



7th Transalpine Congress of Pediatric Sports Medicine

Morges 2026

Thursday 24th & Friday 25th September

Sport prevention in children and adolescent and return to sport after injuries

Venue Thursday 24th 2pm → 6 pm – Workshops : SPARK playground
Friday 25th 8 am → 4 pm – Plenary session: Beausobre Theatre

Hotel **Lodges Hotel Morges** 5-10 minutes walk to venues and 15' from the train station

Single junior room	(CHF 164.- * for one night including breakfast buffet)
Single senior suite - lake view	(CHF 174.- *)
Double room	(CHF 208.- * for 2 people)

Workshop fees CHF 100.-

Conference fee CHF 100.- (coffee break & Friday's lunch included)
CHF 50.- (Réseau Santé & Sport members)

Organisation → Association médecin d'ADO (Auriane)

Social program

- Optional visit the Olympic Museum on Thursday morning or Friday afternoon (~ 20 €)
- Congress dinner event (7.30 pm → 11 pm) → 80.- Lieu → **To definite**

Day 1 (2 pm → 6 pm) SPARK playground

Workshops - ***bring sportswear!*** → Participants register for 3/4 workshops (60 personnes max).

Choose the 3 main workshop

14h15 => workshop I

15h => workshop II

16h => workshop III

17h => Sport initiation (Sami corde à sauté, Basket, box)

- Functional and clinical testing and interpretation (pre return to sport) (Suzanne Gard - Marco Dirito – Valentin Sarrasin – Nicolas Bremond)
- Physical training tailored for children (Aurélié – Paolo Chiello)
- The role of nutrition to prevent sports issues (Simone)
- Psychological management of severe injury and return to sport and Sport abuse and harassment prevention concept (Anne-Rita - Laurence Chappuis)

Day 2 (start 8 am → 3 pm) Beausobre Theatre

8→8h15 Welcome: Stéphane Tercier et Marco Bigoni

8h15→8h30 **Benjamin Tschopp, Stéphane Tercier:** ACL tears: the new epidemic of the 21st century among young people

8h30→8h45 **Evert Verhagen:** UEFA strategies for preventing ACL injuries in youth

8h45→9h00 **Nev Davies:** Advancing injury prevention in youth sports: lessons from the UK and future directions

9h00→9h10 Q&A - with the 3 speakers (Moderateurs)

9h10→9h20 **Suzanne Gard:** Local return to sport ACL program

9h20→9h30 **Davide Tosoni:** Role of isokinetic strength evaluation in post-operative programme

9h30→9h40 **Marcello Pirovano:** Role for Hydrokinesitherapy in rehabilitation protocol

9h40→10h00 **Frank Accadbled & Marco Turati:** Functional & Balance Testing in Pediatric ACLR

10h00→10h20 Q&A - with the 4 speakers (Moderateurs)

10h20→11h00 PAUSE

11h00→11h15 **Justin Carrard**: Managing metabolism to prevent injury and promote a RTS after injury

11h15→11h30 **Laurence Chappuis**: Role of mental well-being in injury prevention & support for returning to sport

11h30→11h45 **Nicolas Theumann**: Is there a role of imaging in prevention programme?

11h45→12h00 **Marco Turati**: Sport and disabilities?

12h00→12h20 Q&A - with the 4 speakers (**Moderateurs**)

12h20→13h30 PAUSE REPAS MIDI

13h30→14h00 Main speaker - **Jane Thornton**?: IOC prevention program strategies for preventing injuries in youth athletes

14h00→14h20 **Boris Gojanovic**: The challenges of competition in the well-being and health of young athletes

14h20→14h40 **Nathalie Wenger**: Is there any specific prevention for young female athletes?

14h40→15h00 **Fabio Esposito**: Prehabilitation Strategies

15h00→15h20 Q&A - with the 4 speakers (**Moderateurs**)

15h20→15h35 **Artiom Antonsen & Caroline De Pestere**: Trends in prevention among young athletes

15h35→15h45 **Silvia Bonfanti**: Sport Medical Network

15h45→16h00 Benjamin, Marco Turati & Bigoni et Stéphane: conclusion and closing conference

2 sporters intervention for 2x 10 minutes

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