



PRESENTS

STRIVING FOR EXCELLENCE SUMMIT

BY

ASPETAR  اسبيتار

20/21 MAY 2019

Parc des Princes

STRIVING FOR EXCELLENCE **SUMMIT 2019**

Lors de la première édition de notre conférence annuelle “Striving for excellence summit”, en mai 2018, nous avons réuni les meilleurs experts internationaux dans le domaine de la force musculaire. Ils étaient chercheurs, préparateurs physiques et kinésithérapeutes, et nous avaient exposé brillamment comment ils mettent la science et la recherche au service de leur pratique de haut niveau.

Cette année, le Paris Saint-Germain a décidé de voir plus grand; la conférence va s'étendre sur 2 jours, les 20 et 21 mai 2019. Le Département Médical s'unit au Département Performance pour vous élargir les thématiques abordées. Ainsi, aux côtés des intervenants dans le domaine de la performance sportives tels que préparateurs physiques et kinésithérapeutes, se joindront cette année des médecins et des analystes de renom, qui travaillent tous pour des clubs et organisation d'élite. La performance dans le sport de haut niveau est multifactorielle, et le travail conjugué des différentes disciplines citées est indispensable à la réussite de l'équipe. Nous vous attendons nombreux pour ces 2 jours exceptionnels de partage et d'échange au Parc des Princes.

L'équipe Performance et Médicale du Paris Saint-Germain

For this first edition of the Paris Saint Germain “Striving for excellence summit”, we brought together some of the best international experts in the area of strength training, including globally renowned researchers, strength and conditioning coaches and physiotherapists. They spoke about their latest findings both in the lab and the field, and how their practices could make players better and more resilient to injuries.

This year, the PSG wants to 'see bigger'; the conference will last 2 days, on the 20th and 21st of May 2019. The Medical Department partners with the Performance Department to increase the topics debated. On the side of some great field practitioners such as strength and conditioning coaches and physiotherapists, will be present this year many renowned doctors, surgeons and analysts, who all work in prestigious clubs and organisations - not only in football (soccer), but in other great sports including rugby, handball, NBA or American football. Performance in high levels sports is multi factorial, and success may only arise through the joint efforts of all these professions. We hope lots of you will come at the Parc des Prince this year.

Performance and Medical teams of the Paris Saint-Germain



DAY 1 - MONDAY 20TH MAY - MORNING

SALON DES PRINCES

Welcome 9.00-9.15

Blanc JC, Henrique

Dr. Chalabi H, Dr Abdulaziz Jeham Alkuwari (Aspetar CEO)

Session 1: 9.15-11.00

Moderators: Buchheit M., Lacomme M. and Eirale C.

Tuchel T. & Maxwell

What do I expect from my staff

Pintus A. (Real Madrid)

Collaborating with staff and players in the elite setting

Prof Cugat R. vs Dr. Tol H.

The Ring: PRP or not PRP

COFFEE BREAK

SALON DES PRINCES

SESSION 2**11.30-13.00**

Moderator: Buchheit M.

Schrey R. (Paris Saint-Germain)

Finding the balance

Dupont G. (Fédération Française de Football)

Decision making at the FFF

Sassi R. (Juventus Turin)

Juventus methodology

AUDITORIUM

SPORT MEDICINE FOR FOOTBALL**11.30-13.00**

Moderators: Dr Aumont & Dr Boccara

Dr. Eirale C. (Paris Saint-Germain)

Football medicine (r)evolution

Dr. Mughal S. (Tottenham)Are you ready for the emergency?
Experiences from the Premiership.**Prof. Wilson M. (Aspetar)**

The Sport Cardiology support for a football club

Dr. Tol H. (Aspetar)Is the research useful and applicable in a
professional football club?**Prof. Schumacher Y. (Aspetar)**

Anti-Doping in Football – What are the pitfalls ?

Q&A

LUNCH

SALON DES PRINCES

SESSION 3

14.00-15.30

Moderators: Buchheit M. & Dupont G.

Suarez-Arrones L. (FC Basel 1893)
Hamstring injury prevention

Milsom J. (Glasgow Ranger)
Rehabilitation training

Prevention – Point – Counter-P.

AUDITORIUM

THE GROIN PAIN: ASPETAR EXPERIENCE

14.00-15.30

Moderators: Dr Vuckovic & Dr Mauri

Prof. Bisciotti G. (Aspetar)

Prevention: is it possible?

Dr. Brasseur JL. (Hôpital Pitié-Salpêtrière)

How the imaging can support the clinician

Dr. Reboul G. (Sport Clinic Bordeaux Merignac)

Diagnostic approach and surgical treatment modalities

Dr Muschaweck (Aspetar)

Surgical approach: the minimal repair

Dr Vuckovic (Aspetar)

Anatomy, terminology and conservative treatment

Roundtable

The problem of the decision making and its timing

Moderator: Prof Saillant G.

Reboul G., Bisciotti G., Vuckovic Z., Muschaweck U.,

Mauri E., Brasseur JL.

COFFEE BREAK

SALON DES PRINCES

SESSION 4

16.00-17.30

Moderators: Buchheit M. and Schrey R.

Mayer N. (Paris Saint-Germain)
Positional training

Pons E. (FC Barcelona)
Training Methodology in the FC.Barcelona

Noga P. (Paris Saint-Germain)
Training individualisation in an Academy

AUDITORIUM

SPORT SURGERY – FOCUS ON THE SYNDESOSIS OF THE ANKLE

16.00-17.30

Moderators: Prof Saillant & Dr Krzentowsky

Prof. Calder J. (Fortius Clinic London)

Anatomy and patophysiology

Dr. Stefanini L. (Juventus FC)

On field management and conservative treatment

Dr. Renoux J. (American Hospital Paris)

Diagnostic, pronostic and follow up imaging

Prof. Khiami F. (Hôpital Pitié-Salpêtrière)

Surgical techniques: indications and complications

Prof. Cugat R. (Hopital Quiron Barcelona)

Could the regenerative medicine play a role?

DAY 2 - TUESDAY 21TH MAY-MORNING

SALON DES PRINCES

Welcome 9.00-9.15

Session 1: 9.15-11.00

Moderators: Buchheit M., Lacomme M.

Murray E. (Exasol)

Getting closer to the truth through better visualizations of player performance

Marques P. (SL Benfica)

Analytics in practice: a journey from Performance analyst to Technical director

**Allistair McCaw
(Consultant, Team Culture, Champion Minded, Florida)**

Mindset & Performance

COFFEE BREAK

SALON DES PRINCES

SESSION 2

11.30-12.30

Moderators: Lille-Palette M.

Tarascon T. (Paris Saint-Germain)

The next revolution in Football is Simplicity

Spearman W. (Liverpool FC)

Quantifying Pitch Control

Ferreras S. (Arsenal FC)

The use of data for goalkeepers evaluation: a tracking-based claims model

AUDITORIUM

SESSION 2

11.30-12.30

Moderators: Buchheit M.

Guilhem G. (INSEP)

Elastography: Utilisation & potential applications

Maldonado R. (FC Girondins de Bordeaux)

Practical application of TMG in Professional soccer

Cronin J. (Auckland UT)

Wearable Resistance; the future is light

LUNCH

SALON DES PRINCES

Session 3: 14.00-15.30

Moderators: Zok.M

Roundtable

Spearman W., Lille Palette M., Coach

Using data – How, when, usefulness ?

Ryan B. (former Fiji's rugby seven coach)

Creating a High Performance Culture

COFFEE BREAK

SALON DES PRINCES

SESSION 4

16.00-17.30

Zok M. (N3XT Sport)

The future of sports technology.



GRAN FINAL

Sports Analytics Challenge Gran Final

ÉCOLE
POLYTECHNIQUE

Sports Analytics Challenge Gran Final

6 pitch of 10' + Intro

AUDITORIUM

SESSION 4

16.00-17.30

Moderators: Buchheit M.

Lassus P. (Paris Saint-Germain, Women)

The future of women soccer training

Yapo A. (Paris Saint-Germain, Handball)

Training and load management in the elite

Couderc A. (Fédération Française de Rugby)

Preparing elite rugby sevens women

for the Olympics games

NETWORKING