

All about health issues and injuries in young athletes, and what about rugby?



Johan Cruijff Arena
Friday January 16th 2026

Amsterdam Sports Medicine Congress

Gino Kerkhoffs, Annemarie van Bellegem, Mario Maas, Vincent Gouttebarger, Hans tol, Lisette 't Hart, Frank Smithuis, Guus Reurink, Liam Paget, Bas Besselink, Ruben Zwiers, Rik Tacken and more..



Program ACES Congress 2026

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| Time | Session | Speaker | Title |
|---------------|--|-----------------------------|--|
| 08.45 – 09.00 | Welcome | Gino Kerkhoffs & Hans Tol | All about health issues and injuries in young athletes |
| 09.00-10.15 | Mental health in young athletes: what's normal | Vincent Gouttebarghe | Who |
| | | Annemarie van Bellegem | Eating disorders |
| | | Lisette 't Hart – Kerkhoffs | Psychiatry |
| 10.15-10.45 | Coffee Break | | |
| 10.45-12.00 | Patella dislocations in adolescents and young adults | Frank Smithuis | What can we see |
| | | Guus Reurink | What are we thinking? |
| | | Sander Koëter | What can we do? |
| 12.00-13.00 | Lunch | | |
| 13.00-14.15 | What about rugby? | Liam Paget | A gentlemen's game played by ruffians, why Rugby matters in medicine. |
| | | Bas Besselink | Tackling concussion: the Amsterdam UMC iMG mouthguard study |
| | | Johan le Roux | After Rugby Career Consultation |
| | | Zoe Saynor | Women's rugby a catalyst for advancing female-specific science & safety in sport |
| 14.15-14.45 | Tea break | | |
| 14.45-16.00 | Ankle Puzzle Cases: getting from pitch to pitch | Ruben Zwiers | A season of ankle injuries |
| | | Mario Maas & Gino Kerkhoffs | Lets make a plan |
| | | Rik Tacke | The path: RTP |
| 16.00-17.00 | Closure and one for the road | | |

