INTERNATIONAL SPORT FORUM

WANDA METROPOLITANO

MADRID 15th - 16th NOVEMBER 2019
Dear colleagues,

On behalf of the European Sport Nutrition Society and the Strength & Conditioning Society, we would like to extend a warm welcome to join us at the International Sport Forum on Strength & Conditioning & Nutrition in Madrid from 15-16 November 2019. The conference will take place right in the heart of Spain, surrounded by all the history and magic that this unforgettable city has to offer.

We are confident that you will find the dynamic and up to date scientific programme, delivered by some of the leading exponents and thinkers in sport nutrition, training, rehabilitation and performance, enjoyable and stimulating. Our congress goal is to bring together experts in each field of research and study, and we aim to provide every opportunity for delegates to learn from, and contribute to, the latest developments in Sports Nutrition and Strength and Conditioning science in a stimulating social and professional setting.

We look forward to seeing you there!

WELCOME TO INTERNATIONAL SPORT FORUM
MADRID 2019

Prof. Antonio Paoli MD, BSc, FECSS, FACSM
- ESNS President
- Full Professor of Exercise and Sport Sciences Head, Nutrition and Exercise Physiology Laboratory
- Department of Biomedical Sciences - School of Medicine Rector’s Delegate for Sport and Wellness
- University of Padova - Padova (Italy)
- President of the Italian Society of Exercise and Sport Sciences (SISMeS)

Excmo. Sr. D. José Luis Mendoza Pérez
- Chairman of the Universidad Católica de Murcia
- Member of the Spanish Olympic Committee

Prof. Pedro Emilio Alcaraz, PhD
- SCS President
- Full Professor in Strength Training, Faculty of Sport Sciences
- Head of UCAM Research Center for High Performance Sport
- Universidad Católica San Antonio de Murcia
INTERNATIONAL SPORT FORUM COMMITTEE

PRESIDENCY COMMITTEE

Anthony J. Blazevich
President of the SCS Scientific Committee (AUS)

Antonio Paoli
President of the ESNS Scientific Committee (ITA)

ORGANISING COMMITTEE

SCIENTIFIC COMMITTEE

Pedro E. Alcaraz (ESP)
Luis Alegre (ESP)
Martim Bottaro (BRA)
Julio Calleja (ESP)
Elena Marin-Cascales (ESP)
Linda H. Chung (CAN)
Tom Comyns (IRL)
Daniel Cohen (UK)
Frances Cos (FRA)
Robert Csapo (AUT)
James Fisher (UK)
Tomás T. Freitas (POR)
Paulo Gentil (BRA)
Amelia Guadalupe (ESP)
Thue Kvorning (DNK)
Cristian Marin (ESP)
Pete Pompei (ITA)
Truls Raastad (NOR)
Milan Sedliak (SVK)
James Steele (UK)
Nicola Sponsiello (ITA)
Germán Vicente (ESP)
Adam Zajac (POL)

MEDIA PARTNERS

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an open access journal by MDPI

sports
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CONFERENCE VENUE

ESTADIO WANDA METROPOLITANO
Auditorium - Southeast Entrance GATE 48

Only registered participant may access the conference venue.
Upon arriving at gate 48 you must proceed to Level 1 (AUDITORIUM) other indication will be provided on site.

How to reach us

**BY METRO**
We recommend you to use the Madrid subway, since it’s the best way to get to the stadium. The closest subway stop is Lines 7’s 'Estadio Metropolitano'.

**BY BUS**
You can also take Line 2 and get off at 'Las Rosas' or Line 5 to 'Canillejas', both are about 15 minutes walking distance from the stadium.

**BY CAR**
If you’re coming with your car on the M-40, you should exit on Arcentales. Closest Parking to the venue entrance is Park South (B) Av. de Luis Aragonés, 4, 28022 Madrid, Spain

**BY PLANE**
Barajas Airport (with 4 Terminals at different distances from the city centre) is located 15 minutes by light train from the city centre and the two main train stations, Atocha and Chamartín, are situated on both ends of the Castellana. There is also a large taxi fleet, whose prices are also very reasonable. The journey from Barajas airport to the city centre comes to around 30€.
Speakers List and Affiliation

**Per Aagaard**  
Professor, Ph.D University of Southern Denmark (DNK)

**Pedro E. Alcaraz**  
President of Strength & Conditioning Society (SCS), Professor in Strength Training and Sport Nutrition, Universidad Católica de Murcia (ESP)

**James Betts**  
Professor of Metabolic Physiology within the Department for Health at the University of Bath (UK)

**Chris Bishop**  
President of UK Strength & Conditioning Association (UKSCA), (UK)

**Anthony J. Blazevich**  
SCS Board Member, Director of Centre for Exercise and Sports Science Research, Edith Cowan University, (AUS)

**Duccio Ferrari Bravo**  
Strength & Conditioning Coach, Juventus FC, (ITA)

**Martino Franchi**  
Assistant Professor in Skeletal Muscle Physiology, University of Padua (ITA)

**Julio Calleja**  
SCS Board Member, University of the Basque Country, (ESP)

**Frances Cos**  
Head of Performance, New York City F.C., (ESP)

**Francesco Cuzzolin**  
President of European Physical Conditioning Association (EPCA), (ITA)

**Robert Csabo**  
Professor University of Innsbruck (AUT)

**David García López**  
President of the Spanish delegation of the National Strength and Conditioning Association (NSCA), (ESP)

**Paulo Gentil**  
Professor Exercise Science Universidade Federal de Goiás (BRA)

**Antonio Gómez**  
Strength & Conditioning Coach, FC Barcelona, (ESP)

**Gregory G. Haff**  
PhD, CSCS*D, FNSCA, ASCC, Professor of Strength and Conditioning Edith Cowan University (AUS)

**John A. Hawley**  
Australian Catholic University, (AUS)

**Mikel Izquierdo**  
Public University of Navarra, (ESP)

**Lewis James**  
Senior Lecturer in Nutrition School of Sport, Exercise and Health Sciences Loughborough University (UK)

**Igor Jukic**  
Ex-Head of performance Baskonia Basket & Alaves F.C., and Croatia Football National Team,(HRV)

**Mª Antonia Lizarraga**  
Head of Nutrition, FC Barcelona, (ESP)

**Ronald Maughan**  
Professor School of Medicine, St Andrews University (UK)

**Antonio Paoli**  
MD, BSc, FECSS, FACSM Professor of Exercise and Sport Sciences, University of Padua (ITA)

**Stuart Phillips**  
Ph.D., FACSM, FACN, FCAHS Professor & Tier 1 Canada Research Chair, Department of Kinesiology, MacMaster University (CAN)

**Mireia Porta**  
Nutrition Specialist, FC Barcelona, (ESP)

**Pete Pompei**  
Professor of Pharmacology, University of Camerino (ITA)

**Truls Raastad**  
Professor Department of Physical Performance, Norwegian School of Sport Science (NOR)

**Roberto Sassi**  
Training Check and Sport Science Manager Juventus FC (ITA)

**Brad Schoenfeld**  
Associate Professor in Exercise Science, CUNY Lehman College, Bronx, NY (US)

**Nicola Sponsiello**  
Sport Dietitian Director Apnea Research Center, ESNS General Secretary (ITA)

**Nicolás Terrados**  
MD, Ph.D Universidad de Oviedo (ESP)

**Jorn Trommelen**  
University of Maastricht Medisch Centrum, (NLD)
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<tr>
<th>Time</th>
<th>Plenary room</th>
<th>Time</th>
<th>Plenary room</th>
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<tbody>
<tr>
<td>10.00 - 11.30</td>
<td>Registration Open</td>
<td>15.55 - 16.55</td>
<td>Plenary</td>
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<tr>
<td>11.30 - 11.45</td>
<td>Opening Ceremony with welcome from Spanish Olympic Committee President, <strong>Excmo. Sr. D. Alejandro Blanco Bravo (ESP)</strong> UCAM President, <strong>Excmo. Sr. D. José Luis Mendoza Pérez (ESP)</strong> Club Atlético de Madrid President, <strong>Excmo. Sr. Enrique Cerezo Torres (ESP)</strong> ESNS President, <strong>Excmo. Sr. D. Antonio Paoli (ITA)</strong> SCS President, <strong>Excmo. Sr. D. Pedro E. Alcaraz (ESP)</strong></td>
<td>16.55 - 17.30</td>
<td>Break</td>
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<td>11.45 - 12.45</td>
<td>Plenary</td>
<td>17.30 - 18.20</td>
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<tr>
<td></td>
<td>Title: Training periodization for strength and power (Face to Face)</td>
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<td>Title: Use of dietary supplements by athletes</td>
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<td></td>
<td><strong>Chairs: Paulo Gentil (BRA), Antonio Paoli (ITA)</strong> Speakers: G. Gregory Haff (AUS) vs. Jeremy Loenneke (USA)</td>
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<td><strong>Chairs: Antonio Paoli (ITA), Martino Franchi (ITA)</strong> Speaker: Ron Maughan (UK)</td>
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<tr>
<td>12.45 - 13.15</td>
<td>Break</td>
<td>18.20 - 19.10</td>
<td>Break</td>
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<tr>
<td>13.15 - 14.05</td>
<td>Plenary</td>
<td>19.10 - 19.25</td>
<td>Plenary</td>
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<tr>
<td></td>
<td>Title: Nutrition for Recovery from Exercise</td>
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<td>Title: Utilisation of strength and endurance training for fitness and health: Strategies to optimise concurrent adaptation</td>
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<td><strong>Chairs: Pete Pompei (ITA), Truls Raastad (NOR)</strong> Speaker: James Betts (UK)</td>
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<td><strong>Chair: Robert Csapo (AUT)</strong> Speaker: Mikel Izquierdo (ESP)</td>
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<tr>
<td>14.05 - 15.05</td>
<td>Coffee Break + Poster Session</td>
<td>19.25 - 20.15</td>
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<td>15.05 - 15.55</td>
<td>Plenary</td>
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<td></td>
<td>Title: Hight performance sport an integrative approach</td>
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<td><strong>Chair: Antonio Paoli (ITA)</strong> Speaker: John A. Hawley (AUS)</td>
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<td>Time</td>
<td>Room SCS</td>
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<tr>
<td>9.00 - 10.00</td>
<td>Oral Communication: Strength &amp; Conditioning</td>
<td>Oral Communication: Sport Nutrition</td>
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<td>*Place: Atlético de Madrid locker rooms</td>
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<td>9.00 - 10.00</td>
<td>Title: Osteomuscular analysis program</td>
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<td></td>
<td>Atlético de Madrid Medical Services Workshop.</td>
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<td>Chairs: José María Villalón (ESP),</td>
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<td>Pedro Luis Ripoll Pérez de los Cobos (ESP),</td>
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<td>Javier Núñez (ESP), Camilo Chiquito Freile (ECU),</td>
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<td>Carlos del Barrio Fernández (ESP)</td>
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<tr>
<td>10.00 - 11.00</td>
<td>Invited sessions</td>
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<td></td>
<td><strong>Topic: Establishing academic training for the strength and conditioning coach: A brainstorming</strong></td>
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<td>Chair: Pedro E. Alcaraz (SCS – ESP)</td>
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<td>Chris Bishop (UKSCA - GBR)</td>
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<td>Francesco Cuzzolin (EPCA – ITA)</td>
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<td>David García López (NSCA - ESP)</td>
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<td>11.00 - 12.00</td>
<td>Break + Poster Session II</td>
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<tr>
<td>12.00 - 13.00</td>
<td><strong>Workshop SCS</strong></td>
<td><strong>Workshop ESNS</strong></td>
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<td>Chair: Julio Calleja (ESP)</td>
<td>Chair: Antonio Paoli (ITA)</td>
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<td>Technogym (30’) (ITA)</td>
<td>Gelita (30’) (DEU)</td>
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<td>WIMU (30’) (ESP)</td>
<td>Push Band (30’) (CAN)</td>
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<td>13.00 - 14.00</td>
<td>Oral Communication: Strength &amp; Conditioning</td>
<td>Oral Communication: Sport Nutrition</td>
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<td>14.00 - 15.00</td>
<td>Invited sessions</td>
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<td><strong>Topic: The role of the head of performance</strong></td>
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<td>Chair: Francesc Cos (ESP)</td>
<td><strong>Topic: Team sports and nutrition management</strong></td>
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<td>Roberto Sassi (ITA)</td>
<td>Chair: Mireia Porta (ESP)</td>
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<td></td>
<td>Igor Jukic (HRV)</td>
<td>Practical nutritional approach for soccer players, FCB philosophy</td>
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<td></td>
<td>Tony Blazevich (AUS)</td>
<td>M.A. Lizarraga (ESP)</td>
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<td>Mireia Porta (ESP)</td>
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<tr>
<td>15.00 - 16.00</td>
<td>Lunch Buffet + Poster Session III</td>
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Saturday 16th November

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<tr>
<th>Time</th>
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<tr>
<td>16.00 - 17.00</td>
<td>Oral communication: Strength &amp; Conditioning</td>
<td>Oral Communication: Sport Nutrition</td>
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<tr>
<td>17.00 - 18.00</td>
<td>Break + Poster Session IV</td>
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<tr>
<td>18.00 - 19.00</td>
<td>Invited sessions</td>
<td>Invited sessions</td>
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<td><strong>Topic: The role of the strength and conditioning coach in the real world</strong></td>
<td><strong>Topic: Nutrition recovery for athletes</strong></td>
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<td>Chair: Julio Calleja (ESP)</td>
<td>Chair: Nicolás Terrados (ESP)</td>
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<td>Duccio Ferrari Bravo (ITA)</td>
<td>Pre-sleep meal for athletes, Jorn Trommelen (NLD)</td>
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<td>Antonio Gómez (ESP)</td>
<td>Milk for recovery, Lewis James (GBR)</td>
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<tr>
<td>19.00 - 19.45</td>
<td><em>Award Finalists Oral Communication</em></td>
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<td>Chairs: Tony Blazevich, Antonio Paoli, Robert Csapo, Pedro E. Alcaraz</td>
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<tr>
<td>19.45 - 20.15</td>
<td><strong>Conference Closing &amp; Awards Ceremony</strong></td>
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<td>Sponsored by Fyutexia Sports Nutrition</td>
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## Atlético de Madrid Medical Services Workshop

**Title:** Osteomuscular analysis program  
**Chairs:** José María Villalón (ESP), Pedro Luis Ripoll Pérez de los Cobos (ESP), Javier Núñez (ESP), Camilo Chiquito Freile (ECU), Carlos del Barrio Fernández (ESP)

### Schedule

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<th>Time</th>
<th>Room</th>
<th>Event Description</th>
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| 9.00 - 10.00 | Atlético de Madrid locker rooms | Atlético de Madrid Medical Services Workshop  
**Title:** Osteomuscular analysis program  
**Chairs:** José María Villalón (ESP), Pedro Luis Ripoll Pérez de los Cobos (ESP), Javier Núñez (ESP), Camilo Chiquito Freile (ECU), Carlos del Barrio Fernández (ESP) |
| 12.00 - 12.30 | Room SCS | **Title:** Resistance training for running: when technology helps  
Francesco Cuzzolin |
| 12.00 - 12.30 | Room ESNS | **Title:** The Collagen Myth Busting  
Suzane Leser |
| 12.30 - 13.00 | Room SCS | **Title:** Practical Application of Velocity Based Training (VBT) in the daily training environment  
Christopher Chapman, Sebastian Miñano, Cedric Unholz |
| 12.30 - 13.00 | Room ESNS | **Title:** How elite teams envision performance enhancement accross all levels  
Peter Demopoulos |
| 16.00 - 16.15 | Room ESNS | **Title:** Nootropics in sport  
Stefania Cazzavillan |
| 16.15 - 16.30 | Room ESNS | **Title:** Collagen-base injectable treatments for functional recovery on injured athletes  
Giovanni Posabella |
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