

The Fourth 'Helping The Best To Get Better Seminar'

The 'Helping The Best To Get Better Seminars' are attracting and hosting international speakers and attendants from all over the world.

Saturday November 23, 2019 we will stage **the fourth 'Helping The Best To Get Better Seminar'**. It will once again take place at Hotel De Witte Bergen in Hilversum, Netherlands and again will be by invitation only. This seminar presents the audience unique state-of-the-art information which cannot be found elsewhere. There will be new international speakers and by request we have invited Bill Laich to speak again.

Speakers:

Håkan Andersson: Technique and Physique for Speed, Three Decades of Coaching Experience.

Håkan, a long term colleague and friend, is one of the most innovative sprint coaches in the world and has lots of new ideas to share with you. He has been coaching most of the Swedish sprinters and recordholders. He is also working in other sports: swimming, boxing, ice hockey, soccer, and speed skating. Currently he is employed by the High Performance Center in Vaxjo

Jerome Simian: Fundamental physical preparation for the athlete : a systemic approach.

Jerome Simian is a Physical Preparation Specialist from Lyon, France, who has coached athletes to medals internationally in seven different sports. In track and field, he supported Kevin Mayer to a world record in the decathlon, as well as others who won medals at the Olympics, Paralympics, and World Championships in the throws, sprints and jumps. He also trained successful athletes for sports as diverse as rugby, figure skating, skeleton, tennis, judo, golf, basketball, soccer and bobsled.

Bill Laich: Mental Aspects of the Preparation for Major Competitions. A Scientific View.

An important topic, but seldomly talked about and this presentation is far beyond the usual scope. Bill is a well-known face at our seminars and hardly needs introduction, world-class teacher and educator, accomplished athlete himself, and top of the bill in sport sciences:

Henk Kraaijenhof: Mental Aspects of the Preparation for Major Competitions. Experiences, examples and practical implications.

Details: Saturday November 23, 2019 from 08.30 – 17.30 hrs.

- Location: Hotel de Witte Bergen Hilversum, Netherlands
- Language: English
- Attendance by invitation only
- Price: € 195.00 (lunch included)

If you would like to accept the invitation please send mail to: info@vortex.nl