

SCS 7TH ANNUAL CONFERENCE

**Strength and Conditioning:
A fundamental tool for performance
improvement, injury and disease
prevention at different stages of life.**



Date

09th-11th October 2024



Location

**Universidad Católica de
Murcia, UCAM, Murcia, Spain**



Web page

**[https://www.scs.academy/
scs-annual-meeting/](https://www.scs.academy/scs-annual-meeting/)**



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WELCOME

On behalf of the Strength and Conditioning Society (SCS) and the Universidad Católica San Antonio de Murcia (UCAM), it is a pleasure to invite you to the 7th Annual SCS Conference to be held at the Catholic University of Murcia (UCAM), Murcia, Spain in the fall of 2024.

SCS members have a common interest in the broad field of strength and conditioning, and include a diverse group of sport science professionals for both the health, performance and fitness industry. Through its multidisciplinary team of sport science and clinical professionals, the SCS aims to examine strength training and conditioning from a multifaceted perspective, including all physiological, biomechanical, psychological and epidemiological aspects.



**MARÍA DOLORES
GARCÍA MASCARELL**

UCAM President



PEDRO E. ALCARAZ

SCS President

Thus, it strives to improve knowledge in the area of strength and conditioning and its broad application to sports performance, sports medicine, injury prevention, rehabilitation and health improvement.

As in previous years, the event will encourage the dissemination of up-to-date strength and conditioning research, providing practitioners and researchers with the opportunity to present and discuss their latest findings on the topics outlined above. In addition, the SCS, in collaboration with UCAM, will recognize professional and academic excellence in the field of strength and conditioning and will award the "Strength and Conditioning Coach of the Year Award," the "Emerging Strength and Conditioning Coach of the Year Award" and the "Strength and Conditioning Coach Career Achievement Award" to outstanding practitioners, and the "Young Investigator Award" and the "Applied Science Award" to notable researchers. The conference will be a gathering of colleagues and friends. We invite you to this scientifically and socially rewarding, memorable and enjoyable meeting.

See you in Murcia, Spain!



VENUE

Murcia, a major city in south-eastern Spain, is the capital and most populous city of the Autonomous Community of the Region of Murcia.

Our Region is characterized by its mild, sunny weather. Beaches, country sides, cities, traditions, folklore, culture, and of course sports and health merge into a dynamic, active set of touristic attractions. The restaurants of this land known as Europe's orchard will cater for all tastes from traditional Spanish cooking to Michelin star luxury.



MEETING POINT - UCAM UNIVERSITY

Since its creation, the **Catholic University of Murcia (UCAM)** has considered **sports** as one of its fundamental pillars. It implements a university model that, every year with more strength, tries to instill in its students the motivation, spirit and love for sport.

But UCAM's ambition is not only to offer its students the possibility of joining prestigious clubs. The university is committed to helping athletes from various disciplines balance their studies with their sports careers at the highest level. **This continued commitment to sport has been rewarded in terms of results with the consolidation of the UCAM as one of the best universities in Spain in sports.**

The Spanish Olympic Committee and the Catholic University of Murcia joined forces in 2012 in a sports and educational project conceived with a central idea: **to allow high-level athletes to combine their higher education with training and competitions.**

In Rio 16, the Spanish team had more than fifty athletes linked to UCAM, winning 24 medals (15 Olympic and 9 Paralympic), being the second university in the world with more medals in the Olympic event, only behind Stanford (United States). In Tokyo 20, UCAM's athletes won 17 medals.

The Faculty of Sport and UCAM Research Center High Performance Sports aim to achieve a leading education and research infrastructure, located in the Region of Murcia, but with the vocation of being an international reference center. The members already in place are the seed for the consolidation of a first class center with the necessary resources to establish new lines of research and promote the current ones. The Research Center currently hosts elite athletes such as **Mireia Belmonte, Mariano García, Ilia Topuria, Pedro Acosta**, among more than 60 sponsored Olympians and UCAM Murcia teams to help in their preparation and improve their high sporting performance.



SCHEDULE AT A GLANCE

	09/10 WEDNESDAY			10/10 THURSDAY			11/10 FRIDAY
8:30 - 9:30	Opening Ceremony (9:00 h)			Posters Session (8:30 h)			YIA FINALISTS & ASA FINALISTS (8:30 h)
9:30 - 10:15	Iñigo Mújika Basque Country University (ESP)			Emmanuel López ASPIRE Academy (QAT)			Anthony J. Blazeovich Edith Cowan University (AUS)
10:15 - 11:00	Nicola Maffiuletti Schulthess Clinic (SUI)			Irina Zelenkova Zaragoza University (ESP)			Luis Suárez Arrones Lugano CF (SUI)
11:00 - 11:30 COFFEE BREAK							
11:30 - 12:15	Kirsten Legerlotz Humboldt University (GER)			M ^a Carmen Gómez-Cabrera University of Valencia (ESP)			José María Villalón Atlético de Madrid (ESP)
12:15 - 13:00	Eduardo Cadore Universidade Federal do Rio Grande do Sul (BRA)			Lars L. Andersen National Research Centre for the Working Environment (DEN)			Francesco Della Villa Isokinetic Group (ITA)
13:00 - 13:15 BREAK							
13:15 - 14:15	Oral Comm. YIA (Temple)	Oral Comm. YIA (Hi-Tech)	Oral Com m. YIA (Asse mbly Hall)	Oral Comm. ASA (Temple)	Oral Comm. ASA (Hi-Tech)	Oral Comm. ASA (Assem bly Hall)	CLOSING & AWARDS CEREMONY
14:15 - 16:00 LUNCH							
Workshops 16:00 - 17:00 (Free entrance until full capacity)	WS 1 Ramón Lago Ruiloba (ESP) Practical Application of Isoinertial Flywheel Training Sponsored by Eimerical			WS 7 Anna Ollé (ESP) The new era of strength training, physical conditioning and injury rehabilitation Sponsored by MCLSalud			WS 13 Rafael Aarón (ESP) Evaluation of CMJ and SJ jumps using force platforms. Practical cases of readaptation processes Sponsored by Kistler
Workshops 16:00 - 17:00 (Free entrance until full capacity)	WS 2 Javier Escobar (ESP) The role of genetics and microbiota in high performance sports Sponsored by Overgenes			WS 8 Marco Pozzo (ITA) Theory and practice of monitoring strength training with different technologies Sponsored by SmartCoach			WS 14 Manuel López Segovia (ESP) GPS systems as a solution to improve performance and health Sponsored by UBIKO
Workshops 16:00 - 17:00 (Free entrance until full capacity)	WS 3 Antonio Exposito (ESP) Force-Velocity Quadrant with ForceDecks, What Superhero Am I? Sponsored by VALD			WS 9 Juan I. Cacho & Fco. Javier Martínez-Noguera (ESP) 2S-Hesperidina and its effects on sports performance Sponsored by HTBA			WS 15 Steve Barrett & Guest (UK) Understanding the kicking and mechanical outcomes of team sports: Implications for Performance & Return to Play Sponsored by PlayerMaker
17:00-17:30 BREAK							

SCHEDULE AT A GLANCE

17:00-17:30		BREAK	
Workshops 17:30 - 19:00	WS 4 Aldo Martínez (ESP) & Glenn Castro (USA) World championship peak performance: Strength & Conditioning & Nutrition in UFC	WS 10 Manuel Moya & Alex Javaloyes (ESP) Heart Rate Variability and Training Sponsored by AECD	WS 16 Juanjo Brau (ESP) Return to Play (RTP) in Professional Football from a physiotherapeutic perspective
Workshops 17:30 - 19:00	WS 5 José Francisco López Gil & Marcela González-Gross (ESP) Childhood Obesity & Strength Training	WS 11 Elena Santana Sosa (ESP) Cancer & Strength Training Sponsored by ALADINA Foundation	WS 17 Julio Calleja & Nicolás Terrados (ESP) Recovery strategies in High Performance Sports
Workshops 17:30 - 19:00	WS 6 Julián Alcázar & Ángel I. Fernández (ESP) Stronger seniors for a healthier life: power assessment and multi-component training Sponsored by EXERNET	WS 12 Francesco Cuzzolin (ITA) New Trends in Strength Training in Team Sports Sponsored by TECHNOGYM	WS 18 Thue Kvorning (DEN) Testing and training in Olympic Athletes

CONGRESS OFFICIAL LANGUAGES: ENGLISH & SPANISH
 (BIDIRECTIONAL TRANSLATION WILL BE PROVIDED)

SCIENTIFIC LINES

- Strength & conditioning in team-sports.
- Strength, power and speed training.
- Neuromuscular basis of strength & conditioning.
- Strength & conditioning in the different ages of life.
- Injury prevention and return-to-play

- Biomechanics and motion analysis.
- Exercise physiology.
- Biochemistry and molecular biology of exercise.
- Clinical exercise physiology: exercise & health.
- Training and testing.

KEYNOTE SPEAKERS



LARS L. ANDERSEN

National Research Centre for the Working Environment (DEN)

"Strength Training for musculoskeletal pain in workers"



ANTHONY J. BLAZEVIK

Edith Cowan University (AUS)

"Elastic powered humans: How to build and drive the muscle-tendon system"



EDUARDO CADORE

Universidade Federal do Rio Grande do Sul (BRA)

"Power to prolong healthy aging and independence in older adults"



FRANCESCO DELLA VILLA

ISOKINETIC Group (ITA)

"Optimizing the Rehabilitation Process Post-ACL Reconstruction"

KEYNOTE SPEAKERS



Mª CARMEN GÓMEZ-CABRERA

University of Valencia (ESP)

"Exercise redox biology from health to performance"



KIRSTEN LEGERLOTZ

Humboldt University (GER)

"Adaptations to resistance training – women and children first"



EMMANUEL LÓPEZ

ASPIRE Academy (QAT)

"Qatar football performance methodology: Aspire Academy the new generation of players"



NICOLA MAFFIULETTI

Schulthess Clinic (SUI)

"Muscle and mental fatigue: implications for strength & conditioning"

KEYNOTE SPEAKERS



IÑIGO MUJIKA

Basque Country University (ESP)

"Maintaining physical performance: the minimal dose of exercise needed to preserve endurance and strength over time"



LUIS SUAREZ ARRONES

Lugano CF (SUI)

"Guidelines for the implementation of flywheel resistance training technology in football"



JOSÉ MARÍA VILLALÓN

Atlético de Madrid (ESP)

"Injury prevention and conservative treatment in high-performance sports"



IRINA ZELENKOVA

Zaragoza University (ESP)

"Altitude training's impact on team sports performance"

WORKSHOP SPEAKERS



**RAFAEL
AARÓN (ESP)**

KISTLER

Evaluation of CMJ and SJ jumps using force platforms. Practical cases of readaptation processes



**JULIÁN
ALCÁZAR (ESP)**

EXERNET

Stronger seniors for a healthier life: power assessment and multi-component training



STEVE BARRETT (UK)

PLAYERMAKER

Understanding the kicking and mechanical outcomes of team sports: Implications for Performance & Return to Play



**JUANJO BRAU
(ESP)**

**University of Barcelona
(ESP)**

Return to Play (RTP) in Professional Football from a physiotherapeutic perspective



**JULIO
CALLEJA-GONZÁLEZ
(ESP)**

University of Oviedo

Recovery strategies in High Performance Sports



**FRANCESCO
CUZZOLIN (ITA)**

ELPA

New trends in Strength Training in Team Sports



**JAVIER ESCOBAR
(ESP)**

OVERGENES

The role of genetics and microbiota in high performance sports



**ANTONIO EXPOSITO
(ESP)**

VALD

Force-Velocity Quadrant with ForceDecks, What Superhero Am I?

WORKSHOP SPEAKERS



ÁNGEL I. FERNÁNDEZ
(ESP)

Zaragoza University

Stronger seniors for a healthier
life: power assessment and
multi-component training



ALEX
JAVALOYES (ESP)

UMH

Heart Rate Variability
and training



RAMÓN
LAGO RUILOBA (ESP)

EINERCIAL

Practical application of
isoinertial flywheel
training



JOSÉ FRANCISCO
LÓPEZ GIL (ECU)

De Las Americas
Univeristy

Childhood obesity
& strength training



ALDO
MARTINEZ (ESP)

UCAM

World championship peak
performance: Strength &
conditioning & nutrition
in UFC



ELENA SANTANA
SOSA (ESP)

ALADINA
Foundation

Cancer & strength
training



ANNA OLLÉ (ESP)

MLC-Salud

The new era of strength &
conditioning & injury
rehabilitation

WORKSHOP SPEAKERS



MARCO POZZO
(ITA)

SMART-COACH

Theory and practice
of monitoring strength
training with different
technologies



**NICOLÁS
TERRADOS** (ESP)

University of Oviedo

Recovery strategies in High
Performance Sports



**THUE
KVORNING** (DEN)

Team Denmark

Testing and training
in Olympic Athletes



JUAN I. CACHO
(ESP)

HTBA

2S-Hesperidina and its
effects on sports performance



**FCO. JAVIER
MARTÍNEZ-NOGUE
RA** (ESP)

UCAM

2S-Hesperidina
and its effects on sports
performance



**MANUEL LÓPEZ
SEGOVIA** (ESP)

UBIKO

GPS systems
as a solution to improve
performance and health



**GLENN
CASTRO** (USA)

UFC

World championship
peak performance:
Strength & conditioning
& nutrition in UFC



**MARCELA
GONZÁLEZ-GROSS**
(ESP)

UPM

Childhood Obesity
& Strength Training

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SCIENTIFIC & PROFESSIONAL AWARDS

SCS Young Investigator Award (YIA)

- **Eligibility:** First author (presenter) must be 30 years of age or less.
- **Evaluation Criteria:** Creativity, effort, attention to scientific detail, and presentation skills during oral presentation sessions.
- **Selection Process:**
 - Eighteen semi-finalists will present their works in an oral communication session for 8 minutes on the Wednesday (you will need to make a short Powerpoint presentation for the oral communication session). All YIA candidates that do not meet the minimum criteria will present their abstracts as poster.
 - Three finalists will be chosen by the SCS Awards Committee based on the quality of poster presentations. Finalists will present their work in an oral session on Friday 11th October.

SCS Applied Science Award

- **Evaluation Criteria:** Creativity, effort, and applicability to sport, coaches, or athletes.
- **Selection Process:**
 - Eighteen semi-finalists will present their works in an oral communication session for 8 minutes on the Thursday (you will need to make a short Powerpoint presentation for the oral communication session). All ASA candidates that do not meet the minimum criteria will present their abstracts as poster.
 - Three finalists will be chosen by the SCS Awards Committee based on the quality of poster presentations. Finalists will present their work in an oral session on Friday 11th October.
- **Additional Considerations:** The SCS Awards Committee will consider the similarity between the submitted abstract and the oral presentation. Abstracts can be submitted and presented both in Spanish or English, but only those in English are selected for publication in Sports Journal and for the awards.

Abstracts will be published in Sports Journal



SCS Emerging Strength and Conditioning Coach

- **Eligibility:** Coaches aged 30 years or less.
- **Evaluation Criteria:**
 - **Justifying Report (1-50 points):** Includes position held, sport modality, scientific basis, work methods, performance evaluation, and load control.
 - **Achievements (10-30 points):** Evidence of athletes' achievements in national/international competitions.
 - **Relevance of the Modality (1-20 points):** Based on the sport's popularity and resources. Scoring will be provided based on the following link: <https://www.rookieroad.com/sports-by-country/>
- **Submission:** Email all information to events@scs.academy
- **More Information:** <https://www.scs.academy/emerging-strength-and-conditioning-coach/>



PLACE	SCHEDULE	MODERATORS	TITLE
HiTech	13:15-13:25	Linda Chung - Irina Zelenkova	Association between nutritional status and upper and lower extremity muscle strength in children and adolescents with cystic fibrosis
HiTech	13:25-13:35	Linda Chung - Irina Zelenkova	Concurrent training in older people after valve replacement surgery. A randomized controlled study.
HiTech	13:35-13:45	Linda Chung - Irina Zelenkova	Voluntary use of step-tracker mobile apps by adolescents does not maintain the benefits on physical activity level and adiposity variables obtained during a period of mandatory use
HiTech	13:45-13:55	Linda Chung - Irina Zelenkova	A lab on a strap: the promising future of continuous measuring lactate in sweat.
HiTech	13:55-14:05	Linda Chung - Irina Zelenkova	Effects of Movement Velocity in Squat Training with and without Blood Flow Restriction
Assembly Hall	13:15-13:25	Eduardo Sáez de Villareal - Thue Kvorning	Criteria-based progression in the late stage rehabilitation of a professional soccer player after peroneal tendon injury
Assembly Hall	13:25-13:35	Eduardo Sáez de Villareal - Thue Kvorning	Effectiveness of Extracorporeal Shock Wave Therapy in chronic Achilles and patellar tendinopathy: a randomized controlled trial
Assembly Hall	13:35-13:45	Eduardo Sáez de Villareal - Thue Kvorning	Effects of a multicomponent training and a detraining period on cognitive and functional performance of older adults at risk of frailty.
Assembly Hall	13:45-13:55	Eduardo Sáez de Villareal - Thue Kvorning	Desarrollo de un test de ruptura para cuantificar la carga relativa durante ejercicios focalizados en el tronco en posiciones funcionales.
Assembly Hall	13:55-14:05	Eduardo Sáez de Villareal - Thue Kvorning	Comparison of two training protocols with different velocity losses in the set on bench press performance
Temple	13:15-13:25	Tomás T. Freitas - Julio Calleja	Exploring determinants of agility in futsal: A cross-sectional study
Temple	13:25-13:35	Tomás T. Freitas - Julio Calleja	Differences in countermovement vertical jump force-time metrics between professional and semi-professional male basketball players
Temple	13:35-13:45	Tomás T. Freitas - Julio Calleja	The Athlete's Brain in Default Mode: A Systematic Review of Methods, Measurements, and Insights (2004-2024)
Temple	13:45-13:55	Tomás T. Freitas - Julio Calleja	THE MAXIMUM VELOCITY OF SPRINT AS A REFERENCE TO MONITORING SOCCER LOAD.
Temple	13:55-14:05	Tomás T. Freitas - Julio Calleja	Classification of basketball players based on multidirectional speed performance: Thresholds of change of direction deficit
Temple	14:05-14:15	Tomás T. Freitas - Julio Calleja	Effects of different Velocity Loss Thresholds with and without Blood Flow Restriction during the Squat Exercise on Strength Gains and Jump Performance

PLACE	SCHEDULE	MODERATORS	TITLE
HiTech	13:15-13:25	Carmen Daniela Quero - Hugo Olmelillas	Artificial Intelligence and Bioinformatics driven exploration of bioactive compounds for enhanced athletic performance
HiTech	13:25-13:35	Carmen Daniela Quero - Hugo Olmelillas	Leveraging the Power of "AI Swarms" in High Performance Sports: A Practical, Low-Code, and Open-Source Framework for Designing Multi-Agent Collaboration Systems
HiTech	13:35-13:45	Carmen Daniela Quero - Hugo Olmelillas	Residual Eccentric Strength Deficits In Amateur Rugby Players With Previous Hamstring Injury
HiTech	13:45-13:55	Carmen Daniela Quero - Hugo Olmelillas	Joint torque variability as a marker of neuromuscular fatigue: a step towards injury prevention?
HiTech	13:55-14:05	Carmen Daniela Quero - Hugo Olmelillas	Impact of menopause on rate of force development and maximal isometric strength.
HiTech	14:05-14:15	Carmen Daniela Quero - Hugo Olmelillas	Stair-climbing versus machine-based resistance exercise to improve muscle power among older adults
Temple	13:15-13:25	Konstantinos Spyrou - Eduardo Cadore	Maturity Status as a Modulator in the Assessment of Strength in Young Soccer Players
Temple	13:25-13:35	Konstantinos Spyrou - Eduardo Cadore	Impact of Relative Age and Maturation on Linear Acceleration in Soccer Academy Players from a Professional Club
Temple	13:35-13:45	Konstantinos Spyrou - Eduardo Cadore	Variations of Fitness Performance and Training Load between higher and lower-level young soccer players
Temple	13:45-13:55	Konstantinos Spyrou - Eduardo Cadore	Effects of core centering training on balance, trunk control, and athletic performance in adolescent female volleyball players.
Temple	13:55-14:05	Konstantinos Spyrou - Eduardo Cadore	Acute and delayed responses in women and men with similar relative strength
Temple	14:05-14:15	Konstantinos Spyrou - Eduardo Cadore	Effects of neuromuscular training on stable versus unstable surfaces on unipodal force production in non-dominant limb in professional soccer players.
Assembly Hall	13:15-13:25	Luis Alegre - Antonio Martínez-Serrano	Age-Specific Considerations in Strength and Conditioning Programs: A Narrative Review
Assembly Hall	13:25-13:35	Luis Alegre - Antonio Martínez-Serrano	Relationship Between Maximal Handgrip Strength and Peak Power in University Athletes
Assembly Hall	13:35-13:45	Luis Alegre - Antonio Martínez-Serrano	Acute responses to traditional and cluster-set squat training with different loss velocity on executive functions.
Assembly Hall	13:45-13:55	Luis Alegre - Antonio Martínez-Serrano	Comparison of Full Range and Variable Range of Motion Protocols in Bench Press: Impact on 1RM and Repetitions to Failure
Assembly Hall	13:55-14:05	Luis Alegre - Antonio Martínez-Serrano	Acute mechanical and metabolic response together with the time course of recovery of Bench-Press training with different volumes isolating the effect of fatigue
Assembly Hall	14:05-14:15	Luis Alegre - Antonio Martínez-Serrano	Eccentric phase velocity determines the load-velocity relationship in the squat jump and bench press throw exercise: a preliminary study



KEY DATES

Abstract submission and registration opening:	15th April 2024
Abstract submission deadline, & end of super early bird registration:	30th June 2024
Notification to authors about acceptance:	31st July 2024
End of early bird registration & deadline for registration for presenting authors:	15th August 2024

RECERTIFICATION CREDITS

The purpose of continuing education is to encourage certified individuals to stay abreast of evolving knowledge and skills in the profession; and to promote the ongoing competency of those certified.

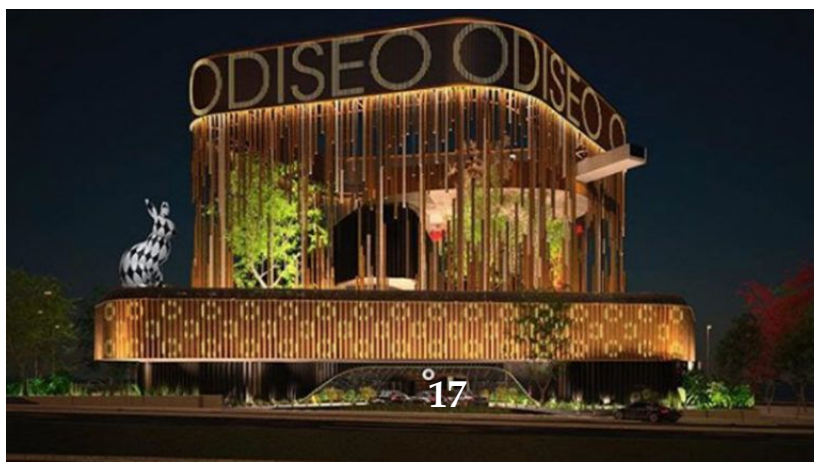
In general, CEUs are based on the number of contact hours (or actual clock hours) undertaken to complete an activity or event. **This conference attendance is recognized as 2 credits of recertification.**

REGISTRATION FEES

	Super Early Registration <i>Up to 30th June 2024</i>	Early Registration <i>1st July to 15th August 2024</i>	Late Registration <i>After 15th August 2024</i>
SCS members or certified	120 €	150 €	200 €
Non-members	160 €	200 €	260 €
Students + SCS members	80 €	100 €	130 €
Students non-members	100 €	120 €	156 €
UCAM Students*	100 €	100 €	100 €
SCS Affiliated Society/Association/ Institution	140 €	170 €	220 €
UCAM members	120 €	150 €	200 €
3 Workshops (one for each day of the congress) (*until full capacity)	50 €	65 €	80 €
Accompanying person	100 €	150 €	200 €
Gala Dinner at Odiseo	40 €	40 €	40 €

Meals are included in the price. In addition, each participant will be given an exclusive congress T-shirt.

UCAM undergraduate students will be able to obtain 1.5 extra credits for attending the event.



PROGRAMME

WEDNESDAY OCTOBER 09th, 2024

07:30- 09:30	Registration
09:00- 09:30	OPENING CEREMONY: "Silence" (Neoclastic Dance) at UCAM Temple
09:30-10:15	"Maintaining physical performance: the minimal dose of exercise needed to preserve endurance and strength over time" Speaker: Iñigo Mújika Basque Country University (ESP) Chair: Hugo Olmedillas (ESP)
10:15 - 11:00	"Muscle and mental fatigue: implications for strength & conditioning" Speaker: Nicola Maffiuletti Schulthess Clinic (SUI) Chair: Thomas Huyghe (BEL)
11:00 - 11:30	COFFEE BREAK
11:30 - 12:15	"Adaptations to Resistance Training – women and children first" Speaker: Kirsten Legerlotz Humboldt University (GER) Chair: Anthony J. Blazevich (AUS)
12:15 - 13:00	"Power to prolong healthy aging and independence in older adults" Speaker: Eduardo L. Cadore Uni. Fed. do Rio Grande do Sul (BRA) Chair: Germán Vicente Rodríguez (ESP)
13:00 - 13:15	BREAK
13:15 - 14:15	Oral Comm. YIA (Templ) Oral Comm. YIA (Hi-Tech) Oral Comm. YIA (Assembly Hall)
14:15 - 16:00	LUNCH

PROGRAMME

WEDNESDAY OCTOBER 09th, 2024

16:00 - 17:00	WORKSHOP 1 "Practical Application of Isoinertial Flywheel Training" (Free access until the capacity is complete) Speaker: Ramón Lago Ruiloba (ESP) Sponsored by: EINERCIAL Chair: Mad J. Hamad Location: USC court
16:00 - 17:00	WORKSHOP 2 "The role of genetics and microbiota in high performance sports" (Free access until the capacity is complete) Speaker: Samuel Fernández (ESP) & Blanca Bermejo (ESP) Sponsored by: OVERGENES® Chair: Cristian Marín (ESP) Location: CIARD
16:00 - 17:00	WORKSHOP 3 "Force-Velocity Quadrant with ForceDecks, What Superhero Am I?" (Free access until the capacity is complete) Speaker: Antonio Exposito (ESP) Sponsored by: VALD Chair: Antonio Martínez Serrano (ESP) Location: HI-TECH
17:00- 17:30	BREAK
17:30 - 19:00	WORKSHOP 4 "World championship peak performance: Strength & conditioning & nutrition in UFC" Speaker: Aldo Martínez (ESP) & Glenn Castro, UFC (USA) Chair: Aarón Manzanares (ESP) Location: HI-TECH
17:30 - 19:00	WORKSHOP 5 "Childhood Obesity & Strength Training" (Pre-selected in the registration form and until the capacity is complete) Speakers: Marcela González-Gross (ESP) INEF (ESP) & José Francisco López Gil (ESP) Universidad de las Américas (ECU) Chair: Elena Marín Cascales (ESP) Location: CIARD
17:30 - 19:00	WORKSHOP 6 "Stronger seniors for a healthier life: power assessment and multi-component training" (Pre-selected in the registration form and until the capacity is complete) Speakers: Julián Alcázar UCLM (ESP) & Ángel I. Fernández (ESP) Zaragoza University (ESP) Sponsored by: EXERNET Chair: Eduardo L. Cadore (BRA) Location: USC Court

THURSDAY OCTOBER 10th, 2024

08:30- 09:30	POSTERS SESSION
09:30-10:15	<p>"Qatar football performance methodology: Aspire Academy the new generation of players"</p> <p>Speaker: Emmanuel López ASPIRE Academy (QAT)</p> <p>Chair: Pedro E. Alcaraz (ESP)</p>
10:15 - 11:00	<p>"Altitude Training's Impact on Team Sports Performance"</p> <p>Speaker: Irina Zelenkova Zaragoza University (ESP)</p> <p>Chair: Thue Kvorning (DEN)</p>
11:00 - 11:30	COFFEE BREAK
11:30 - 12:15	<p>"Exercise redox biology from health to performance"</p> <p>Speaker: M^a Carmen Gómez-Cabrera University of Valencia (ESP)</p> <p>Chair: Ignacio Ara Royo (ESP)</p>
12:15 - 13:00	<p>"Strength Training for musculoskeletal pain in workers"</p> <p>Speaker: Lars L. Andersen National Research Centre for the Working Environment (DEN)</p> <p>Chair: Eduardo Sáez de Villarreal (ESP)</p>
13:00 - 13:15	BREAK
13:15 - 14:15	<p>Oral Comm. ASA (Temple) Oral Comm. ASA (Hi-Tech) Oral Comm. ASA (Assembly Hall)</p>
14:15 - 16:00	LUNCH
16:00-19:30	<p>SIDE EVENT</p> <p><i>Working meeting between members of the HSI network and speakers who will take part in the HSI-Prevent session</i></p>

THURSDAY OCTOBER 10th, 2024

16:00 - 17:00	WORKSHOP 7 “The new era of strength training, physical conditioning and injury rehabilitation” (Free access until the capacity is complete) Speaker: Anna Ollé (ESP) Sponsored by: MCL SALUD® Chair: Carmen D. Quero Calero Location: BOXCROSS (USC)
16:00 - 17:00	WORKSHOP 8 “Theory and practice of monitoring strength training with different technologies” (Free access until the capacity is complete) Speaker: Marco Pozzo Sponsored by: SMARTCOACH® Chair: José Manuel García de Frutos (ESP) Location: CIARD
16:00 - 17:00	WORKSHOP 9 “2S-Hesperidina and its effects on sports performance” (Pre-selected in the registration form and until the capacity is complete) Speaker: Juan I. Cacho (HTBA) & Fco. Javier Martínez-Noguera (UCAM) (ESP) Sponsored by: HTBA Chair: Álvaro Díaz (ESP) Location: HI-TECH
17:00- 17:30	BREAK
17:30 - 19:00	WORKSHOP 10 "Heart Rate Variability and Training" (Pre-selected in the registration form and until the capacity is complete) Speaker: Alex Javaloyes & Manuel Moyá (ESP) Sponsored by: AECD Chair: Linda H. Chung (CAN) Location: HI-TECH
17:30 - 19:00	WORKSHOP 11 “Cancer & Strength Training” (Pre-selected in the registration form and until the capacity is complete) Speaker: Elena Santana Sosa (ESP) Sponsored by: ALADINA FOUNDATION Chair: José Francisco López Gil (ESP) Location: CIARD
17:30 - 19:00	WORKSHOP 12 “New trends in Strength Training in Team Sports” (Pre-selected in the registration form and until the capacity is complete) Speaker: Francesco Cuzzolin (ITA) Sponsored by: TECHNOGYM Chair: Julio Calleja González (ESP) Location: USC Court

FRIDAY OCTOBER 11th, 2024



HSI-Prevent Scientific Session (full day)

08:30- 09:30	YIA FINALISTS & ASA FINALISTS
09:30-10:15	<p>"Elastic powered humans: How to build and drive the muscle-tendon system"</p> <p>Speaker: Anthony J. Blazevich Edith Cowan University (AUS) Chair: Kirsten Legerlotz (GER)</p>
10:15 - 11:00	<p>"Guidelines for the Implementation of Flywheel Resistance Training Technology in Football."</p> <p>Speaker: Luis Suárez Arrones Lugano CF (SUI) Chair: Marco Pozzo (ITA)</p>
11:00 - 11:30	COFFEE BREAK
11:30 - 12:15	<p>"Injury prevention and conservative treatment in high-performance sports"</p> <p>Speaker: José María Villalón Atlético de Madrid (ESP) Chair: Irina Zelenkova (RUS)</p>
12:15 - 13:00	<p>"Optimizing the Rehabilitation Process Post-ACL Reconstruction."</p> <p>Speaker: Francesco Della Villa ISOKINETIC Group Chair: José María Villalón (ESP)</p>
13:00 - 13:15	BREAK
13:15 - 14:15	CLOSING & AWARDS CEREMONY: "Call" (Neoclassical dance in two movements) at UCAM Temple
14:15 - 16:00	LUNCH

FRIDAY OCTOBER 11th, 2024

16:00 - 17:00	<p>WORKSHOP 13 "Evaluation of CMJ and SJ jumps using force platforms. Practical cases of readaptation processes" (Free access until the capacity is complete)</p> <p>Speaker: Rafael Aarón (ESP) Sponsored by: KISTLER</p> <p>Chair: Luis M. Alegre Durán (ESP)</p> <p>Location: BOXCROSS (USC)</p>
16:00 - 17:00	<p>WORKSHOP 14 "GPS systems as a solution to improve performance and health" (Free access until the capacity is complete)</p> <p>Speaker: Manuel López Segovia (ESP) Sponsored by: UBIKO</p> <p>Chair: Kostas Spyrou (GRE)</p> <p>Location: HI-TECH</p>
16:00 - 17:00	<p>WORKSHOP 15 "Understanding the kicking and mechanical outcomes of team sports: Implications for Performance and Return to Play" (Free access until the capacity is complete)</p> <p>Speaker: Steve Barrett & Guest Sponsored by: PLAYERMAKER® (UK) Chair: Maziar J. Hamad (CAN)</p> <p>Location: CIARD</p>
17:00- 17:30	BREAK
17:30 - 19:00	<p>WORKSHOP 16 "Return to Play (RTP) in Professional Football from a physiotherapeutic perspective" (Pre-selected in the registration form and until the capacity is complete)</p> <p>Speaker: Juanjo Brau (ESP), Former F.C. Barcelona Chair: Javier Reina (ESP)</p> <p>Location: HI-TECH</p>
17:30 - 19:00	<p>WORKSHOP 17 "Recovery strategies in High Performance Sports" (Pre-selected in the registration form and until the capacity is complete)</p> <p>Speaker: Julio Calleja-González, UPV (ESP) & Nicolás Terrados, COE (ESP)</p> <p>Chair: Tomás T. Freitas (POR)</p> <p>Location: USC Court</p>
17:30 - 19:00	<p>WORKSHOP 18 "Testing and training in Olympic Athletes" (Pre-selected in the registration form and until the capacity is complete)</p> <p>Speaker: Thue Kvorning (DEN) Team Denmark (DEN)</p> <p>Chair: Alejandro Leiva (ESP)</p> <p>Location: CIARD</p>

TRAVEL INFORMATION

TRAVEL TO MURCIA

From International Airport Región de Murcia (31 km to Murcia):

- Take a taxi to Murcia for € 30.

From Alicante Airport (75 km to Murcia)

- Option 1: Take the bus number 6 to the center of Alicante (€ 1.20). Then, take the Alsa bus to Murcia, available every hour (€ 6.11).
- Option 2: Take the Alsa bus to Murcia available every two hours (€ 5.15).

From Valencia Airport (270 km to Murcia):

- Take the Alsa bus to Murcia, available at 9h45, 13h30 and 20h45 (€ 28)

From Madrid Airport (400 km to Murcia):

- Option 1: Take the Alsa bus to Murcia, available at 8h45, 11h45, 13h45 or 23h45 (€ 29.60).
- Option 2: Go to the center of Madrid by Metro (€ 1.50) to Estación Sur. There, take a Alsa bus to Murcia, available every two hours (€ 29.6).
- Option 3: Go to the center of Madrid by Metro (€ 1.50) to Atocha. There, take a RENFE train to Murcia, available every three hours (€ 46).



MOBILITY

TRAVEL TO UCAM UNIVERSITY FROM MURCIA



- **Option 1: By Bus:** Take the Latbus 44 available every 15/30 min (€ 1.35) to UCAM.



- **Option 2: By Tram:** Take the Tranvia available every 10 mins (€ 1.50) to Los Rectores/Terra Natura. Then, take the one to UCAM Los Jerónimos, available every 20 min.

ACCOMMODATION

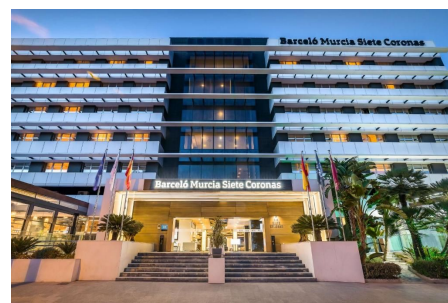
As a tourist destination, Murcia has a wide range of hotels for all economic levels, from budget hostels to luxury hotels. In addition, the Conference Organization has established agreements with various hotels to offer the closest accommodation and all possible facilities.

BARCELÓ SIETE CORONAS 4****

Superior double room for single use: 95 €

Superior double room: 110 €

Price per room per night, buffet breakfast and VAT included, until complete a specific number of rooms.

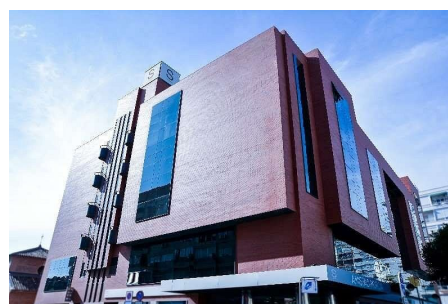


SERCOTEL AMISTAD 4****

Superior double room for single use: 88 €

Superior double room: 100 €

Price per room per night, buffet breakfast and VAT included, until complete a specific number of rooms.



SERCOTEL JC1 4****

Superior double room for single use: 74 €

Superior double room: 84 €

Price per room per night, buffet breakfast and VAT included, until complete a specific number of rooms.



SCS 7TH ANNUAL CONFERENCE

Strength and Conditioning:
A fundamental tool for performance
improvement, injury and disease
prevention at different stages of life.



Date

09th - 11th October 2024



Location

**Universidad Católica de
Murcia, UCAM, Murcia, Spain**



Web page

**[https://www.scs.academy/
scs-annual-meeting/](https://www.scs.academy/scs-annual-meeting/)**



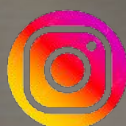
Email

events@scs.academy

We hope this gathering of colleagues and
friends will be a scientifically and socially
rewarding, memorable and enjoyable
experience.

Welcome to Murcia (España)!

Strength & Conditioning Society
Plaza Circular, 8, Apdo. 2157,
CP 30.008, Murcia, SPAIN



@S_C_Society

SCS - STRENGTH & CONDITIONING SOCIETY



UCAM-MURCIA 2024
09th - 11th October

SCS - 7th ANNUAL CONFERENCE

Catholic University of Murcia, Spain

