

PROGRAMME Master Class Fit for Business: what entrepreneurs can learn from elite sports, Valencian Region, Spain, 29-31 May, 2013

Location:

Parador de El Saler

Address: Avda. de los Pinares, 151

46012 El Saler, Valencia - SPAIN

DAY 1: Wednesday 29-05	
13:00	Arrival of participants
14:30	Framework & programme - Frans Nauta Climate-KIC NL, Utrecht, The Netherlands
15:00	KEYNOTE LECTURE Fit for business - Henk-Jan Zwolle MSc Olympic gold (1996) and bronze (1992) medallist in rowing, exercise physiologist, HJZsport, Amsterdam, The Netherlands
16:30	Break
16:45	'Fit for business' (part 2)
18:15	Break
18:30	Stephen Covey's thoughts on 'Sharpening the Saw' - Frans Nauta
19:30	Topics & Tapas 'My favourite way to stay resilient under entrepreneurial stress' Your one minute elevator pitch for your fellow Masterclass participants
20:30	Welcome dinner , including welcome speeches by local director and organizing committee KEYNOTE LECTURE: Entrepreneurship and Sport - Mr. Juan Roig, owner of Mercadona corporation and Valencia Basketball Club.



DAY 2: Thursday 30-05	
07:00	Tai-chi / Yoga / Meditation (3 groups) Coached by Rafael Julián Palanques and other instructors
08:15	Breakfast
09:00	KEYNOTE LECTURE My entrepreneurial perspective on lessons learned in 15 years of international soccer - Mr. Gaizka Mendieta International soccer player 1993-2008, 40 caps, Valencia, Spain
10:00	Break
10:15	Performance theory: Workload, recovery and adaptation Mr. Hanno van der Loo MSc Human Movement Scientist, AdPhys, Boskoop, The Netherlands
11:00	Break
11:15	Performance theory: Nutrition Speaker (sports nutritionist) - AINIA Agrofood Technological Institute
12:00	Break
12:15	Performance theory: Sleep – Dr. Roy Raymann Senior scientist neurosciences and sleep, Philips, Eindhoven, the Netherlands
13:00	Lunch
14:00	KEYNOTE LECTURE - Mr. Sergio Garcia How to combine focus and relaxation under stressful circumstances? World class golf player, 6 appearances in Ryder Cup, Valencia, Spain
15:00	Break



15:30	Sports <ul style="list-style-type: none"> - Golf (coach: Murdo McCorquodale) – topic: focus and relaxation under stress - Fitness – topic: time-efficient fitness training - Running – topic: emptying the head, stimulating creativity
17:30	Break
18:30	Topics & Tapas ‘My favourite way to stay resilient under entrepreneurial stress’ Your one minute elevator pitch for your fellow participants
19:30	‘Clean Tech entrepreneurship versus Olympic rowing’ - Mr. Jim Walker Two times Olympic rower in UK eight, founder of ‘The Climate Group’, United Kingdom
20:30	Bus transfer - Dinner in Valencia city centre – Bus transfer
23:30	Back at hotel

DAY 3: Friday 31-05	
06:30	Sports <ul style="list-style-type: none"> - Golf (coach: Murdo McCorquodale) – topic: focus and relaxation under stress - Fitness – topic: time-efficient fitness training - Running – topic: emptying the head, stimulating creativity
08:00	Breakfast
09:00	KEYNOTE LECTURE Building a world class team - Mr. Joop Alberda Volleyball coach, Olympic gold 1996 with Dutch men’s team, Technical Director of Dutch Olympic Team 1997-2004
10:00	Q & A with Joop Alberda
10:30	Break



10:45	Tai-chi / Yoga / Meditation (3 groups) Coached by Rafael Julián Palanques and other instructors
12:00	Lunch
13:00	KEYNOTE LECTURE World Class Performance Management - Mr. Charles van Commenée Track & Field Coach of e.g. Denise Lewis (2000 Olympic gold medallist in heptathlon), Technical Director and <i>Chef de mission</i> Dutch Olympic Team 2005-2008, Technical Director UK Athletics 2009-2012
14:00	Q & A with Charles van Commenée
14:45	Break
15:00	Wrap up by participants
16:00	END of programme

In the weekend there might be an (optional) Social & Sports Programme (tbc) comprising of:

- City of Arts and Sciences
- Music Palace
- Golf
- Football (La Liga / weekend matches)
- Sailing tours

More information: [Marjan Heijkamp](#), Entrepreneurship coordinator.

Registration: www.climate-kic.org/entrepreneurs – masterclasses & events

