Friday February 3

After 19.00 Preparatory meeting (incl diner)

Saturday February 4

10.00-19.00 Visit Olympic Stadium

Monday February 5

09.00 - 09.45 Arrival at CAR
10.00 - 10.30 Prepare meeting room & presentations on central computer
10.30 - 12.15 Morning programme (Sala del bosque - location Módulo, CAR)
  10.30 - 10.35 Welcome word • Miquel Torregrossa & Susana Regüela
  10.35 - 10.40 Agenda day 1 • Koen De Brandt
  10.40 - 11.10 Presentation of GEPE (Sports Psychology in GEPEland) and SPMB (Sport Psychology and Mental Support at the VUB) (15' each) • Miquel & Koen
  11.10 - 12.15 Presentation of research by PhDs and Postdocs: 5 slides - 5 minutes
    11.10 - 12.15 PART 1 - 5 slides 5 min: Yago Ramis, Andrea Perez, Ariadna Angulo, Gerard Soriano, Joan Pons, Salvador Miró, Luana Prato, Marta Borruelo (8 presentations)
12.15 - 13.15 Visit to the CAR facilities • Javi Vega & Esther Escolar
13.15 - 14.00 Lunch at CAR athletes' restaurant (€11.50)
14.00 - 17.20 Afternoon programme (Sala del bosque - location Módulo)
  14.00 - 14.50 PART 2 - 5 slides 5 min • Anna Jordana, Koen De Brandt, Sofie Smismans, Jolan Kegelaers, Simon Defruyt, Suzan Blijlevens (6 presentations)
    14.50 - 15.00 Coffee break
15.00 - 17.00 Applied presentations
  15.00-15.30 1) Dual Career at VUB • Koen De Brandt
  15.30-16.10 2) Paul's work at NOC*NSF • Paul Wylleman
  16.10-16.40 3) The working of CAR • Xavi Balius
  16.40-17.00 4) Developing performance behaviour at NOC*NSF • Suzan Blijlevens
17.00 - 17.20 Wrap up - Questions - Agenda for Tuesday
17.30 - 20.30 Beach volleyball OR Tabata + Check-in at hotel and fresh up for dinner
20.30 - ... Dinner together GEPE & SPMB at Sant Cugat
Tuesday February 6

10.00            Start day 2 (Sala del bosque - location Módulo, CAR)
10.00 - 10.05    Agenda day 2 ● Koen De Brandt
10.05 - 12.15    *Presentation on overview of current and future possibilities for collaborations: research, projects and mobility ● Koen & Anna Jordana
*Group discussion ● Led by Paul & Miquel
12.15 - 13.15    LUNCH at CAR athletes' restaurant (€11.50)
13.15 – 14.50    Workshop by VUB and applied presentation by UAB
13.15 - 14.15    Workshop VUB on resilience ● Jolan Kegelaers
14.15 - 14.25    Coffee break
14.25 – 14.50    GEPE’s collaborative partnerships with sport clubs ● Yago Ramis
14.50 – 15.50    Erasmus+ DC Train ● Paul, Koen, Simon, Susana, Yago, Anna & Miquel
16.00            Departure to La Masia with cars UAB
17.00 - 19.00    Visit to La Masia (Ciutat Esportiva Joan Gamper)
19.00 - 19.30    Transport from La Masia to tapas restaurant in Sant Cugat
19.30 – 22.00    Tapas & Castells at Sant Cugat (20u30)

Wednesday February 7

09.00 - 12.45    Internal meeting SPMB (sala de Honor, CAR)
09.00 - 09.50    -Suzan (50')
09.50 - 10.40    -Sofie (50')
10.40 - 11.30    -Jolan (50')
11.30 - 12.20    -Simon (50')
12.20 - 12.50    -Koen (30')
12.50 - 13.30    LUNCH at CAR athletes' restaurant (€11.50)
13.45            Taxi from Sant Cugat to airport (Paul, Simon, Sofie, Suzan)
14.30            Arrival at airport El Prat
16.15            Departure flight to Brussels

Thursday February 8

09.00 - 12.45    Follow-up meeting
14.30            Arrival at airport El Prat
16.15            Departure flight to Brussels
Presentations 5 slides - 5 minutes

PART I: GEPE

Yago Ramis From PhD to present: 10 years in 5 minutes
Andrea Perez Persistence of women in elite sport
Ariadna Angulo The reliability analysis: from theory to practice
Gerard Soriano Football refereeing: from stress to motivation
Joan Pons The study of antecedents and consequents of coping in adolescent athletes
Salvador Miró Dual Career of elite athletes at different stages of academic training
Luana Prato Transnational sport career: a perspective from cultural psychology
Marta Borrueco Moral development and motivational climate in youth sport
Anna Jordana The role of beliefs throughout the life cycle of elite athletes

PART II: VUB

Suzan Blijlevens The development of performance behaviour throughout the athletic career
Sofie Smismans A holistic perspective on the vocational development of elite and retired elite athletes
Simon Defruyt The identification and development of dual career support providers’ competencies
Jolan Kegelaers A coach-centered examination of resilience training for talented and elite athletes
Koen De Brandt A holistic perspective on student-athletes' dual career demands, competencies and outcomes