

AGENDA of Baltic Coaches Conference 2025

Saturday 26.04

10:30 - 11:00	Opening
11:00 - 12:00	Less Anxiety and Stress by Accepting the Sport David Sammel
12:00 - 12:30	Topic to be confirmed Aleksander Jürgens
12:30 - 13:00	Coffee break
13:00 - 14:00	What Makes Top Performances? Adam Blicher
14:00 - 15:30	Lunch
15:30 - 16:30	Balance, Looseness, Feel: The Self-Coaching Foundations of Tennis David Sammel
16:30 - 17:00	Coffee
17:00 - 18:00	Learning, Retention & Performance Adam Blicher
18:00 - 20:00	Welcome drink

Sunday 27.04

09:30 - 10:30	The Cornerstones of Performance Under Pressure Adam Blicher
10:30 - 11:00	Topic to be confirmed Aleksander Jürgens
11:00 - 11:30	Coffee break
11:30 - 12:30	Performance Under Pressure Adam Blicher
12:30 - 13:45	Lunch
13:45 - 14:45	Understanding Anxiety on court David Sammel
14:45 - 15:15	Coffee break
15:15 - 16:15	Pressure Ready: Turning Core Skills into Match Weapons David Sammel
16:15 - 16:45	Topic to be confirmed Edita Liachoviciute
16:45 - 17:00	Closing