

Program Workshop HVL Sogndal “Empowering girls” 4-15 march 2024, version March 1 2024

Week 10 – 4-8 march:

		Monday - 4	Tuesday - 5	Wednesday - 6	Thursday - 7	Friday - 8
Morning 9-12	Topic		9.00-10: Sexual harassment in sport 10.15-12: Idrettsledelse og coaching av kvinnelige spillere på toppnivå	Womens football in Norway and Europe – consequences for dropout and facilitation Female player – from Curitiba to US university football FutDelas 2024 -football program Plyometric training in Curitiba Training load Agility & Sprint in Sogndal Injury prevention in football Project	8.30-9.45: Practical football training – what & how – in Sognahallen 10.15-12: Trener-utøverrelasjonen og utvikling av god prestasjonskultur i kvinnelig lagidrett	9-12: Football training – what & how, Coaching Practical in in Sognahallen
	Lecturers		Anine Brudeseth Line Danielsen	Svein Arne Pettersen Karin Wunderlich Isabelle Stival Håvard Fossum Kaja Rekkedal & Magnus Jorde Torgrim Eltvik & Hugo Hedlund Gustavo Piana, Joao Stec	Torgrim, Gustavo, Karin Line Danielsen	Torgrim Eltvik, Gustavo Piana Karin Wunderlich
	Room	Bragebygget Hild 1 & 2	Bragebygget Hild 1 & 2	Bragebygget Hild 1 & 2	Sognahallen Stadionb 02-02	Sognahallen Stadionb 02-02
	Lunch		12.00 Lunch – Hild 1&2		12.00 Lunch – Hild	
Afternoon 13-16	Topic	Welcome (12-15) Status EGP - football program & research – Curitiba & Sogndal. Parent’s involvement in football program	12.30-15.30: Development of girls' football, and status today Brazil-Curitiba & Sogndal	EGP-status 9 & 10 yr girls in Sogndal Quantitative – Curitiba vs Sogndal	13.00-14.30: Female Football Research Centre, Challenges & research outcomes	Assessment and data analysis in sport program
	Lecturers	C Frøyd, F Fretland, A Riiser, G Pereira, P Bento	Prof. Dra. Júlia Barreira, Prof. Dra. Ana Lorena Marche, Jon Navarsete, Vårin Ness	Tarjei Krüger Luana Loss Cabral	Svein Arne Pettersen	Humberto de Carvalho
	Room	Bragebygget Hild 1 & 2	Bragebygget Hild 1 & 2	Bragebygget Hild 1 & 2	Bragebygget Hild 1 & 2	Bragebygget Hild 1 & 2
18-20.30				18.00.20.30: Likeverdig tilbud for jentefotballen, rekruttering – innlegg, paneldebatt og diskusjon.		

Week 11 – 11-15 march:

		Monday - 11	Tuesday – 12	Wednesday - 13	Thursday - 14	Friday - 15
Morning 9-12	Topic		9.00-12: Athlete empowerment: Making the idealistic realistic	10.00-11.30: Motivation, dropout	9.00-12: The case for [seeing] Coach Vygotsky	Wrap-up, evaluation, future activity
	Lecturers		Robyn Jones	Jan Åge Hermundsgård Siv Gjesdal	Robyn Jones	
	Room		Høgskulebygget Storen	Stadionbygget 02-02	Stadionbygget 02-02	Stadionbygget 02-02
	Lunch			12.00 Lunch - 02-02		
Afternoon 13-16	Topic	13.00-14.30: Why do we play football and PA? Brain, cognition & health	13.00-14.30: Adolescent physical activity patterns in a southern Brazilian city EGP-status Quantitative survey - Curitiba	13.00-15: Sleep, screen, physical activity	13.00-15: Equality, inclusion, empowerment in football	Wrap-up, evaluation, future activity
	Lecturers	Katrine Aadland Eduardo Fontes	Dr Michael Maria Souza	Erlingur Johannsson	Gunn Engelsrud, Birgit Northug, Ingrid E Aarflot, Jan Åge Hermundsgård	
	Room	Bragebygget Yggdrasil	Bragebygget Yggdrasil	Stadionbygget 02-02	Bragebygget Yggdrasil	Stadionbygget 02-02
18-20.30				Fotball, søvn, ernæring, skadeforebygging Erlingur J, Sunn idrett		

ZOOM link entire workshop: <https://hvl.zoom.us/j/67629041945?pwd=OURKOU1OdmVxYlFXUkNGMldwYVdBUT09>

Program digital: <https://www.hvl.no/forsking/konferanse/empowering-girls-through-football/>

Påmelding kveldsarrangement:

https://forms.office.com/pages/responsepage.aspx?id=DQSIKWdsW0yxEjajBLZtrQAAAAAAAAAAZ_onTsf5UNFVZV1hGNDIVMDBMRDVVM0o3TDRMQINSRS4u

Map: <https://use.mazemap.com/#v=1&campusid=534&zlevel=1¢er=7.085846,61.231183&zoom=17.1>

<https://www.hvl.no/studentliv/studentliv-sogndal/slik-kjem-du-til-sogndal/>