

FEE BEYER
SportsTech

EDUCATIONAL INSTITUTE
FOR SPORTS AUSTRIA



2023

CONFERENCE



**CLICK HERE FOR
REGISTRATION**

RETURN TO COMPETITION

Andreas Schlumberger (GER)
Ryan Curtis (USA)
Simon Roth (GER)
Patrick Andres (GER)
Ismael Fernández Cuevas (ESP)
Johan Lahti (FIN)

SO / MO
10.-11.9.23

MATRIX



BETTER
GUARDS



CATAPULT

SKILLCOURT®



Smartabase

TEAMBUILDER



SCHEDULE AND DESCRIPTION

10.-11.9.23

RETURN TO COMPETITION

COME BACK STRONGER - AND FASTER!

The concept of returning to competition (RTC) for a professional athlete is still under debate in today's professional sports environment. It is critical for the professional athlete to be able to return to competition at a highly competitive level but also to return in a safe and timely measure. With no "gold standard" of sport testing, it is difficult to determine what the right progression or testing regimen should be.

There are many factors that contribute to an athlete's readiness to RTC, including muscular strength, cardiovascular fitness, balance, psychological readiness and many more. Monitoring progress in these domains allows practitioners to make more informed training decisions and increase the probability that the athlete is able to RTC at a high level of performance. Technological advancements have made it possible for medical, rehabilitation, and performance departments to easily collect information that can be used to improve athlete care and development as they prepare for RTC. However, interpreting the value and application of the collected information can remain an ongoing struggle.

Therefore, this conference will take a closer look at the return to competition process and present solutions that can be implemented in any sport. You will get best practice insights and the latest state science in the RTC continuum from our experts from Liverpool's work at the Premier League, Rehab specialist from the German Bundesliga and the NBA to a Sports Scientist who is known for his termography work with top teams all over the world.

Do not miss out!

The speakers are leading coaches and scientists in this field!

TARGET GROUP AND LEVEL: WHO SHOULD ATTEND THIS COURSE?

- ✓ Pro S&C Coaches
- ✓ Pro Rehab- Coaches
- ✓ Elite Sports Scientists
- ✓ Team Doctors
- ✓ Physiotherapists in Elite Sports

BENEFITS: WHY SHOULD YOU ATTEND THIS COURSE?

- ✓ Learn how to apply new technology in your RTC program
- ✓ Get insights into elite sports systems used in the Premier League, Bundesliga, Serie A, La Liga, NBA, ...
- ✓ Gain knowledge around return to competition procedures and learn how to apply such strategies
- ✓ Get access to the presented material
- ✓ Review the recordings at any time afterwards
- ✓ Benefit from the experts experience, ask questions and connect to other coaches and our network

SCHEDULE AND DESCRIPTION

10.-11.9.23

Questions to be asked in this context are:

- ↗ How does professional clubs deal with injured players?
- ↗ What systems do they use?
- ↗ How can technology support decision making?
- ↗ What are best practice procedures in the NBA, Premiere League and Bundesliga?
- ↗ ...

A great mix of theoretical and practical content brings you as a coach, sports scientist or physiotherapist the most value!

And that's exactly why our conferences are awesome!

RECORDING AVAILABLE
ENTERPRISE TICKET

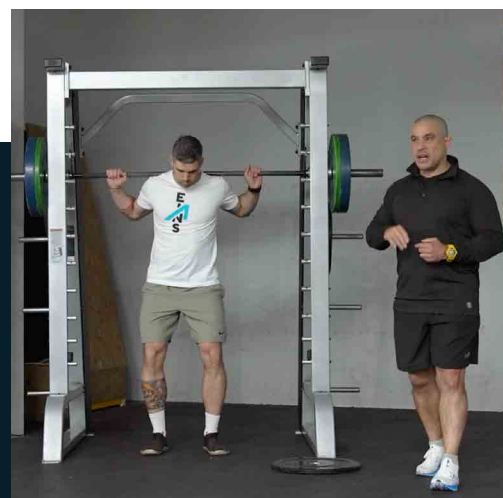
All of our events are recorded and can be reviewed by you anytime. At this conference you need to buy an Enterprise Ticket to get lifetime access to the review video.

And we don't stop here! A few weeks after the conference you can attend an additional videochat, where you can discuss your progress and ask questions!

We really want you to use your gained insights in practice.

You will be able to try things, speak to our experts and extend your network by meeting other sports enthusiasts.

Don't miss this opportunity, get your ticket now!



Do not miss out!

The speakers are leading coaches and scientists in this field!

THAT'S EINS-A COACHING

10.-11.9.23

NEXT LEVEL SUPPORT

OUR CONFERENCE CONSISTS OF 3 PARTS!



THE PREPERATION-PHASE

Months before the event starts we offer a free webinar to interested coaches and scientists. They will be able to gain first insights into the topic and meet the speaker.



THE BUILD-PHASE

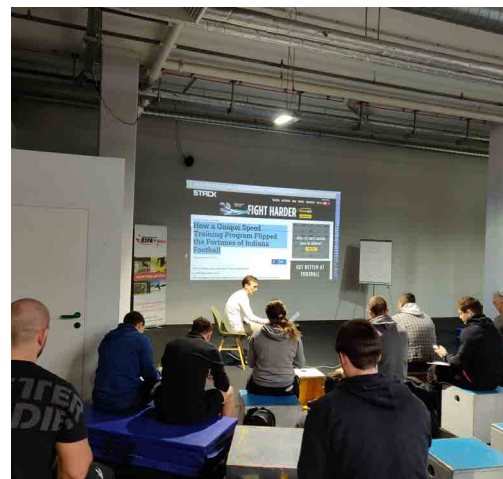
During the conference we offer workshops for advanced or highly interested coaches. In addition we organize opportunities to expand your network and build new relationships! We are going to deliver a unique experience with **talks, workshops and networking!**

Breaks come with lunch, free coffee, snacks and enough time to discuss the experts insights with other coaches or scientists.



THE COMPETITION-PHASE

Training and development are a continuous processes! New methods and knowledge need to be integrated quickly. Of course that's not an easy thing to accomplish! Therefore, a few months after the event all participants can attend an additional free videocall with experts to discuss the practical application of the conference topic!



LEARN MORE

GET IN TOUCH

ABOUT THE TALK

10.-11.9.23

SUNDAY, 10.09.2023

17:00-18:00

REGISTRATION

18:00-20:00

JOHAN LAHTI

HAMSTRING TRAINING & DIAGNOSTICS IN TEAMSPORTS

Practical workshop with Johan Lahti. Introducing hamstrings from a biomechanical perspective, followed by diagnostic methods and training options to avoid specific types of (re)injury, ranging from sprinting to overstretch actions.

Attention: This workshop is practical in nature. Active participation in the training/exercise process is assumed. Therefore, please take suitable sportswear with you to the training course and please let us know if there are any restrictions in this regard. Cloakroom and showers are available.

SO 10.9.2023

18:00 - 20:00

MO 11.9.2023

09:00 - 17:00

GENERALI ARENA

**HORRPLATZ 1,
1100 VIENNA**

**ENGLISH
LANGUAGE**

**€ 165-219,-
TICKET PRICE**

**ONLY 120
TICKETS**

TICKETS

CLICK HERE FOR REGISTRATION

ABOUT THE TALK

10.-11.9.23

MONDAY, 11.9.2023

08:00-09:00	REGISTRATION
09:00- 09:15	KICK-OFF DAY 2
	ANDREAS SCHLUMBERGER STRATEGIES IN PRO-FOOTBALL
09:15- 10:45	<ul style="list-style-type: none"> ⚡ Athlete centered approaches in RTC ⚡ Dealing with non-sports environmental factors ⚡ The RTC continuum ⚡ Scientific substantiation
10:45- 11:00	COFFEE BREAK
11:00- 11:15	PARTNER PRESENTATION
	RYAN CURTIS DATA DRIVEN DECISION MAKING IN THE RTC PROCESS
11:15- 12:30	<ul style="list-style-type: none"> ⚡ Building decision supporting systems ⚡ Monitoring systems for individualized baselines ⚡ Training vs game demands in Basketball ⚡ Technology usage for optimal storage, visualization, analyzation and communication through the RTC process
12:30- 13:45	LUNCH (INCLUDED)
13:45- 14:15	PARTNER PRESENTATIONS

SO 10.9.2023

18:00 - 20:00

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ABOUT THE TALK

10.-11.9.23

MONDAY, 11.9.2023

14:15- 15:15

ISMAEL FERNÁNDEZ CUEVAS

IDENTIFYING INFLAMMATION IN BONES,
LIGAMENTS, TENDONS AND MUSCLES WITH THE
HELP OF THERMOGRAPHY

- ✓ Identify overloaded structures to prevent injuries
- ✓ Support the RTC process with objective data on inflammation progression
- ✓ Measuring skin temperature to identify the rate of (local) fatigue

15:15- 15:30

COFFEE BREAK

15:30- 15:45

PARTNER PRESENTATION

SIMON ROTH & PATRICK ANDRES

USAGE OF EMG TO AVOID RE-INJURY IN PRO
SPORTS

15:45- 17:00

- ✓ Identify and fix compensation patterns after injuries
- ✓ Accelerate the RTC process through EMG biofeedback

17:00

OFFICIAL END

SO 10.9.2023

18:00 - 20:00

MO 11.9.2023

09:00 - 17:00

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ABOUT THE SPEAKERS

10.-11.9.23



DR. ANDREAS SCHLUMBERGER

HEAD OF RECOVERY & PERFORMANCE,
FC LIVERPOOL

Dr Andreas Schlumberger joined Liverpool FC as head of recovery and performance at the end of 2020. Schlumberger took up the newly-created specialist role – which will support and work in close collaboration with the current performance, medical and rehabilitation leadership – as part of the Reds' first-team backroom set-up at the AXA Training Centre.

He made the move to Merseyside after almost a year with Schalke 04, where he held the position of head of fitness and prevention. The German had previously worked with Jürgen Klopp, having spent four seasons with Borussia Dortmund between 2011 and 2015 as a rehabilitation coach. After leaving Signal Iduna Park, he joined Bayern Munich in a similar capacity, before switching to Borussia Mönchengladbach in 2017, where he worked for two-and-a-half campaigns prior to linking up with Schalke.

[... read more](#)

“

“...WE COMMUNICATE WITH THE PLAYERS, WE MAKE ASSESSMENTS, WE HAVE A LOT OF DATA ON THE PLAYERS AND WE ALWAYS TRY TO MAKE THE RIGHT DECISIONS ON AN INDIVIDUAL BASIS.”

”

LECTURE

LEARN MORE ABOUT THE SPEAKER

ABOUT THE SPEAKERS

10.-11.9.23



SIMON ROTH
PHYSIOTHERAPIST
FOUNDER OF MYOACT

The physiotherapist with more than 10 years of experience in elite sports has specialized on electromyography (EMG). As the founder of MYOact, he has been supporting various competitive athletes, primarily footballers from the Premier League and the Bundesliga, but also individual athletes and Olympians. Cooperation with the Bundesliga clubs Mainz 05, Bayer 04 Leverkusen and Borussia Mönchengladbach is particularly important.

In addition, he conducts an intensive exchange with colleagues in his own practice, which allows him to establish and maintain contacts in the individual competitive sports areas during his work as a scientific advisor to the Sportärztezeitung.

[... read more](#)

“

„ON THE BASIS
OF THE EMG
DIAGNOSTICS,
I DETERMINE
INDIVIDUAL
EXERCISES IN
ORDER TO
PHYSIOLOGICALLY
RE-CALIBRATE
THE
NEUROMUSCULAR
SYSTEM“

”

LECTURE

LEARN MORE ABOUT THE SPEAKER

ABOUT THE SPEAKERS

10.-11.9.23



PATRICK ANDRES

S&C AND REHABILITATION COACH
1.FSV MAINZ 05

Patrick Andres is a sports scientist (Master of Science) and DOSB athletics coach.

He has been working for 1. FSV Mainz 05 since 2017 and is currently the NLZ rehabilitation coordinator and strength and conditioning coach. One focus of his work is the use of electromyography in the areas of performance, prevention and rehabilitation.

His planned doctorate deals with the embedding of this technology in complex diagnostics and targeted training.

[... read more](#)

“

„IN THE JOINT
LECTURE WITH
SIMON ROTH WE
WILL DIVE INTO
THE USE OF EMG
FOR THE RETURN
TO COMPETITION
PROCESS!
I LOOK FORWARD
TO AN
INTENSIVE
EXCHANGE!”

”

LECTURE

LEARN MORE ABOUT THE SPEAKER

ABOUT THE SPEAKERS

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JOHAN LAHTI PHD, CSCS

*SPORTS SCIENTIST, S&C COACH, LECTURER
R5 ATHLETICS & HEALTH*

Sports Science lecturer at the Applied University of Arcada, Helsinki, Finland.

S&C coach for the Jokerit Ice-Hockey Academy, U20 group.

S&C Coach and test performer at R5 Athletics & Health.

Currently based in Helsinki (Finland) Johan works as an S&C coach, lecturer and researcher!

As a S&C coach Johan has a broad range of experience in different kinds of sport (ice-hockey, soccer, martial arts, running, Basketball, Swimming, Lacrosse, Tennis, Rugby, ...) and at various age and performance levels. His research focuses on sprint related topics in terms of training and biomechanics. He recently defended his doctoral thesis (10.12.2021), which was a highly practical project with the aim to reduce hamstring injuries in professional football (soccer).

[... read more](#)

RESEARCH

Lahti J, Huuhka T, Romero V, Bezodis I, Morin JB, Häkkinen K. Changes in sprint performance and sagittal plane kinematics after heavy resisted sprint training in professional soccer players. PeerJ. 2020 Dec 15;8:e10507.

Lahti J, Mendiguchia J, Ahtiainen J, et al. Multifactorial individualised programme for hamstring muscle injury risk reduction in professional football: protocol for a prospective cohort study. BMJ Open Sport & Exercise Medicine. 2020;6:e000758.

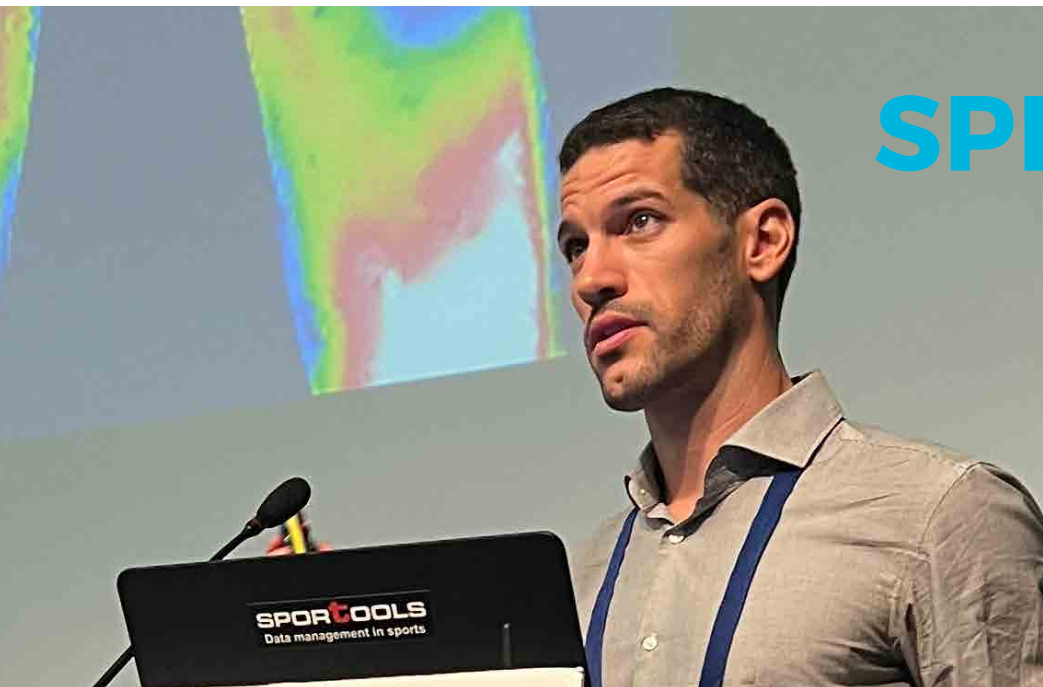
Lahti J, Jiménez-Reyes P, Cross MR, Samozino P, Chassaing P, Simond-Cote B, Ahtiainen JP, Morin JB. Individual Sprint Force-Velocity Profile Adaptations to In-Season Assisted and Resisted Velocity-Based Training in Professional Rugby. 2020. Sports. Aug ;8(5):74

and many more...

LEARN MORE ABOUT THE SPEAKER

ABOUT THE SPEAKERS

10.-11.9.23



ISMAEL FERNÁNDEZ CUEVA PHD

*SPORTS SCIENTIST, LECTURER
CO-FOUNDER THERMOHUMAN*

Ismael holds a MBA in International Business Administration and an International PhD in Sport Sciences (topic: exercise and infrared thermography). Ismael already published more than 30 scientific articles and lectures on different universities. His main topic and research interest is focused on the application of Infrared Thermography (IRT) as injury prevention and follow-up tool in humans, rather in sports or health sector. This increasingly interesting topic needs still further research to understand how skin temperature behaves in different situations and how influence factors can affect it.

As a co-founder of ThermoHuman, he helps high performance teams from the Premier League, Bundesliga, Serie A, La Liga, NFL, ... (Newcastle United, US Soccer, FC Barcelona, VfL Wolfsburg, Carolina Panthers) with their injury prevention programs.

[... read more](#)

RESEARCH

Reis, H. H., Brito, C. J., Sillero-Quintana, M., Silva, A. G., Fernández-Cuevas, I., Cerqueira, M. S., ... & Marins, J. C. (2023). Can Adipose Tissue Influence the Evaluation of Thermographic Images in Adolescents?. *International Journal of Environmental Research and Public Health*, 20(5), 4405.

Fernández-Cuevas, I., Torres, G., Sillero-Quintana, M., & Navandar, A. (2023). Thermographic assessment of skin response to strength training in young participants. *Journal of Thermal Analysis and Calorimetry*, 1-9.

Fernández-Cuevas, I., Arnáiz Lastras, J., Escamilla Galindo, V., & Gómez Carmona, P. (2017). Infrared thermography for the detection of injury in sports medicine. *Application of infrared thermography in sports science*, 81-109.

and many more...

LEARN MORE ABOUT THE SPEAKER

ABOUT THE SPEAKERS

10.-11.9.23



RYAN CURTIS PHD, ATC, CSCS*D
*DIRECTOR OF SPORTS SCIENCE,
SAN ANTONIO SPURS*

Dr. Ryan Curtis is a sports scientist and performance coach in the National Basketball Association (NBA). He has over 20 years of professional experience serving as a sports scientist, athletic trainer and strength and conditioning coach spanning across professional sport (San Antonio Spurs, ATP/WTa World Tour, United States Tennis Association), collegiate (University of Connecticut, Kansas State University, University of Missouri), and military settings (United States Marine Corps and Department of Defense).

Ryan has authored over 20 peer-reviewed research publications, books, and book chapters, and presented feature lectures at national and international conferences covering a range of sports science, medicine, and performance topics. His professional and research interests are in optimizing elite athlete health and performance through the integration of evidence-based practice, technology, and analytics. [...read more](#)

RESEARCH

Manning, C. N., Morrissey, M. C., Langan, S. P., Stearns, R. L., Huggins, R. A., Curtis, R. M., ... & Casa, D. J. (2023). Fluid Replacement Strategies and Heart Rate Variability Recovery Following Prolonged Exercise in the Heat and Mild Dehydration. *Physiologia*, 3(1), 98-112.

Manning, C. N., Morrissey, M. C., Stearns, R. L., Huggins, R. A., Curtis, R. M., & Casa, D. J. (2022). PHYSIOLOGICAL AUTONOMIC NERVOUS SYSTEM RECOVERY VERSUS PERCEIVED RECOVERY FOLLOWING PROLONGED EXERCISE IN THE HEAT: 984. *Medicine & Science in Sports & Exercise*, 54(9S), 244.

Curtis, R. M., Huggins, R. A., Benjamin, C. L., Sekiguchi, Y., Lepley, L. K., Huedo-Medina, T. B., & Casa, D. J. (2021). Factors associated with noncontact injury in collegiate soccer: a 12-team prospective study of NCAA Division I men's and women's soccer....

and many more...

LEARN MORE ABOUT THE SPEAKER

THAT'S EINS-A COACHING

10.-11.9.23

WHAT YOU GET



THE PREPERATION-PHASE

Months before the event starts we offer a free webinar to interested coaches and scientists. You will be able to gain first insights into the topic.

Check out our FREE WEBINARS and prepare yourself for the real life competition (**Recordings available!**)

FREE WEBINAR



THE BUILD-PHASE

The conference comes with a lot of oppertunities to expand your knowledge, skills and relationships! Our speakers are leading experts who are covering state of the art knowledge in theory and practice!

The event in a nutshell:

- ✓ 2- 3 days of talks and workshops
- ✓ several hours of webinar content
- ✓ lifetime access to the recording of the event (Enterprise Ticket)
- ✓ unique networking oppertunities
- ✓ help with pracitcal application afterwards
- ✓ ...



THE COMPETITION-PHASE

Training and development are a continuous proceses! New methods and knowledge need to be inte-grated quickly. Of course thats not an easy thing to accomplish! Therefore, a few months after the event all participants can attend an additional free video-call with experts to discuss the practical application of the conference topics!

“

**PRACTICAL
APPLICATION
IS KEY!**

**WE WANT
YOU TO
SUCCEED!**

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TICKETS

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CHOOSE YOUR TICKET

10.-11.9.23



CHOOSE YOUR TICKET

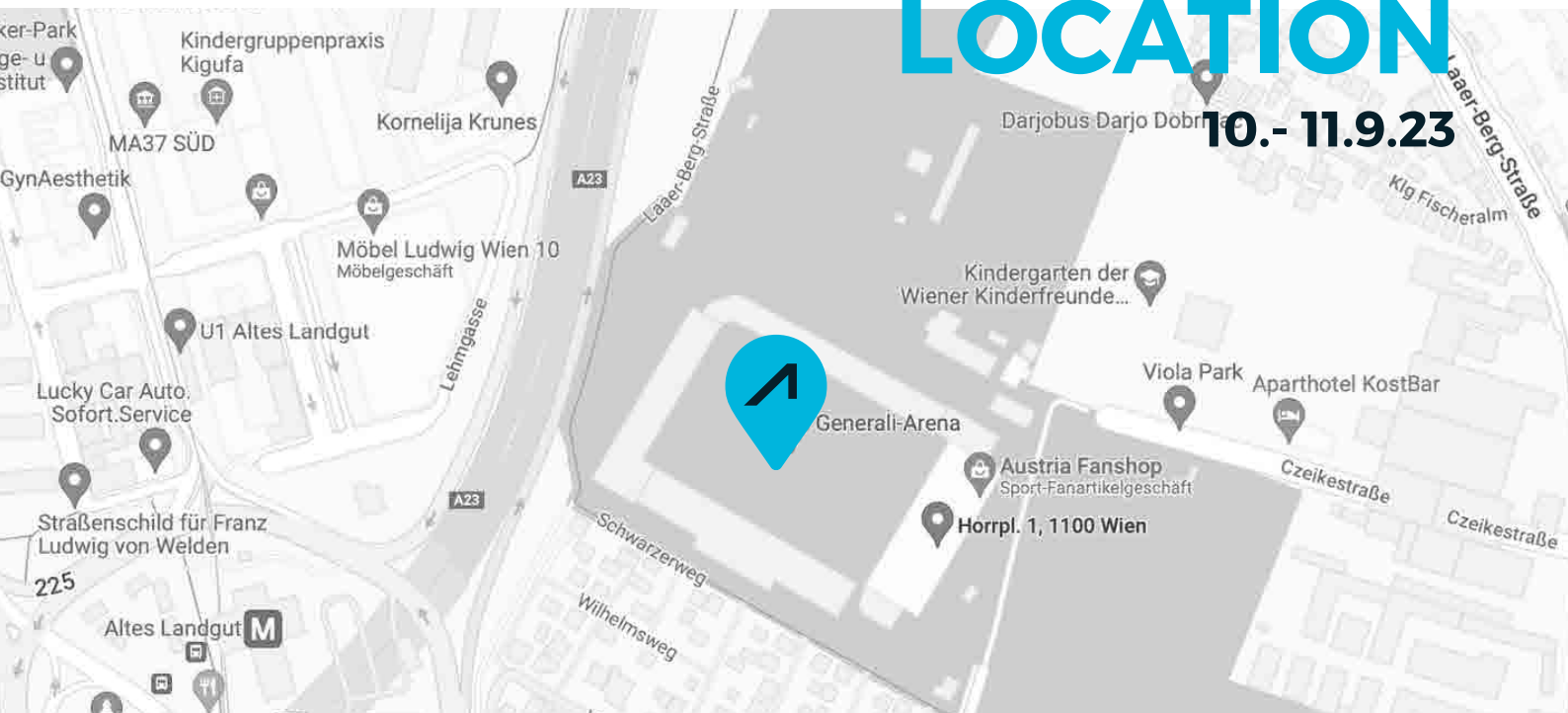
INCLUDED	LIVE	ENTERPRISE
↗ Conference Ticket (SU + MO)	X	X
↗ Lunch, Coffee and Snacks included	X	X
↗ Access to the conference presentation slides	X	X
↗ Access to the preperation phase recording	X	X
↗ BONUS: Access to the Follow-Up-Webinar (Q&A, practical application)	X	X
↗ BONUS: Lifetime access conference recording (SU + MO)		X
PRICE	€ 165	€ 219

TICKETS

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CONFERENCE LOCATION

10.- 11.9.23



GENERALI ARENA HORRPLATZ 1 1100 VIENNA



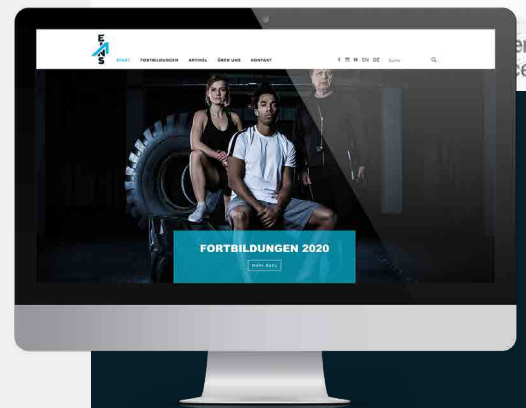
ARRIVAL BY CAR

The stadium is located on the A23, the south-east tangent. Via the Verteilerkreis Favoriten exit, you can get to the Generali Arena, which is well signposted. Important: Access is only possible via Czeikestraße! The parking garage (P1) and the parking lot (P2) of FK Austria Wien are freely available to the participants.



ARRIVAL BY PUBLIC TRANSPORTATION

The easiest way to get to the Generali-Arena is to take the U1 subway line. The subway station Altes Landgut is located at the Verteilerkreis and thus in the immediate vicinity of the stadium. The U1 takes you from downtown Vienna to the Austria in less than ten minutes.



MORE INFORMATION ON OUR WEBSITE:

www.eins-a-coaching.at

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SportsTech

We are looking forward to read
from you!
office@eins-a-coaching.at

