

# PERFORMANCE BEHAVIOUR IN ELITE SPORTS

## 6 DECEMBER 2019

**Olympic Training Centre Papendal**  
Hotel Papendal, Arnhem, the Netherlands

|       |  |  |
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| 09:00 | <b>OPENING</b>   |  |
|       |  | <b>Maurits Hendriks</b> • Games & Performance Director TeamNL & <b>Paul Wylleman</b> • Performance manager Performance Behaviour & Prof. Vrije Universiteit Brussel, Belgium                   |
|       | <b>DEVELOPMENT</b>   | Chair: <b>Kayan Bool</b> • Performance manager Talent Development TeamNL   |
|       | <b>The role of sport psychology in talent development</b>              | <b>Chris Harwood</b> • Prof. Loughborough University & National Tennis Academy Psychology Lead, UK   |
|       | <b>A psychological perspective on coaching 'Gen Z'</b>                 | <b>Daniel Gould</b> • Prof. & Dir. Institute for the Study of Youth Sports, Michigan State University (USA)  |
|       | <b>Performance behaviour in talent development</b>                     | <b>Kayan Bool</b> • Performance manager Talent Development TeamNL  |
|       | <b>Parallel workshops</b>  |  |
|       | <b>WS1: Mental preparation of junior elite athletes</b>                | <b>Alberto Cei</b> • Prof. San Raffaele University, Roma & Cei Consulting, Italy & <b>Boris Balent</b> • 1 2 3 Pokreni & FC Hajduk Split (formerly), Croatia                                   |
|       | <b>WS2: Performance behaviour in high potential athletes</b>           | <b>Suzan Blijlevens</b> • Dra. TeamNL & <b>Jolan Kegelaers</b> • Dr. Vrije Universiteit Brussel, Belgium & Hogeschool van Amsterdam, the Netherlands   |
|       | <b>WS3: Supporting young athletes in an elite sport center</b>         | <b>Eveline Folkerts</b> • Expert Performance Behaviour TeamNL & <b>Hardy Menkehorst</b> • Expert Performance Behaviour TeamNL  |
| 12:15 | <b>LUNCH</b>   |  |
|       | <b>PERFORMANCE</b>   | Chair: <b>Maurits Hendriks</b> • Games & Performance Director TeamNL   |
|       | <b>Preparing the Japanese teams for the home Games in Tokyo</b>        | <b>Takeshi Kukidome</b> • Dir.-Gen. Inst. Sports Sciences, Dir. Dep. High Perf. Sport Strat. Japan Sport Council & Prof. Senshu University, Japan  |
|       | <b>Psychological support for French elite athletes for 2020 Tokyo</b>  | <b>Thierry Dumaine</b> • Resp. Unité d'Accompagnement à la Performance, INSEP, France & <b>Thierry Soler</b> • Chef Pôle performance, Dir. performance sportive, INSEP, France                 |
|       | <b>Preparing for and performing at the 2020 Tokyo Games</b>            | <b>Maurits Hendriks</b> • Games & Performance Director TeamNL  |
|       | <b>Parallel workshops</b>  |  |
|       | <b>WS4: Psychosocial risk factors in sports injury and concussions</b> | <b>Urban Johnson</b> • Prof. Halmstad University & Coordinator of Applied Sport Psychological Support Halmstad University, Sweden & <b>Marc Hendriks</b> • Expert Performance Behaviour TeamNL |
|       | <b>WS5: Acceptance to participation in the Paralympic Games</b>        | <b>Maria Psychountaki</b> • Associate professor National & Kapodistrian University of Athens, Sports Excellence & <b>Petra Huybrechtse</b> • Expert Performance Behaviour TeamNL               |
|       | <b>WS6: Former elite athletes providing psychological support</b>      | <b>Pieta van Dishoeck</b> • Expert Performance Behaviour TeamNL & <b>Nynke Klopstra</b> • Expert Performance Behaviour TeamNL  |
| 15:30 | <b>BREAK</b>   |  |
|       | <b>MENTAL HEALTH</b>   | Chair: <b>Francesco Wessels</b> • Performance Manager TeamNL   |
|       | <b>A holistic perspective on mental health in elite sport</b>          | <b>Paul Wylleman</b> • Performance manager Performance Behaviour & Prof. Vrije Universiteit Brussel, Belgium   |
|       | <b>Parallel workshops</b>  |  |
|       | <b>WS7: Mental health and help-seeking in elite athletes</b>           | <b>Hafrún Kristjánsdóttir</b> • Prof. Reykjavík University & The National Olympic and Sports Association of Iceland & <b>Anaëlle Malherbe</b> • Elite athletes division, INSEP, France         |
|       | <b>WS8: Using psychological techniques in elite sport</b>              | <b>Tanja Kajtna</b> • Prof. University of Ljubljana, Slovenia & <b>Sidónio Serpa</b> • Prof. Lusofona University, Lisbon, & Olympic Team Sailing Federation, Portugal                          |
|       | <b>WS9: Working as a clinical psychologist in elite sport</b>          | <b>Sylvia Hoppenbrouwers</b> • Expert Performance Behaviour TeamNL & <b>Eefje Raedts</b> • Expert Performance Behaviour TeamNL   |
|       | <b>CLOSING</b>   |  |
|       |  | <b>Paul Wylleman</b> • Performance manager Performance Behaviour & Prof. Vrije Universiteit Brussel, Belgium & <b>Maurits Hendriks</b> • Games & Performance Director TeamNL                   |
| 18:30 | <b>RECEPTION &amp; NETWORKING</b>                                      |  |

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|--------------------------------|---|
| <b>Participants</b>            | Psychologists and other experts working in elite sport (medical doctors, physiotherapists, experts nutrition, experts S&C), coaches, athletes, technical directors and sport managers, students (psychology, sport & social sciences) |
| <b>Venue</b>                   | Olympic Training Centre Papendal • Papendallaan 3, 6816 VD Arnhem, the Netherlands (see <a href="http://www.papendal.nl">www.papendal.nl</a> )  |
| <b>Registration</b>            | From 15 October 2019 (see <a href="http://www.teamnl.org/performance-behaviour-in-elite-sports">www.teamnl.org/performance-behaviour-in-elite-sports</a> ): Tickets: € 100 (incl. lunch)  |
| <b>Endorsement Information</b> | Vereniging voor Sportpsychologie van Nederland (VSPN) (8 points/hours) • Accreditation for Registerpsycholoog NIP is pending at the NIP <a href="mailto:prestatiegedrag@nocnsf.nl">prestatiegedrag@nocnsf.nl</a>                      |