



2023  
2024

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# ELITE STRENGTH AND CONDITIONING COURSE



Riksidrottsförbundet



Finland  
Kuortane  
OLYMPIC TRAINING CENTER



Schweizerische Eidgenossenschaft  
Confédération suisse  
Confederazione Svizzera  
Confederaziun svizra

Office fédéral du sport OFSPO  
Haute école fédérale de sport Maccolin HEFSM

# Elite Strength and Conditioning Course



## GENERAL PRESENTATION

The Elite Strength & Conditioning Course is a **program for elite coaches** in Europe who work with elite athletes. The program aims to match the special requirements and environment the elite coach meets. You get the possibility to take part of the unique knowledge from four Sport Performance Centres in Sweden-Bosön, Finland-Kuortane, France-INSEP and Switzerland-Maglingen.

At the end of the program, you will have a **great network of expert coaches across Europe** to share professional issues & possibilities. You will also benefit from **updated research in the field and a lot of hands-on practice** on how to help your athletes reach their potential.

The program started in 2020 as an Erasmus project co-funded by the European Union and received a **“Good Practice” label by the EU** for its **“high quality implementation & relevance”**. The consortium of Sports performance centres & Sports confederation that developed the program strongly believe that sharing knowledge makes you stronger.



## METHODOLOGY

The training process is based on exchanges and collaboration between peers (trainees). Specific contributions of scientific and experiential knowledge in the form of conference or clinic will be included as well as formal and informal exchanges with experts of the topics addressed.

**ESC2 design is based on collaborative methods and a planning that alternates theory, practice and transfer opportunities.**



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## TRAINING TOPICS & PLANNING

The planning of the sessions takes into account the Paris Olympics period and should enable the strength and conditioning coaches involved in Olympic preparations to be available for their athletes.

- **Module 1 - Testing:** 19-22 of September 2023, Swedish Sports Confederation - Bosön, Sweden
- **Module 2 - Planning:** 27-30 of November 2023, Kuortane OTC, Finland
- **Module 3 - Training load:** 1-4 of February 2024, INSEP, Paris, France
- **Module 4 - Self-Management and Team Management:** 15-18 of April 2024, Swiss Federal Institute of Sports Magglingen (SFISM) - Switzerland

## PARTICIPATION COST

The participation cost is 2,400 € and it covers all four modules including lectures, workshops, course materials etc.

## TRAVEL & ACCOMODATION

You must arrange and pay for your own transportation and accommodation. You will be provided with information on transport and accommodation options from your main organizer. Make sure to book your travel and accommodation in advance.



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## SELECTION PROCESS

The course targets **coaches who work at top level** for at least three years and will do so by at least 50% during the course. You are motivated and eager to share knowledge. **An open mind-set, a willing to share and a B2 level in English are also required.**

**The course' success lies upon your active participation, motivation and willingness to share.**

Candidates have to fill out the application form on the following platform :



Candidates selected at the end of this first stage will be called for an interview.

## CONTACTS

FINLAND		
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