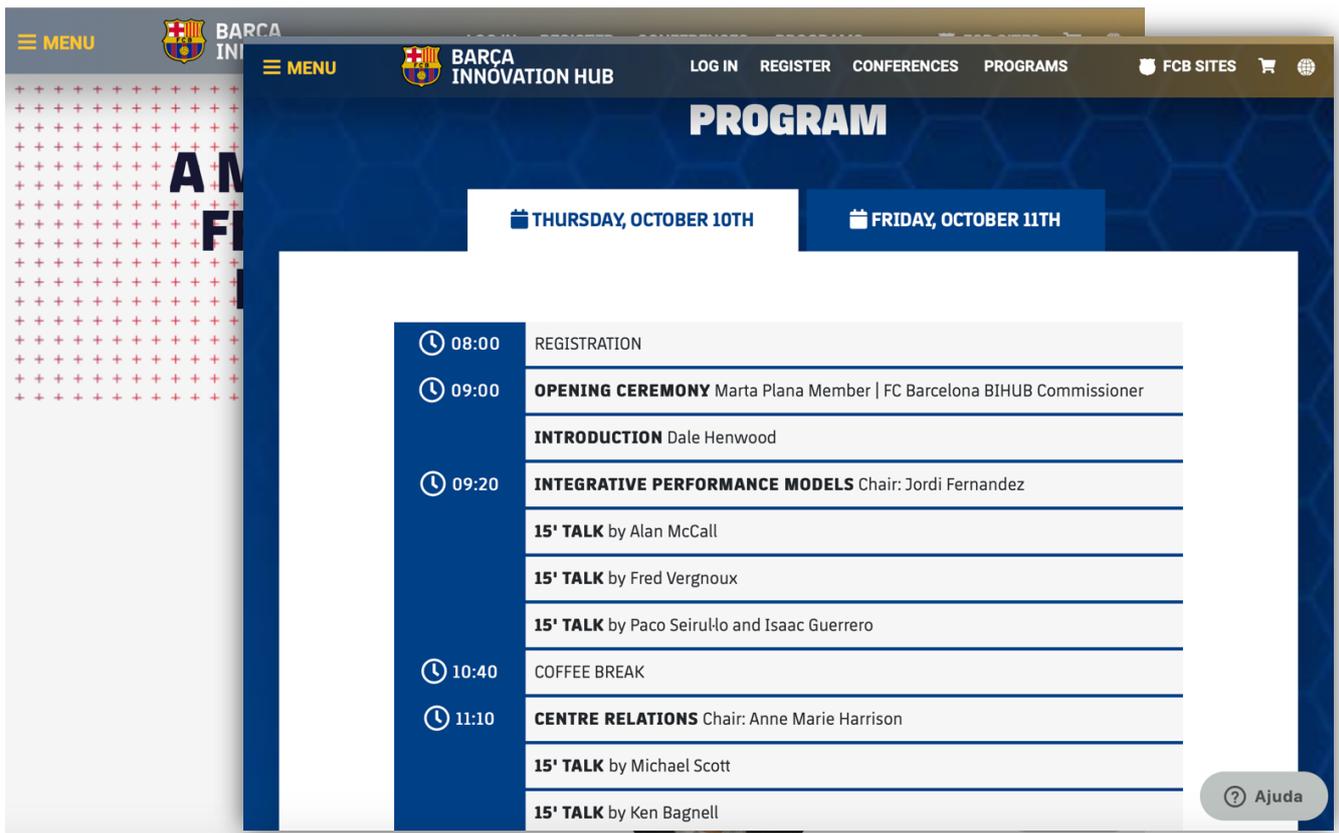
€300
5% OFF
€285

REGISTER NOW

MORE INFORMATION

DATE	OFFICIAL LANGUAGE
October 10th-11th, 2019	English
PLACE	REGISTRATIONS
Camp Nou, Barcelona	Open

[? Ajuda](#)



[? Ajuda](#)

7. ASPC Board Meetings

Previous to the main sessions of the Forum the ASPC Board meetings were held at the Senator Hotel and CAR Sant Cugat.

Transport for the Board Members was provided from the Forum Hotel to the CAR Sant Cugat facilities.

The meetings at CAR Sant Cugat took place at the Olympic Hall fully equipped with wifi and media equipment.

The BoD members had lunch at the restaurant of CAR together with all the athletes and staff.



8. Transport Logistics

For the Forum, Barça Innovation Hub and Botey (production and logistics supplier) took care of all the transport logistics for the speakers Botey hired a transport company that picked up the speakers at the hotel where they were staying and took them to the congress. Travels from the airport to the hotel and from the congress to the airport were also covered for the speakers.

Besides, the flights for the speakers were covered from their origin country to Barcelona (destination).

For the sessions at the High Performance Centre in Sant Cugat, CAR took care of the transport logistics of all the ASPC delegates from the Senator Hotel Barcelona Spa to the CAR facilities and back to the Hotel.

9. Hotel Logistics

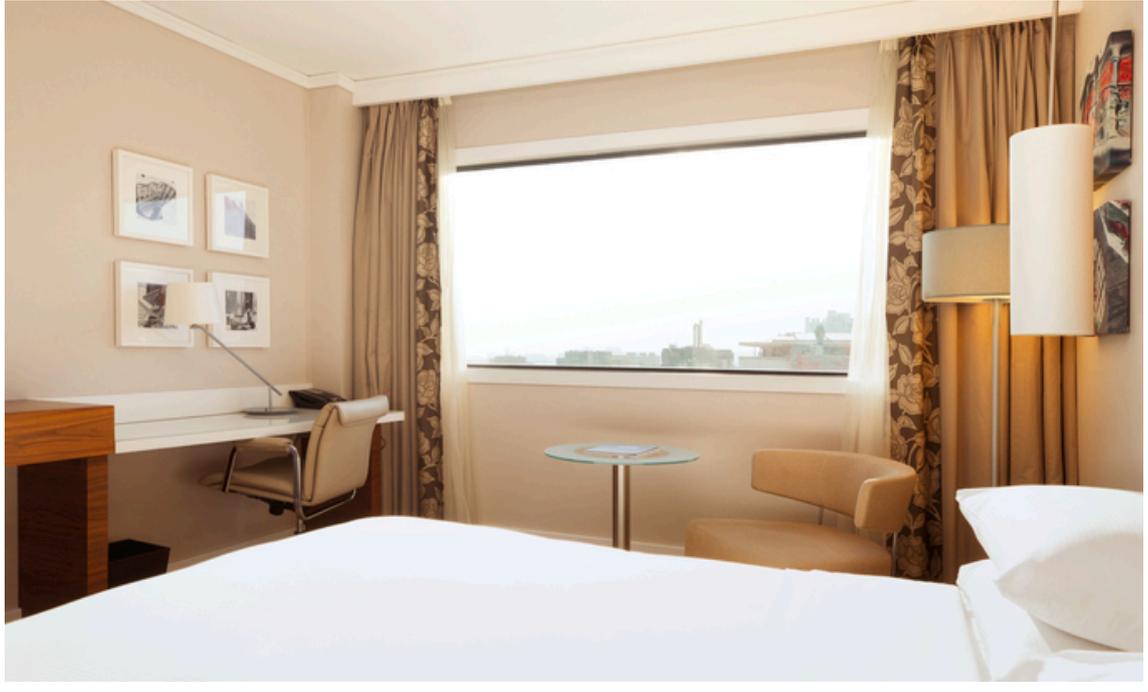
Barça has chosen Hilton Barcelona to be the reference hotel for the Forum for Speakers and the Sports Sciences Week.

Located on Barcelona's main avenue, Diagonal, this hotel is minutes away from the Camp Nou, the best shopping centers with exceptional boutiques, Palau de Congressos de Catalunya (PCC) and an Outdoor circuit for running. The Hilton Barcelona is just 10 minutes away from the city center and 15 minutes from Barcelona International Airport. Sants Central train station is just five minutes away from the hotel. Maria Cristina metro station is two minutes away walking.

Hotel Features:

- Central location. Surrounded by recreational options, shops, cultural attractions and businesses.
- Elegant and modern decoration throughout the hotel, with good lighting and open spaces.
- Executive rooms and suites that offer high-level benefits and access to the executive living room.
- Bedrooms with large closet and connecting rooms.
- Mosaic restaurant with exceptional Mediterranean cuisine, whose dishes are made with fresh local products.
- The Vibe Bar & Restaurant, a multi-purpose social meeting point.
- More than 1,800 m² of multifunctional meeting space with a capacity for 580 people.
- Fully equipped gym, with natural light; open 24 hours a day, 7 days a week.





For ASPC Members the Hotel Senator was appointed for their proximity to the Stadium and more affordable cost.

Senator Barcelona Spa Hotel**** is located on Carrer Cardenal Reig, 11, very close to Camp Nou, Plaça d'Espanya, Avinguda Diagonal and the Collblanc metro station, which offers direct connections with the airport (25 minutes) and Passeig de Gràcia as well.





10. Forum Venue

Barça:

- Auditorium 1899
- Capacity: Max 400 people (with an attached tent if necessary as modular Auditorium up to 800)
- Registration Area
- Restaurant and Networking Area
- Expo Area

Address:

FC Barcelona Stadium

Address: Carrer d'Aristides Maillol, 12. 08028 Barcelona (CAT).

Access to 1899 Auditorium: Gate 14

AUDITORIUM 1899



CAR:

- Auditorium (400 people). Wheelchairs Area and Translation (Wifi & Media Equipment & Video Streaming). General Assembly
- The multisports pavillon at CAR (Welcome)
- Hall of Fame - Capacity for 20 persons. (Board, continental meetings, workshops). Wifi and Media Equipment.
- Olympic Hall at the Main Hall - Capacity for 40 persons. (Board, continental meetings, workshops). Wifi and Media Equipment.
- ARC hall - Capacity for 20. Located in the next to Int. Rel. Unit (High Capacity Wifi and Media Equipment)
- Board hall - Capacity for 20. Located in the next to General Services Dept. (High Capacity Wifi and Media Equipment) Continental Meetings.



11. Program - Detailed Annex 1



October 9th – Wednesday	October 10th – Thursday	October 11th – Friday
(8:00h) Departure from the Hotel Senator	(8:00h) Registration	(8:00h) Registration
(8:30h) Registration		
(9:00h) Welcome	(9:00-9:20h) Opening Ceremony Dale Henwood - Welcome	(9:30-10:30h) Plenary session - Leadership in HP Sports Maurits Hendricks (40 min) Chair: Dale Henwood (15-20 min)
(9:15h) Continental meetings	(9:20-10:40h) Integrative Performance Models (US, SPA) Alan McCall (15-20 min) Fred Vergnoux (15-20 min) Paco Seirul-lo & Isaac Guerrero (15-20 min) Chair: Jordi Fernández (10 min)	
(10:30-11:00h) Coffee Break	(10:40-11:10h) Coffee Break	(10:30-11:10h) Coffee Break
(11:00-11:50h) Integrative Health Experience Session Dra. Montse Bellver (40 min) Chair: Xavier Balus (10 min)	(11:10-12:20h) Centre Relations (NZE, CAN, SPA) Michael Scott (15-20 min) Ken Bagnell (15-20 min) Txus Mardaras (15-20 min) Chair: Anne Marie Harrison (10 min)	(11:15-12:40h) Services to athletes and coaches Paul Wylleman (30 min) Else Marthe Lybekk (15 min) Karen Dolphin IOC (15 min) Gerard Soriano (15 min) Chair: Brendon Goodenough (10 min)
(12:00-13:15h) SAFE SPORT Experience Session (CAN, US, AUS, FIN) Aron McGuire (15 min) Gaetan Robitaille (15 min) Anne M. Harrison (15 min) Tapio Korjus (15 min) Chair: Debbie Low (15 min)	(12:20-13:30h) e-Sports Colin Webster (15-20 min) Alex Alguacil (5 min) Xavier Cortes (10 min) Bobby Sharma (10 min) Pilar Calvo (15 min) Chair: Jochem Schellens (15 min)	(12:45-13:45h) Athletes panel Questions to athletes and coaches Table: Mayuko Fujiki / Daniel Torres Vicky Losada / Lieske Martens Ander Mirambell / Jordi Morales Chair: Tapio Korjus / Brendon Goodenough (15-20 min)
(13:30-14:30h) Lunch	(13:30-14:30h) Lunch	(13:45-14:30h) Lunch
(14:30-15:00h) SAFE SPORT Experience Session (SAF) Continued Rian Cloete	(14:30-15:40h) Management models/sponsorship and financial models Roser Queralto (15-20 min) Victor Guevara (15-20 min) Phathokuhle Zondi (15-20 min) Chair: Kevin Subban (15 min)	(14:30-15:40h) Women in sports: coaching challenges Ritan Metah (15-20 min) Kristin Elliot Sale (15-20 min) Lidia Romero Gallardo (15-20 min) Chair: Maria Teixidor (15 min)
(15:00-17:00) General Assembly - annual plan, BID process, AOB, closing	(15:45-16:55h) Big Games - Training Centres Olympic Games Legacy Takeshi Kukidome (15-20 min) Xavier Balus (15-20 min) Gerard Figueras (15-20 min) Chair: Josep Escoda (15 min)	(15:45-16:55h) Plenary session - Leadership in HP Sports Xavier Pascual (40 min) Chair: Roger Font (15-20 min)
(17:00-19:00h) CAR TOUR	FREE DAY BARCELONA	(17:00-17:30h) CLOSING Presentation Forum ASPC 2021 Presentation next Barça Congress
(19:00-21:00h) OPENING RECEPTION AT CAR		(18:00h) BARÇA CLOSING COCKTAIL

12. Workshop Stream

Barça Sports Science Week exists in order to connect researchers from different fields, and professionals in the sports industry from around the globe. Bridging both worlds, strengthens our goal to take sports organizations one step further as well as helping boost athletic performance. FC Barcelona hosts Sports Science Week in the Auditori 1899, an event being held by the Barça Innovation Hub, the club's research, innovation and training program. This is the second edition of a week that is being divided into four main areas of sporting knowledge, namely medicine, physiotherapy, nutrition and performance.

This edition was held from 7th to 11th October at the Camp Nou. More than 1200 visitors and more than 60 speakers from 53 different nationalities attended to learn about the latest advances and case studies in sports science. The list of guests and speakers included some of the most influential science and medicine experts in the world, opinion leaders, sports club professionals and pioneers in the field of innovation.

The week began on Monday 7th October with a look at high performance sports medicine. Tuesday was focused on physiotherapy, and Wednesday was the second edition of the nutrition congress. The week ended with Thursday and Friday being dedicated to sports performance, the importance of women's sports and also the progress in e-sports.

Barça Sports Medicine Conference

This 11th edition of the medical congress was focused on tendon injuries, with discussions of new scientific evidence and innovative clinical techniques. Special attention was given to clinical operations on tendon pain and its pathology, examples of rehabilitation for specific tendon problems, preventive measures for tendon injuries and an exclusive guide to tendon therapy. In addition, new trends and challenges in sports injuries and rehabilitation will also be revealed to show the limits in sports medicine. That is why special attention was paid to the use of data to prevent injuries, the impact of new sensors, wearables and smart devices and new technologies in the rehabilitation of injuries.

The speakers roster included Ricard Pruna, FC Barcelona first team doctor; Gil Rodas, BIHUB head of medical services; Jill Cool, research professor at Latrobe University; Jeremy Loenneke, of the Department of Health and Exercise Sciences of the University of Mississippi, Hans Zwerver, professor of exercise and sports medicine at the University of Groningen; Henning Langberg, professor at the Faculty of Health and Medical Sciences in Copenhagen, and Andreas Ivarsson, head of physiology and research at Arsenal, among others.

Barça Sports Physiotherapy Conference

For the first time, the Club organized a conference for sports physiotherapists. Attendees had access to the latest research and trends in the field of physiotherapy at football clubs around the world, who explained their procedures and ways to treat injuries such as groin strains, chronic ankle instability, and hamstring and tendon injuries.

The panelists included Jim Mozon, from the Liverpool academy; Gwenaëlle Pelé, physiotherapist at PSG; Andreas Serner, physiotherapist and researcher at Aspetar; Telmo Firmino, coordinator of physiotherapists at Benfica; Juanjo Brau, physiotherapist and rehabilitator at FC Barcelona, i Carles Martín, physiotherapist and osteopath for the Barça basketball team.

Barça Sports Nutrition Conference

The second edition of this sports nutrition congress brought researchers who share their knowledge and experience in the nutrition of football teams, looking to foster a shift from theory to practice. The event included cooking show and examples of recipes made especially for FC Barcelona first team players.

Victor Hugo Texeira, nutritionist at Porto; Rebecca Randell, scientist at the Gatorade Sports Science Institute; Graeme Close, sports nutritionist at John Moores University in Liverpool; Antonia Lizárraga, nutritionist at FC Barcelona, and Franchek Drobnik, of the CAR research

department and member of the FC Barcelona medical services; were some of the speakers who took part in the conference.

ASPC International Forum on Elite Sports

For the first time, FC Barcelona, the ASPC and the CAR in Sant Cugat have joined forces to hold the 11th edition of the International Forum on Elite Sports. At the three-day meeting, attendees had the opportunity to acquire knowledge on integrating performance, leadership and management models in professional sports. Among other aspects, they talked about the role of women in elite sports and in the world of e-sports.

Among the participants of this conference we can find Maria Teixidor, board member responsible for the Barça women's team; Vicky Losada and Lieke Martens, who play for the Barça women's team; Xavi Pascual, Barça handball coach; Paco Seirul·lo, director of the Department of Methodology at FC Barcelona; Fred Vergnoux, elite swimming coach; Roser Queraltó, Chief Business Officer of the Euroleague; Gerard Figueras, General Secretary of Sport of the Government of Catalonia; Ander Mirambell, Olympic skeleton athlete; Karen Dolphin, from the CIO Sports Commission, and Bobby Sharma, founder member of Electronic Sports Group, among others.

13. Budget

The 11th International Forum on Elite Sport was made possible through financial contribution of FC Barcelona, CAR Sant Cugat and the support of the ASPC Board. A significant portion of the cost of hosting the Forum was offset by income generated by the Forum (Ticket sales and Sponsors), resulting in a net cost of € 129.209.

ASPC			
INCOME			
Concept			Amount
Ticket Sales	-	-	18.489 €
Sponsors			
Proppos	-	-	3.025 €
Woodway	-	-	6.050 €

Keiser	-	-	6.050 €
Sportindedge	-	-	6.050 €
Bemer	-	-	3.025 €
COPLEFC			3.025 €
ASPC			6.000 €
Total income			51.714 €
EXPENSES			
Concept	Unit Cost	Units	Amount
Catering			51.354 €
Logistics			58.207 €
Welcome Kits			9.172 €
Speakers Jerseys			2.866 €
Coordination	-	-	717 €
Hostesses	-	-	2.896 €
Maintenance	-	-	720 €
Security	-	-	553 €
Guides	-	-	1.016 €
Cleaning	-	-	85 €
Audiovisual	-	-	436 €
Photograph	300	2	726 €
Paid Media	-	-	460 €
Total Expenses			129.208 €

14. Project Successes

Survey Report Annex 2

15. Delegate Accreditation

Attendees per Event	Paid	ASPC Fee	Invitations
BARÇA SPORTS SCIENCE WEEK	16	-	262
BARÇA SPORTS MEDICINE CONFERENCE	75	-	85
BARÇA SPORTS PHYSIOTHERAPY CONFERENCE	98	-	92
BARÇA SPORTS NUTRITION CONFERENCE	183	-	124
XI ASPC INTERNATIONAL FORUM ON ELITE SPORT	75	122	180
	447	122	728
Total		1297	



Certificate:





Barça Innovation Hub, FC Barcelona's platform for knowledge and innovation, certifies that

Brendon Goodenough

has attended the

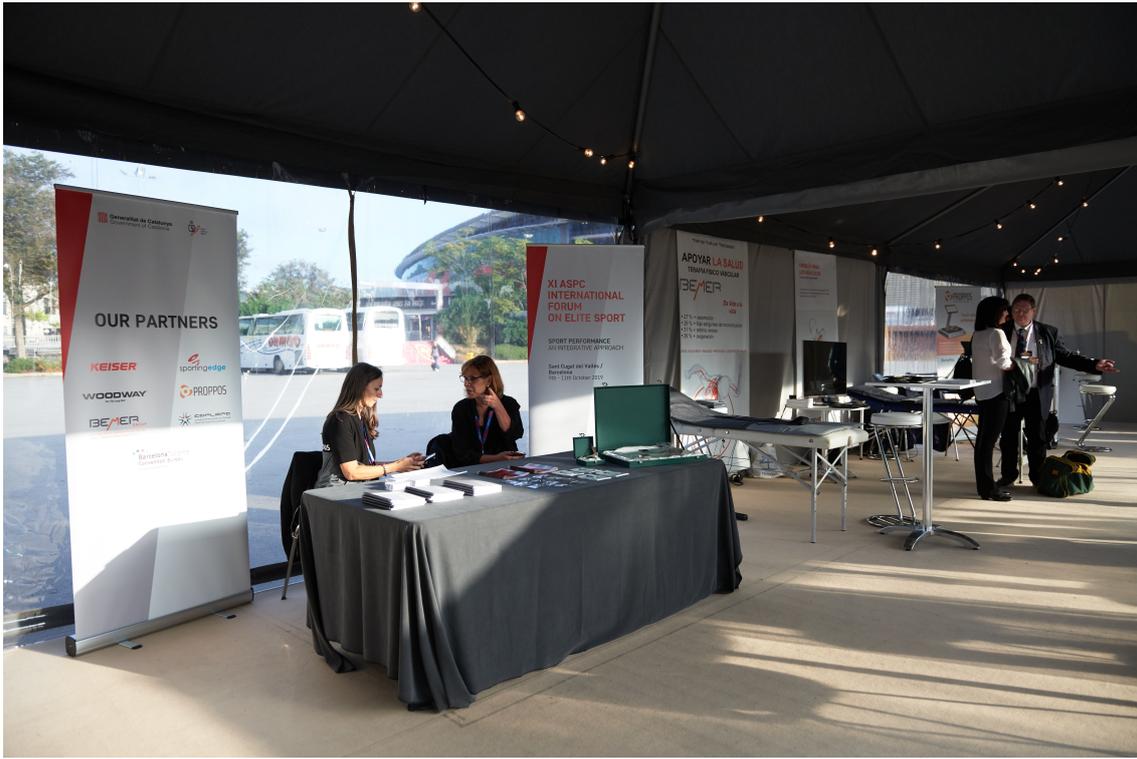
XI ASPC INTERNATIONAL FORUM ON ELITE SPORT

Camp Nou, Barcelona, España.


Javier Sobrino
Strategic Planning and
Innovation Director



16. Forum Expo.





17. Legacy Projects

Barcelona is the legacy of the Olympic Games of the 1992. From this event and the years to come Barcelona and Catalunya will continue the Olympic Spirit of sharing knowledge and Experiences.

The inception of the ASPC is a reason of what this community understand the International approach of Sport, breaking barriers and topics to achieve excellence but also the quality life for the people that believing and practicing sport.

The sharing experience that ASPC is providing after 20 years of the first event in Sydney 99, will become a sample of the fact of what we have been doing for so long and are committed to do in the future for the benefit of the high performance and the society across the globe.

The Agenda 2020 of the IOC should have a proper review the year before it's end, and see how we had and could continue contributing to make this a : "Better World through Sport "

18. Vote of thanks

Firstly thank to CAR Sant Cugat for the help in organizing the Forum, especially to Ramon Terrassa, the CAR Sant Cugat director, Josep Escoda, Silvia Matesanz, Ivan and Anna and all team at CAR, to all their effort and commitment.

Also thanks to Marta Plana, Member of the Board at FC Barcelona, responsible for the FC Barcelona Innovation Hub, Javier Sobrino, director of Strategy and Innovation department at FC Barcelona, Albert Mundet the Barça Innovation Hub director. Also, thanks to Marcos Picalló, Jessie Engelhart, Blanca Martinez and Agustin Villegas to organize the Barça Sports Science Week and the XI International Forum on Elite Sports in collaboration with CAR. Furthermore, thank you Joan Ramón Tarrago and Gerard Carmona to give the excellent content to the congress and to contact and select the speakers.

We would also like to thank Dale Henwood and the ASPC Board: Toby Suttcliffe, Jochem Schellens, Anne Marie Harrison, Tapio Korjus, Takeshi Kukidome, Yoriko Noguchi, Brendon Goodenought and Toni, Kevin Subban, Debbie Low, Josep Escoda and Silvia Matesanz.

For allowing us the privilege of hosting the 11th International Forum on Elite Sport in Barcelona.

Best wishes to Hong Kong Sports Institute host of the XII International Forum on Elite Sport in 2021



Official Hand Over of the ASPC Flag to the hosts of the Next Forum.

19. Annex 1

ASPC DAY 1

Wednesday 9 October – CAR Sant Cugat

Please go to the Hotel SENATOR meeting point at 07:45 h

Transport leaves from Senator Hotel, Barcelona to CAR Sant Cugat at 08:00 h

08:30 – 10:30 Registration

CAR SC Main Hall

09:00 - 09:15 Welcome

CAR SC Main Auditorium Room

09:15 – 10:30 Continental Meetings. VPs election

Europe: Main Auditorium Room

America: General Services Room

Oceania: Honors Room

Africa: Olympic Room

Asia: ARC Room

10:30 – 11:00 Coffee Break – Networking

Session 1 CAR SC Main Auditorium Room

11:00 - 11:50 Integrative Health Experience Session

Dra. Montserrat Bellver, CAR Sant Cugat/Consorti Sanitari Terrassa

Chair : Xavier Balius, CAR Sant Cugat

Session 2 CAR SC Main Auditorium Room

12:00 – 13:15 Safe Sport Experience Session

Aron McGuire, USOPC

Gaetan Robitaille, Canada

Anne M. Harrison, Australia

Tapio Korjus, Finland

Chair: Debbie Low, CSI Ontario

13:30 – 14:30 Lunch

CAR SC Restaurant

14:30 – 15:00 Safe Sport Experience Session (continued)

Rian Cloete, South Africa

15:00 – 16:45 General Assembly

CAR SC Main Auditorium Room

17:00 – 19:00 CAR Sant Cugat Tour (Split in Groups)

19:00 – 21:00 Forum Opening reception

Multisport building CAR Sant Cugat

Dressing code: Casual

***Registered ASPC Members**

21:30 Transport will be provided from CAR to the Senator Hotel, Barcelona

Some dressing rooms will be available before the opening reception if needed.

ASPC DAY 2

Thursday 10 October - Barça Auditorium

08:00 - 08:45 Registration

09:00 - 09:20 Opening ceremony

Session 1

09:20 – 10:40 Integrative Performance Models

Alan McCall, Arsenal FC

Fred Vergnoux, Elite Swimming Trainer Head Coach SPAIN

Paco Seirul-lo & Isaac Guerrero, F.C. Barcelona

Chair: Jordi Fernandez FCB

10:40 - 11:10 Coffee Break – Networking

Session 2

11:15 - 12:20 Centre Relations

Michael Scott, HP Sport New Zealand – New Zealand model

Ken Bagnell, Canadian Sport Centre Atlantic – Canadian model

Txus Mardaras, Spanish Sports Council – HPC Spanish Network

Chair: Anne Marie Harrison, Victorian Institute of Sport. ASPC Oceania Vice-president

Plenary session

12:30 - 13:30 e-Sports

Colin Webster, IeSF President

Alex Algaucil, Barça Pro Gamer

Xavi Cortés , Head of e-Sports FCB, Esportia

Bobby Sharma, Electronic Sports Group Founder

Pilar Calvo , Sport Journalist-Entrepreneur , Esportia

Chair: Jochem Schellens, ASPC Treasurer. ASPC BoD Member

13:30 - 14:30 Lunch

Session 3

14:30 - 15:40 Management models: sponsorship and financial models

Roser Queraltó, Euroleague Basketball

Victor Guevara, Mexican Football League

Phathokuhle Zondi, SSISA South Africa University Cape Town

Chair: Kevin Subban, Prime Human Sport Sciences Durban. ASPC Africa Vice-President

Session 4

15:45 - 16:55 Big Games

Takeshi Kukidome, Japan Institute of Sports Sciences. ASPC Asia Vice-President

Training Centres Olympic Games Legacy

Gerard Figueras, Secretary General of Sports Catalan Government

Chair: Josep Escoda, CAR Sant Cugat. ASPC Secretary General

17:00 Free night at Barcelona

ASPC DAY 3

Friday 11 October - Barça Auditorium

08:00 - 09:00 Registration

Plenary session

09:30 - 10:30 Leadership in HP Sports

Maurits Hendricks, Head of Performance. Netherlands NOC, Former Spanish field hockey coach

Chair: Dale Henwood, Canadian Sport Institute Calgary. ASPC President

10:30 - 11:10 Coffee Break

Session 1

11:15 - 12:40 Services to athletes and coaches

Paul Wylleman, Vrije Universiteit Brussel

Else Marthe Lybekk, Olympiatoppen Norway

Karen Dolphin, IOC Sports Department - Athletes Commission

Gerard Soriano, F.C. Barcelona

Chair: Brendon Goodenough, Prime Human Sport Sciences Durban. ASPC BoD member

Session 2

12:45 - 13:45 Athletes Panel – Questions to athletes and coaches

Panel: Mayuko Fujiki, Artistic Swimming Coach Spanish Team

Vicky Losada, 1st Team Football Player Barça

Lieke Martens, 1st Team Football Player Barça

Ander Mirambell, Skeleton Olympian Athlete

Jordi Morales, Paralympic Table Tennis Player WC

Chair: Tapio Korjus, Kuortane High Performance Centre. ASPC Europe Vice-President & Brendon

Goodenough, Prime Human Sport Sciences Durban. ASPC BoD member

13:45 - 14:30 Lunch

Session 3:

14:30 - 15:40 Women in sports: coaching challenges

Ritan Mehta, Consultant in Sport, Exercise and Musculoskeletal Medicine

Kristin Elliot Sale,

Lidia Romero Gallardo, Academy director, Founder OWA

Chair: Maria Teixidor, Women's football FC Barcelona

Session 4:

15:45 – 16:55 Leadership in HP Sports

Xavier Pascual, Handball Coach, F.C. Barcelona

Chair: Roger Font, Technical staff 1st Team Handball FCB

17:00 - 17:30 Closing

Presentation Forum ASPC 2021

Presentation next Barça Congress

18:00 Barça Closing Cocktail

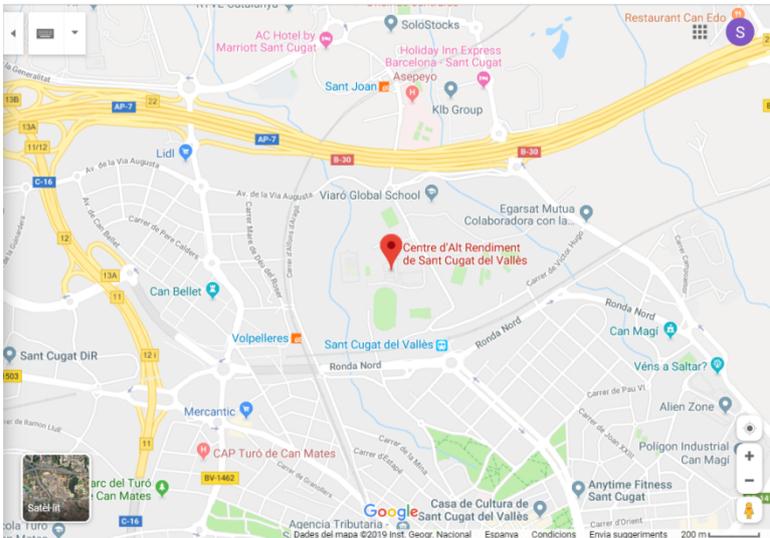
Dressing code: Casual

LOCATION:

CAR SANT CUGAT

Av. Alcalde Barnils, 3-5

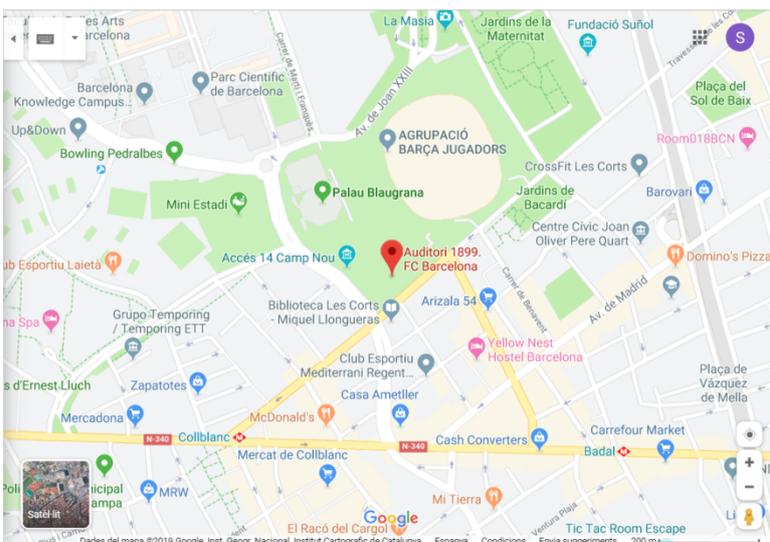
08174 Sant Cugat del Vallès



BARÇA AUDITORIUM

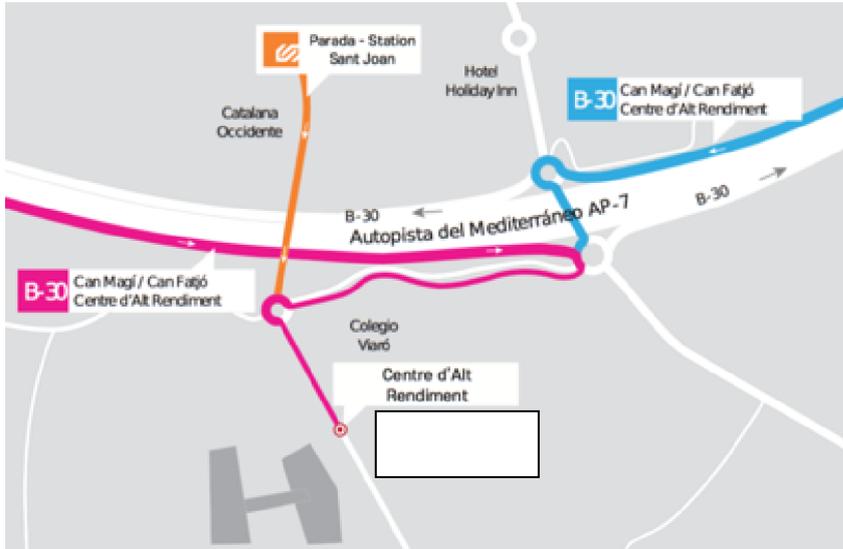
Travessera de les Corts, 65

08028 Barcelona



Mobility

From Barcelona to CAR Sant Cugat:



TRAIN: Ferrocarrils de la Generalitat de Catalunya



From Barcelona:

Line S2 direction to Sabadell

Line S6 direction to U. Autònoma

From Sant Joan:

Line S2 direction to Pl. Catalunya

Line S6 direction to Pl. Catalunya

Stop: Sant Joan

<https://www.fgc.cat/en/fgc-network/line-barcelona-valles/>



TAXI

To:

CAR Sant Cugat

Av. Alcalde Barnils, 3-5

o8174 Sant Cugat del Vallès

Mobility

From Senator Hotel Barcelona Spa to CAR Sant Cugat:



Zona Universitària



To Plaça catalunya



S2 to Sabadell
S6 to U. Autònoma
Stop: Sant Joan



Collblanc



To Vall d'Hebron
Stop at Diagonal



S2 to Sabadell
S6 to U. Autònoma
Stop: Sant Joan

Mobility

From Senator Hotel to Barça auditorium (walking distance 15 minutes)



VISIT BARCELONA:

<https://www.barcelonaturisme.com/wv3/en/>

<https://www.barcelonaturisme.com/wv3/en/page/614/font-magica.html>

OTHER ACTIVITIES:

<https://www.messicirque.com/en/index.php>

<https://www.fcbarcelona.com/en/tickets/camp-nou-experience>

SPECIAL ACTIVITIES:

October, 8th from 09:00 to 12:00 open access ASPC Golf Course at Real Club de Golf El Prat.

Price: Attached document

For inscriptions contact: reservations@rcgep.com

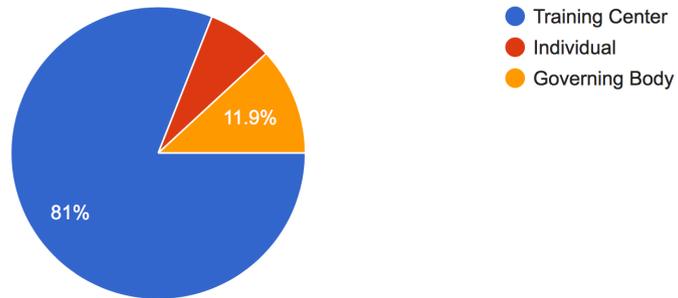
Concept: ASPC Golf Tour

20. Annexe 2 - Evaluation Survey

XI FORUM ON ELITE SPORT – BARCELONA 2019 – EVALUATION REPORT

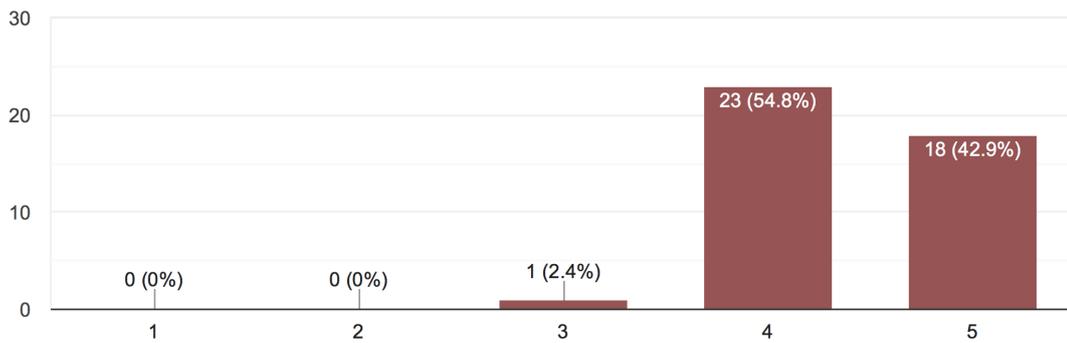
Membership Type

42 responses



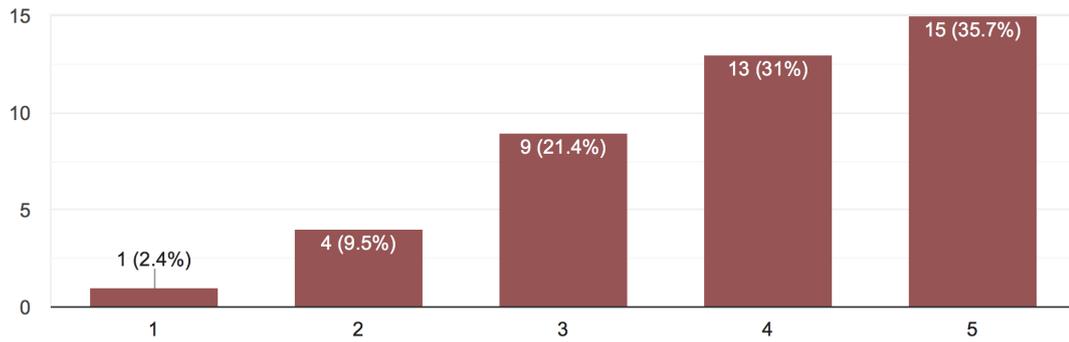
Overall Impression of the XI Forum on Elite Sport

42 responses



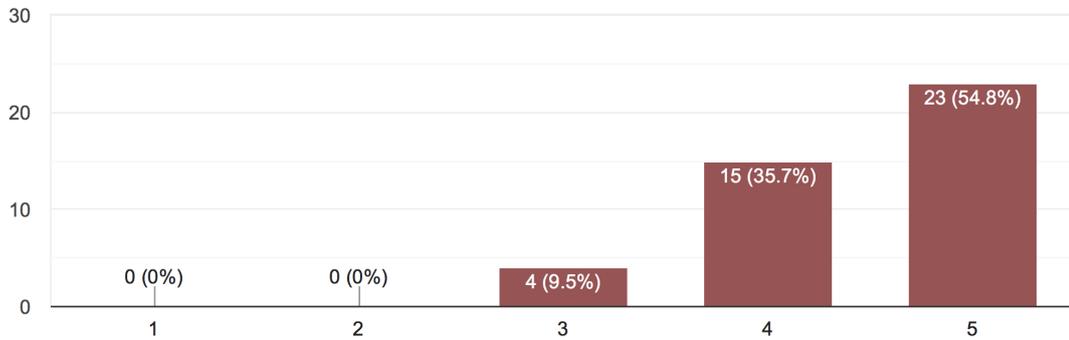
Registration Process

42 responses



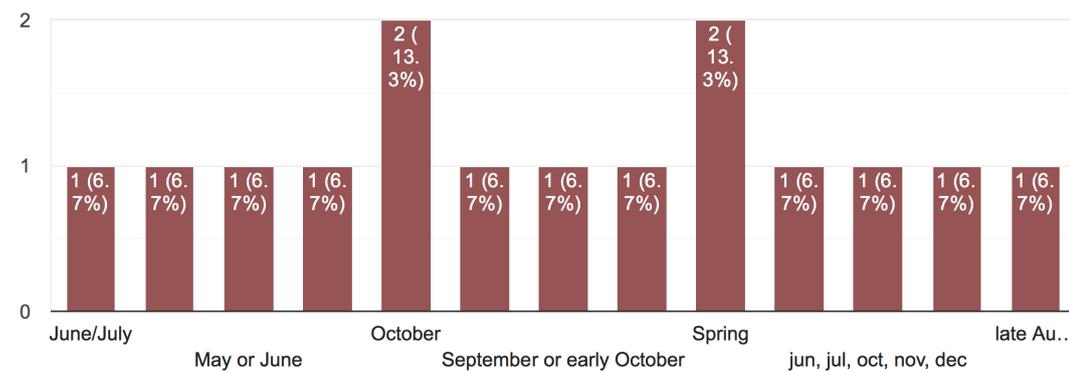
Periode of the Year Appropriate

42 responses



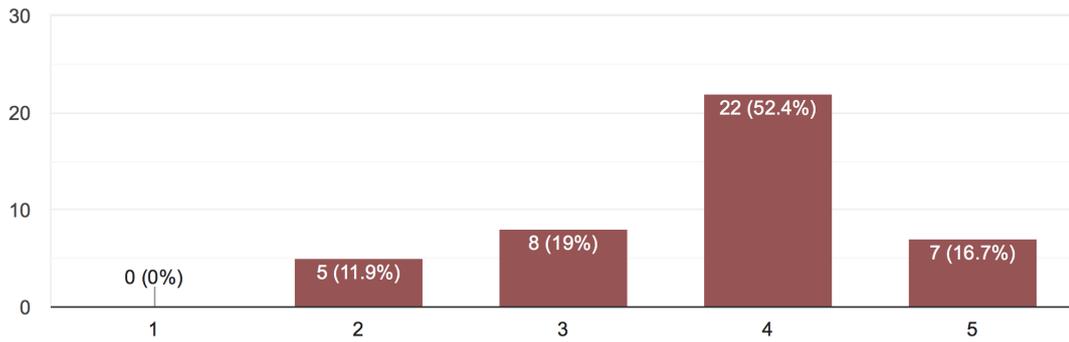
Suggested Periode

15 responses



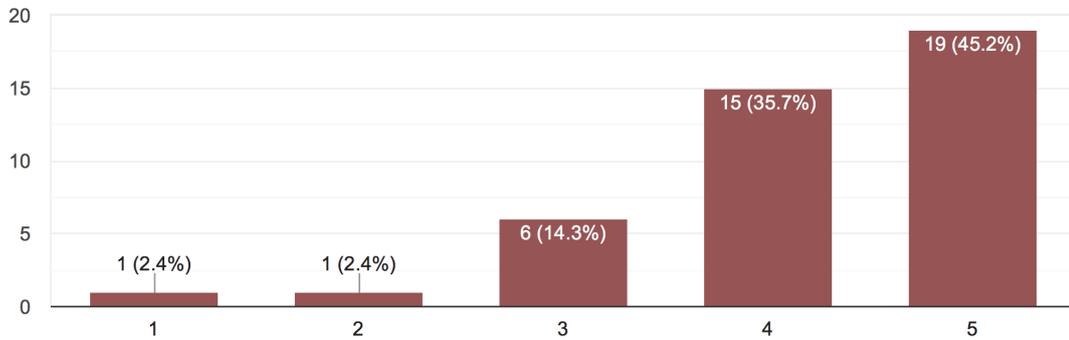
Information Pre-Forum

42 responses



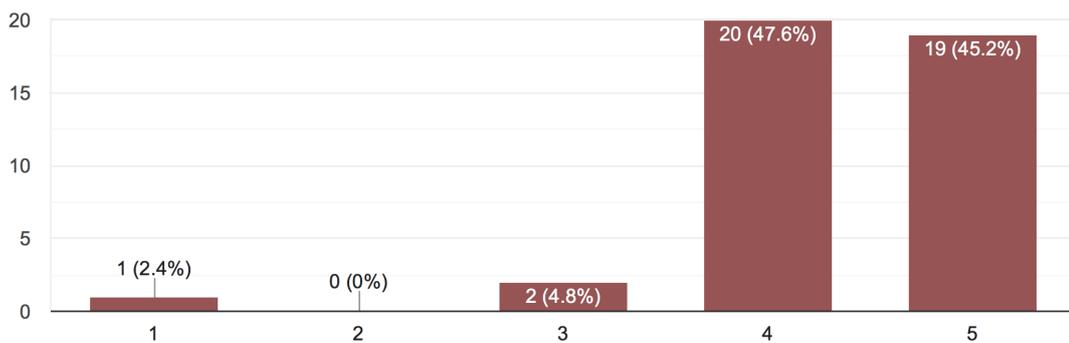
Meeting Rooms & Auditorium at CAR Sant Cugat

42 responses



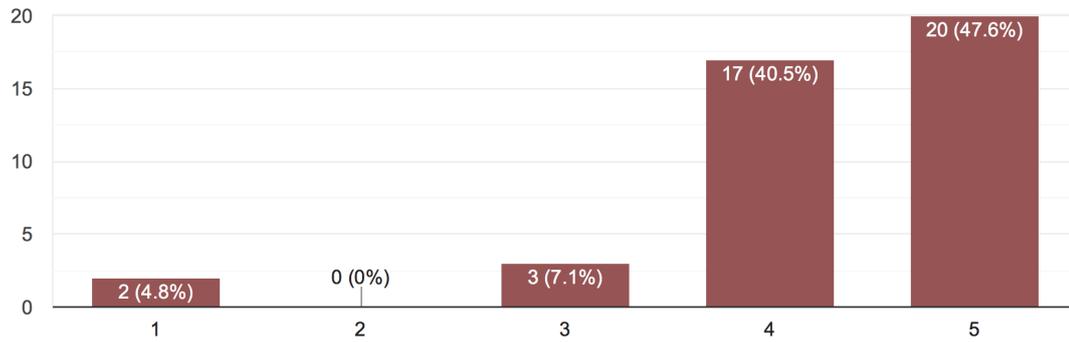
Conference Programme & Speakers at CAR Sant Cugat

42 responses



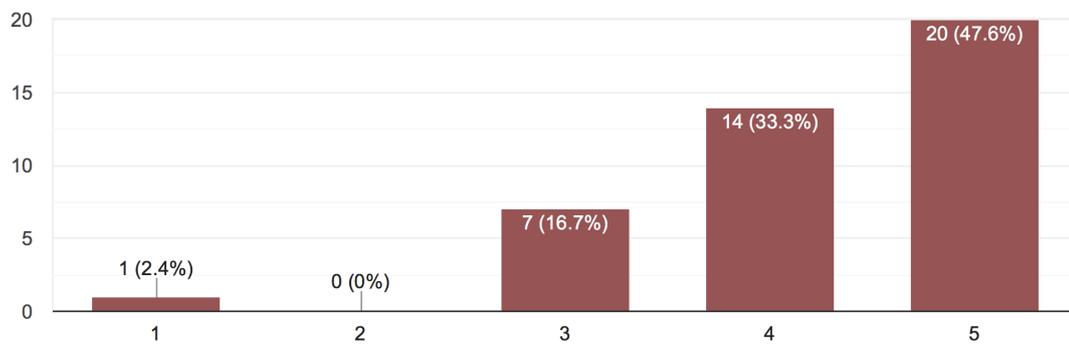
Food Services at CAR Sant Cugat

42 responses



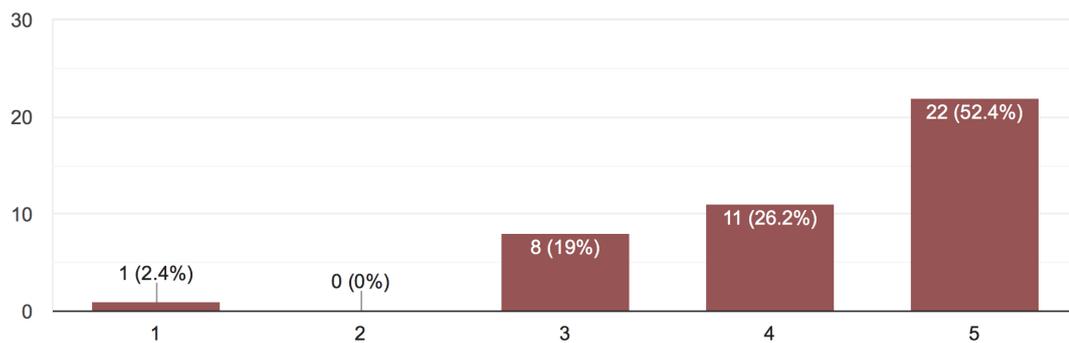
CAR Sant Cugat Tour

42 responses



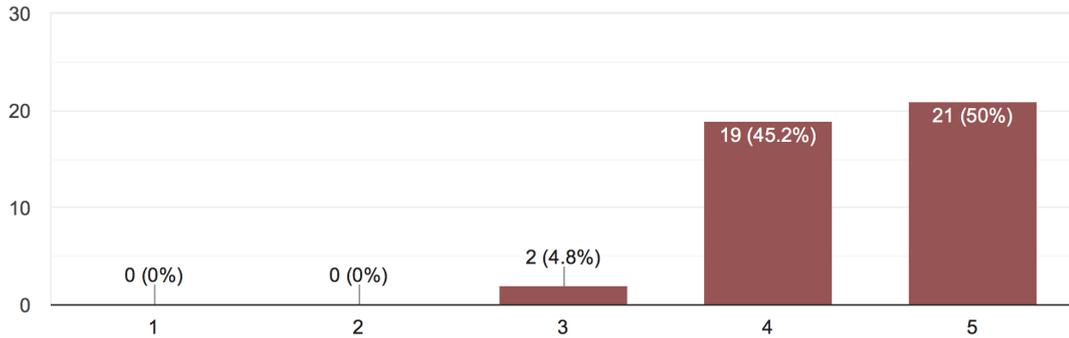
BARÇA Auditorium

42 responses



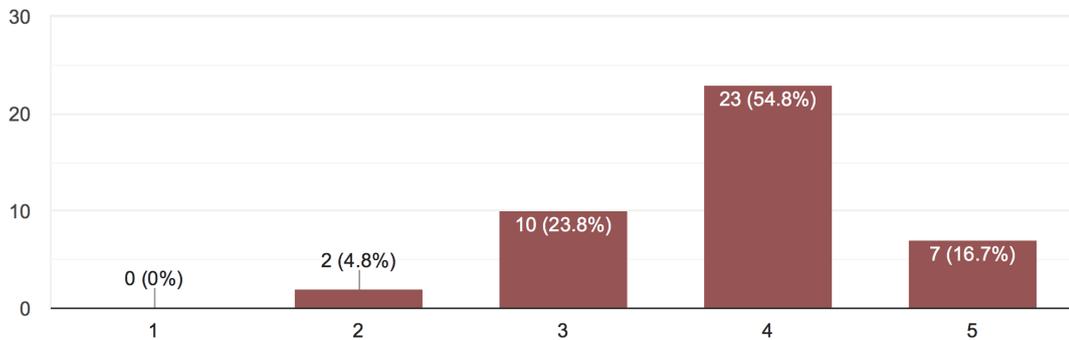
Conference Programme & Speakers at BARÇA

42 responses



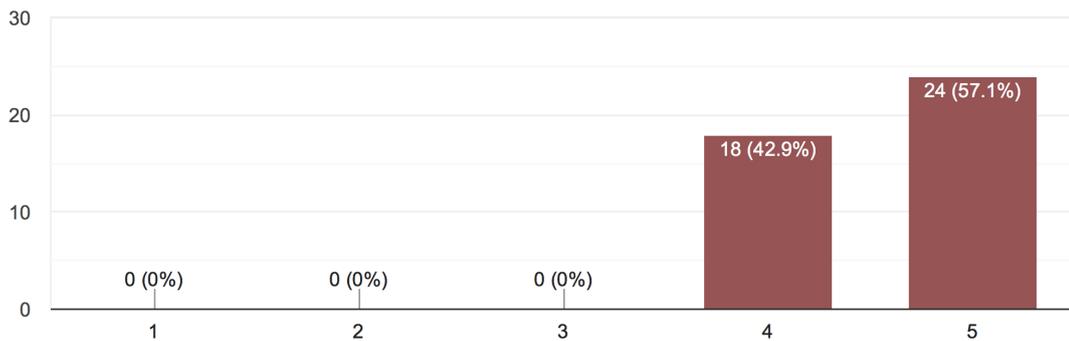
Parallel Activities and Entertainment Offer

42 responses



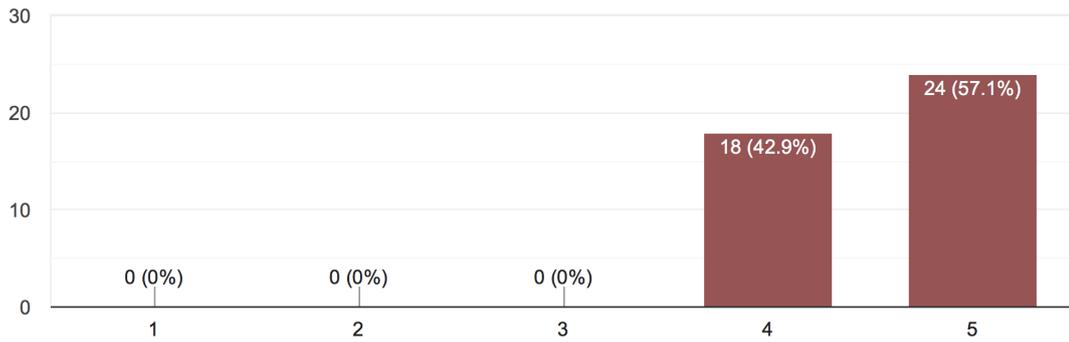
Do you would recommend others to attend the event?

42 responses



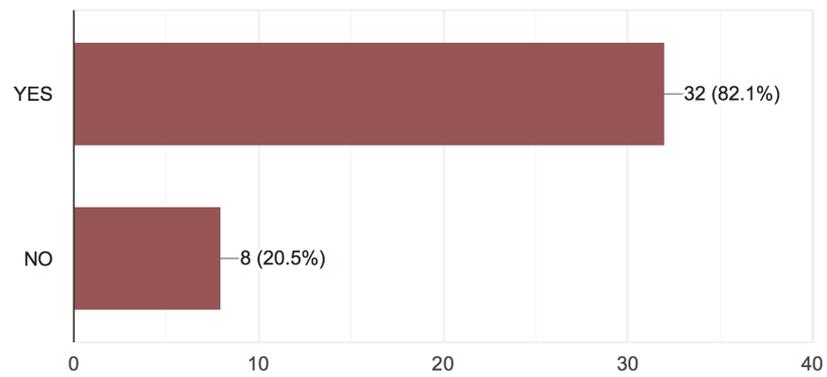
Do you would recommend others to attend the event?

42 responses



I express my willing to share my answers with our ASPC community

39 responses



Your Suggestions for improvement

20 responses

Increase activities between centers during the forum

If have 3 speakers have them prepare answers to the same 2 or 3 questions. That way we get 3 different approaches to the same challenge/question. Too often we just got general background information that could be pulled from the web. For example the 3 different centers presenting (NZL, CAN, NOR) - way too general. The really strong presentations were answering a critical question or speaking candidly about their approach to challenges.....

While the Forum was a success there rather late confirmation of the programme and speakers is concerning. It places at risk gaining approval for travel and potentially the inability to secure high quality presenters as these are normally in high demand!

I really liked the format of short presentations by a number of speakers and then a panel discussion with Q&A session.
Keynote speakers to kick off the Forum and close the Forum would be an excellent way to start and close the forum.
Round table discussions in small groups either one-day pre-Forum and/or during the Forum would provide the opportunity to have deeper discussions on some topics.

Ted Talk format was good

Be very clear about the program length & content as early as possible

-

Your Suggestions for improvement

20 responses

One day in schedule, only to Women in sport and her challenges.

Discussions didn't happen since there was only presentations. Workshops or round tables with smaller groups are important.

Parallel sessions would improve the programme strongly.

The accreditation must have the name written on it. It was very difficult to connect with other people or even find specific persons since the name was missing. Please improve this in future.

Room was a tight fit, ability to have a table to be in better posture to write. Access to the presentations ahead of time if possible to read-in before each sessions

Equal number of presentators for women and men

Earlier confirmation of programme especially pre-day; potential to make the first day more content rich along with the business of ASPC to attract further attendance.

You have a good working model as it is.

FOR INFORMATION - if I have scored the question as a '3' it is because I did not attend that part of the ASPC Forum and, as such, cannot have an opinion. It might be an idea to have a N/A box in future?

I only attended the tour of San Cugat and the morning of the first day

Your Suggestions for improvement

20 responses

2 suggestions:

Our tour was led by an athlete - preference would be for a senior centre member of staff to lead the tour - better able to answer questions

The 'Centre Relations' session did not, to my mind, focus on that - it was more about the performance support models for the three presenting bodies - NZ, Canada and Spain. Centre Relations, to my mind, is the what's good / not so good, how is it funded, how does it operate etc in terms of the relationship between the centre and the high performance sports that use the centre's facilities

As you know, I represent UK Sport and I would be more than willing in future events to do a session on how the UK model in terms of Elite Training Centres is delivered

I found the collaboration with Barça very "commercial" and I did not find the atmosphere we usually had in the Forum.

OUR REGISTRATION IDs SAID ASSISTANT, INSTEAD OF PARTICIPANT OR MEMBER

labels with names and organisations for every participant so that you can identify who is who + organise things during the coffee breaks so that people can meet people they haven't met before

Better coordination with the ASPC and host

Thank you for an outstanding Forum. More topics/ speakers on leadership would be a good addition to future Forums.

Targeted topics targeted to Center CEO ... international future trend, success stories in management