



# **TRAINING COACHES FOR SOCIAL INCLUSION THROUGH SPORTS**

## **WHEN**

**29th May 2018**

**9:30 – 18:00**

**30th May 2018**

**9:15 – 14:00**

## **VENUE**

**Centro Sanatorio Marítimo de Gijón**

**Avda. José García Bernardo, 708**

**33203 Gijón, Spain**



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## Tuesday, 29th of May 2018

**09:30 -10:00** *Welcome and introductions – Catalina del Río (CDM)*

- 10:00 -11:00** *Good practices for training people with intellectual disabilities*
- **Strategies to run a basketball practice for people with intellectual disabilities**—José Manuel Álvarez (CDM)
  - **Managing conflict among athletes with intellectual disabilities** - Eloy Castelo (CDM)
  - **A tennis warm-up guideline for trainers who work with people with intellectual disability** – Birgit Schneidhofer (LBB)
  - **Teaching people with intellectual disabilities the correct position in the water** - Stefan Dullnig (LBB)

**11:00 - 11:30** **Coffee Break**

- 11:30 - 13:00** *Professional's qualifications and Evidence-based research*
- **Evidence-based research on the health benefits that sport competitions bring to persons with disabilities** - Celia Garrote (UPM-CEDI)
  - **Evidence-based research to empower trainers in including persons with disabilities in fitness and sport** - Augusto Jiménez (UPM-CEDI)
  - **Necessary skills of an Adapted Physical Activity coach** - María Casas (UPM-CEDI)

**13:00 - 13:30** *Adapted sports in IIH-CRPSF – Rui Santos*

**13:30 - 15:00** **Lunch Break**

**15:00 - 17:00** *Visit to facilities and training centre*

**17:00 - 18:00** *Brainstorming session: “Sharing training experiences”*

**20:30** **Networking event**

## Wednesday, 30th of May 2018

**09:15 - 10:00**

*Athletes' testimonies*

- **Basketball** - M<sup>a</sup> José Fernández (CDM)
- **Athletics** - Santiago Díaz (CDM)
- **Tennis** - Stefan Reisacher (LBB)

**10:00 - 11:30**

*Promotion of training programmes, regulations and safety standards*

**Moderator:** Celia Garrote (UPM-CEDI)

Participants:

- **José Ramón Tuero** (General Director of Sports – Regional Authority of Asturias)
- **Patricia Riestra** (Director of Sport Programmes – Gijón City Council)
- **Alfredo Salazar** (Technical Director - FEDDI)
- **Oswaldo Márquez** (Training Coordinator - FEDDI)
- **José Alberto Álvarez** (President - FEDDF)

**11:30 - 12:00**

**Coffee Break**

**12:00 - 14:00**

*Peer assessment of the meeting (IIH)*

Follow-up activities and tasks for Action Plans

## ACRONYMS:

### ***DISPLAY Partners:***

**CDM:** Sanatorio Marítimo Sports Club, Spain

**IIH-CRPSF:** Centre for Psychopedagogical Rehabilitation of the Holy Family, Portugal

**LBB:** Steiermark Residential and Day Services, Austria

**UPM-CEDI:** Chair for Inclusive Sport Studies, Spain

### ***Other institutions:***

**FEDDI** – Spanish Sports Federation for People with Intellectual Disabilities

**FEDDF** – Spanish Sports Federation for People with Physical Disabilities



Club Deportivo  
**S. MARÍTIMO**  
Gijón



**BARMHERZIGE BRÜDER**  
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PSICOPEDAGÓGICA DA SAGRADA FAMÍLIA



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de Estudios sobre  
Deporte Inclusivo  
 

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