

SSCA WORKSHOP

10 YEAR ANNIVERSARY

11, 12 & 13 October 2024 in MAGGLINGEN



FRIDAY

NSCA PRE-CONFERENCE

**BRAD SCHOENFELD &
JACQUES DUCHATEAU**

FROM 4PM TO 9PM
COCKTAIL DINNER & NETWORKING

CONFERENCE ON PRIMARY
MECHANISMS OF STRENGTH AND
HYPERTROPHY TRAINING

SATURDAY

**JACQUES DUCHATEAU
TIMOTHY SUCHOMEL
MARTIN BUCHHEIT
PAUL COMFORT**

MORNING : KEY PRINCIPLES FOR
OPTIMIZING PERFORMANCE
AFTERNOON : UNLOCK YOUR POWER

SUNDAY

**ADRIAN ROTHENBÜHLER
CYRIL BESSON
TOBIAS ALT**

MORNING : PERFORMANCE
MANAGEMENT IN ELITE ATHLETES
AFTERNOON : UNLEASH YOUR SPRINT
POTENTIAL

PRICES

FRIDAY ONLY

SSCA member (early bird) : 99 CHF
Non-member (early bird) : 179 CHF
SSCA member : 149 CHF
Non-member : 229 CHF

3-DAY WORKSHOP

SSCA member (early bird) : 449 CHF
Non-member (early bird) : 649 CHF
SSCA member : 599 CHF
Non-member : 899 CHF

INFO

EARLY BIRD promotion valid until 30 APRIL 2024

Lectures will be given in **ENGLISH**

Price includes **ACCOMODATION** (only for
the 3-day workshop) & **FOOD**

Registration on **SSCA.SWISS**



TRAINERBILDUNG SCHWEIZ