

GET TOGETHER CONFERENCE

PERFORMANCE SUMMIT

SATURDAY DECEMBER 3rd

SUNDAY DECEMBER 4th

	MAIN	ACTIVITY	THEORY	BAR
08:30 till 09:00	Davy Provoost (BE) Mobility & Activation Start today with some slow movement and wake up those joints & muscles.	Flywheel Power Training by Thomas Get up and close with the benefits of fly wheel training with the Exxentric.	Cryo experience by Cryohealth What better way to wake up your body than a cryo experience?	Networking with coffee
09:20 till 11:00	Paul Edmondson (UK) 3D Load based training Looking at endocrinology of loaded 3 dimensional training.	Nicole Rodriguez (US) 3-stages of development Get an injury risk factor model for neuromuscular control for developing athletes.	Davy Provoost (BE) Odd position strength training Make your body strong and resilient in disembodied positions	EXPO Get coffee, watch the World Championship Footballand and visit the booths of the Get Together partners
11:20 till 12:30	Matthew Truscott (US) Landmine for Performance This is how I train my USA Football Team to get the best results.	Davy Provoost (BE) How to boost recovery with athletes Boost your athletes' recovery by using these tips and tricks.	Pat Viroux (BE) Cold & Heath exposure Learn how to apply cold and heath exposure to get the best results.	EXPO Get coffee, watch the World Championship Footballand and visit the booths of the Get Together partners
12:30 till 13:30	Thomas Daly (BE) Flywheel Training Find out the value of Exxentric while eating your lunch.	Equipment yard sale Get a bargain and buy equipment from STRIDE and Keiser at insane reductions from -30%-70%	Temperature training 1-on-1 Wake up your brain with a cryo experience and talk to temperature training experts.	LUNCH FRAN KOOKT has made amazing healthy food! Get yourself a nice lunch to boost your energy
13:30 till 14:50	Matthew Truscott (USA) 3D Olympic Lifting Snatch, Deadlift, Jerk: Let me show you how you can get more benefits and results by doing these in 3D	Nicole Rodriguez (US) Bottom-up development This practical will highlight 3 different models.	Pat Viroux (BE) 5 do's and dont's in recovery training Assessment of do's & dont's	EXPO Get coffee, watch the World Championship Footballand and visit the booths of the Get Together partners
15:10 till 16:40	Paul Edmondson (UK) Unlocking potential from the ground up How to observe motion, recreate and enhance mobility for athletic performance!	Paco Gonzalez (ES) Use cardio for development & performance Cardio beyond group cycle environments	Bram Swinnen Future of Performance training (45 min.) Brain training in PT, Integrated Performance and Exercise selection.	EXPO Get a drink, watch the World Championship Footballand and visit the booths of the Get Together partners
17:00 till 18:00	Matthew Truscott (US) NFL training for beasts Let's show those pretty players how real athletes train.	Keiser Trainers Ultimate power workout End the day with a kick ass killer workout	Thibault Poulet Studio Design Essentials Do's & don'ts when opening your PT studio, physio or Crossfit box.	EXPO Get a drink, watch the World Championship Footballand and visit the booths of the Get Together partners
17:40 till END	GTC Network drink & World Championship Football			

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08:30 till 09:00	Davy Provoost (BE) Mobility & Activation Start today with some slow movement and wake up those joints & muscles.	Thomas Daly (BE) Flywheel Power Training Find out benefits of the flywheel power training with the Exxentric.	Cryo experience by Cryohealth What better way to wake up your body than a cryo experience?	Networking with coffee
09:20 till 11:00	Matthew Truscott (US) Time or Reps for Performance How long do you go VS do you focus on repetitions? Taking into account the latest research and results, what do we focus on training athletes?	Nicole Rodriguez (US) Why use partner-based games A creative model for increasing engagement, strength and movement skills.	Paul Edmondson (UK) The myths and truths behind mobility training What science and application says about mobility	EXPO Get coffee, watch the World Championship Footballand and visit the booths of the Get Together partners
11:20 till 12:30	Karel Vanhulsel (BE) A proper deadlift Insights and coaching in tools.	Matthew Truscott (US) 3D FORCE A look at Acceleration & Deceleration	Pat Viroux (BE) Cold & Heath exposure Learn how to apply cold and heath exposure to get the best results.	EXPO Get coffee, watch the World Championship Footballand and visit the booths of the Get Together partners
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13:30 till 14:50	Davy Provoost (BE) Power training for health & human performance Integrate power training in young athletes safely.	Nicole Rodriguez (US) How to implement partner based games athletic development related to specific age categories.	Pat Viroux (BE) 5 do's and dont's in recovery training Assessment of do's & dont's	EXPO Get coffee, watch the World Championship Footballand and visit the booths of the Get Together partners
15:10 till 16:40	Davy Provoost (BE) Odd position strength training Make your body strong and resilient in odd positions.	Paco Gonzalez (ES) Team cardio training one-on-one This session will show you how to create an environment that challenges them in positive ways.	Thibault Poulet Studio Design Essentials Do's & don'ts when opening your PT studio, physio or Crossfit box.	EXPO Get a drink, watch the World Championship Footballand and visit the booths of the Get Together partners
16:40 till END	Equipment yard sale	CONFERENCE EQUIPMENT SELL OUT All equipment used during the conference have to go.		EXPO Get a drink, watch the World Championship Footballand and visit the booths of the Get Together partners
	GTC Network drink & World Championship Football			

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WHAT YOU
THINK

* And win a €250 STRIDE voucher



CHECK OUT THE
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