PERFORMANCE BEHAVIOUR IN ELITE SPORTS
6 DECEMBER 2019

Olympic Training Centre Papendal
Hotel Papendal, Arnhem, the Netherlands

09:00 OPENING
Maurits Hendriks • Games & Performance Director TeamNL & Paul Wylleman • Performance manager Performance Behaviour & Prof. Vrije Universiteit Brussel, Belgium

DEVELOPMENT
Chair: Kayan Bool • Performance manager Talent Development TeamNL

The role of sport psychology in talent development
Chris Harwood • Prof. Loughborough University & National Tennis Academy Psychology Lead, UK

A psychological perspective on coaching ‘Gen Z’
Daniel Gould • Prof. & Dir. Institute for the Study of Youth Sports, Michigan State University (USA)

Performance behaviour in talent development
Kayan Bool • Performance manager Talent Development TeamNL

Parallel workshops
WS1: Mental preparation of junior elite athletes
  Alberto Cel • Prof. San Raffaele University, Roma & Cel Consulting, Italy & Boris Bašent • 1 2 3 Pokreli & FC Hajduk Split (formerly), Croatia

WS2: Performance behaviour in high potential athletes
  Suzan Blijlevens • Dir. TeamNL & Jolan Kegelaers • Dr. Vrije Universiteit Brussel, Belgium & Hogeschool van Amsterdam, the Netherlands

WS3: Supporting young athletes in an elite sport center
  Eveline Folkerts • Expert Performance Behaviour TeamNL & Hardy Menkehorst • Expert Performance Behaviour TeamNL

12:15 LUNCH

PERFORMANCE
Chair: Maurits Hendriks • Games & Performance Director TeamNL

Preparing the Japanese teams for the home Games in Tokyo

Psychological support for French elite athletes for 2020 Tokyo
Thierry Dumaine • Resp. Unité d’Accompagnement à la Performance, INSEP, France & Thierry Soler • Chef Pôle performance, Dir. performance sportive, INSEP, France

Preparing for and performing at the 2020 Tokyo Games
Maurits Hendriks • Games & Performance Director TeamNL

Parallel workshops
WS4: Psychosocial risk factors in sports injury and concussions
  Urban Johnson • Prof. Halmstad University & Coordinator of Applied Sport Psychological Support Halmstad University, Sweden & Marc Hendriks • Expert Performance Behaviour TeamNL

WS5: Acceptance to participation in the Paralympic Games
  Maria Psychountaki • Associate professor National & Kapodistrian University of Athens, Sports Excellence & Petra Hubrecht • Expert Performance Behaviour TeamNL

WS6: Former elite athletes providing psychological support
  Pieta van Dishoeck • Expert Performance Behaviour TeamNL & Nynke Klooster • Expert Performance Behaviour TeamNL

15:30 BREAK

MENTAL HEALTH
Chair: Francesco Wessels • Performance Manager TeamNL

A holistic perspective on mental health in elite sport
Paul Wylleman • Performance manager Performance Behaviour & Prof. Vrije Universiteit Brussel, Belgium

Parallel workshops
WS7: Mental health and help-seeking in elite athletes
  Haylof Kroisjedolt • Prof. Reyjavík University & The National Olympic and Sports Association of Iceland & Anaïs Malherbe • Elite athletes division, INSEP, France

WS8: Using psychological techniques in elite sport
  Tanja Kalina • Prof. University of Ljubljana, Slovenia & Simón Sorpa • Prof. Lusófona University, Lisbon, & Olympic Team Sailing Federation, Portugal

WS9: Working as a clinical psychologist in elite sport
  Sylvie Hoppenbrouwers • Expert Performance Behaviour TeamNL & Eefje Raedts • Expert Performance Behaviour TeamNL

CLOSING
Paul Wylleman • Performance manager Performance Behaviour & Prof. Vrije Universiteit Brussel, Belgium & Maurits Hendriks • Games & Performance Director TeamNL

18:30 RECEPTION & NETWORKING