

KU LEUVEN



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# Pacing and coaching symposium

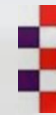
25th September 2018

Co-funded by the  
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University of Essex

# IDEAL Pacing and Coaching Symposium

**How to optimize your training and how to optimize performance  
of athletes with intellectual disabilities (ID),  
based on the latest scientific evidence?**

**The seminar covers the topics regarding common denominators  
of participation and performance across all the ID-sports;**

- Pacing strategies
- Motivation
- Self-determination
- Self-regulation
- Coaching

**When?** 25 September 2018

**Where?** Essex, Colchester, Wivenhoe Park

**Accommodation?** Wivenhoe House - Wivenhoe Park, Colchester, Essex

## Speakers:

Prof. Jan Burns  
Prof. Alan St Clair  
Gibson  
Prof. D. Micklewright  
Dr. Ingi Einarsson  
Dr. Florentina Hettinga  
Prof. Andrew Edwards  
Prof. Paul Freeman



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*IDEAL - Intellectual Disability and Equal opportunities for Active and Long-term participation in sport*

Website: [www.idealproject.org](http://www.idealproject.org)

Contact: Hettinga, Florentina [fjhett@essex.ac.uk](mailto:fjhett@essex.ac.uk)

# What is IDEAL?

- Intellectual Disability and Equal Opportunities for Active & Long Term participation in Sport

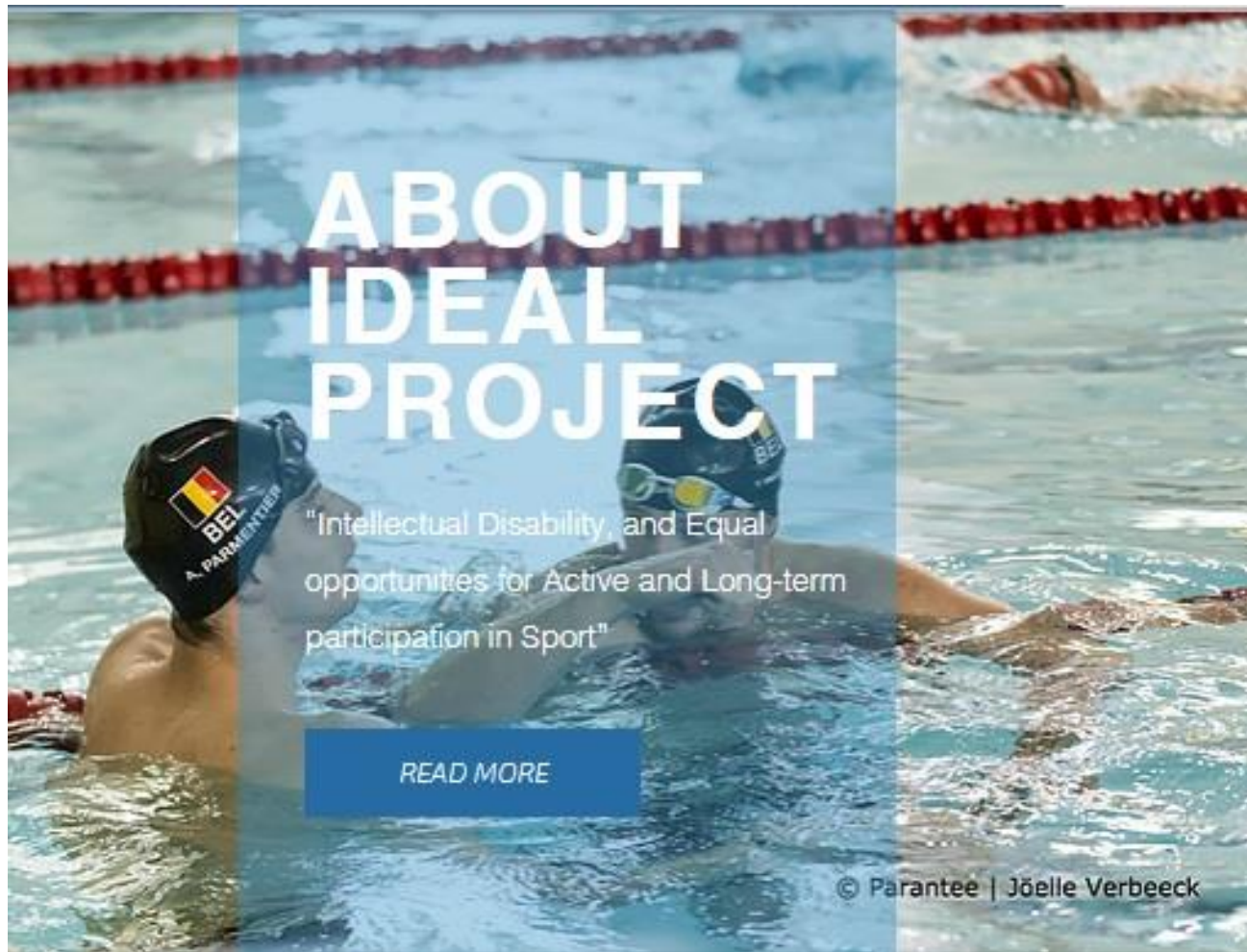


[participation & performance video](#)

# Background IDEAL project

- **Ideal world:**
  - Everyone has the right to participate on an equal basis with others in society
- **Reality:**
  - Majority of young people with an intellectual disability (ID) still find it hard to **access sport** (European Commission White Paper on Sport, 2010)
  - Fewer opportunities for full and equal **participation**
  - Limited opportunity to **specialize/excel** in the activity of their choice
  - Having an ID is related to lower general activity rates, and a vulnerability factor for poor health
- **Aim:**
  - To address these inequalities **through increasing the quality of sport interventions and structures**
  - To empower **young people with ID** and improving their physical and mental health
  - To translate what is known about ID in relation to sport (benefits, barriers & facilitators) into concrete suggestion for action

[www.idealproject.org](http://www.idealproject.org)



# Project coordinator




International  
**Paralympic**  
Committee

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REYKJAVIK UNIVERSITY



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# POLITÉCNICA



Map not to scale

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# Objectives – mission

1. **Assess if the currently existing ID-sports programmes & ID-sports structures across the EU meet the needs** of all people with ID in society and identify where and how the programmes and structures can be improved.
2. **Set-up joint, evidence-based interventions to improve the quantity and quality of initiatives in 4 focus sport areas:** athletics, aquatic activities, team sports, & winter sports. Concrete actions will focus on gateways to increase participation, i.e., identifying role models, coach the coaches, motivate the athletes, and provide more and better competition opportunities.
3. **Develop EU standards for high quality interventions** to promote sports in people with ID and make these guidelines easily and widely accessible through online platforms.

# Inventory phase: current best practice across EU (2018)



GER  
(FNL, FRA, POR)

MACRO

Review personal factors underlying sport participation & performance



Review “IDEAL” practice in ID-coaching



Review “IDEAL” structure of ID sport organisations & programmes

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## Methods/activities:

- Review of existing literature, on-line resources and educational tools
- Interviews with stakeholders in every country
- (Inter)national research seminars

# Intervention phase: exchange of “IDEAL” practices in 4 focus sports (2019)



# Follow-up phase: develop guidelines & standards for ID-sports practice in EU (2020)





# Symposium outline

- 9.30-10.15: Dr. F. Hettinga (University of Essex):  
***Common factors underlying performance and participation in people with ID***
- 10.15-11.00: Professor Jan Burns (INAS, Head of Eligibility):  
***Coaching of ID-athletes from research perspective***
- 11.30-12.15: Professor Alan St Clair Gibson (University of Essex):  
***Pacing & Teleo-anticipation and Cognition***
- 12.15-12.35: Professor Dominic Micklewright (University of Essex):  
***Talent Development and Cognition in Pacing***
- 12.35-13.00: Dr. Ingi Þór Einarsson (Reykjavik University):  
***Coaching of ID-athletes from the coach perspective***
- 14.00-14.45: Professor Andrew Edwards (Canterbury Christ Church University):  
***Brain regulation of pacing***
- 14.45-15.30: Dr. Marco Konings:  
***Racing against opponents***
- 15.30-16.15: Dr. Paul Freeman (University of Essex):  
***How to support your athletes?***





# Follow us

- Website: [www.idealproject.org](http://www.idealproject.org)
- @IDEALProject3 
- #IDPacingCoaching