



SEEKING FOR PERFORMANCE

RECOVERY & INJURY PREVENTION

PROGRAM

9h30 – 10h	Welcome coffee
10h – 10h05	Opening speech <i>Mathieu Nédélec (SEP laboratory, INSEP)</i>
10h05 – 10h10	Overview of 2019-2020 Conferences <i>Jérôme Perez (SEP laboratory, INSEP) & Adrien Marck (Research development and promotion, INSEP)</i>
10h10 – 10h40	“The effects of match congestion in elite football on recovery and injury” <i>Christopher Carling (Head of scientific and performance department, FFF)</i>
10h40 – 11h10	“Prévention des lésions tendineuses et ligamentaires du genou à la Fédération Française de Basket-Ball” <i>Laurent Winkler & François Tassery (Medical department, INSEP)</i>
11h10 – 11h30	Coffee Break
11h30 – 12h	“Recovery management in elite sports: time-courses and exercise specificity?” <i>Sabrina Skorski (Saarland University, Deutschland)</i>
12h – 12h30	“The experience of Injury in Top elite track and field: Contrasting Effects on the Feeling that sport is a vocation” <i>Lucie Forté (Paul Sabatier University, Toulouse)</i>
12h30 – 14h00	Lunch
14h00 – 14h30	Round table <i>Moderators: Mathieu Nédélec (SEP laboratory, INSEP), Mathilde Poignard (SEP laboratory, INSEP) & Anis Aloulou (SEP laboratory, INSEP)</i> <ol style="list-style-type: none">1. Recovery strategy: between scientific evidence and field realities2. Is the recovery the first key to injury prevention?
14h30 – 15h00	“Sleep in elite athletes: Implications for performance and recommendations for optimal recovery” <i>Jacopo Vitale (Galeazzi Orthopedic Institute, Italy)</i>
15h00 – 15h30	“Sleep and high-level sport: from exercise-induced stress to recovery strategies optimization” <i>Anis Aloulou (SEP laboratory, INSEP)</i>
15h30 – 16h00	Coffee Break
16h00 – 16h30	“Recovery strategies for the high-level tennis player” <i>Mathilde Poignard (SEP laboratory, INSEP)</i>
16h30 – 17h00	Science ça court ! 180 seconds to present your research project <i>MsC or PhD students</i>

30 january
2020

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