On 26th and 27th February 2010 the Faculty of Kinesiology University of Zagreb and the Croatian Physical Conditioning Association organized the 8th Annual International Conference Physical Conditioning of Athletes 2010 with the main topic “Speed, Agility and Quickness Training”. As in previous years, the Conference was held in the Conference Hall Globus of the Zagreb Trade Fair and the gymnasia of the Faculty of Kinesiology University of Zagreb. The interest for the Conference was great which was confirmed by a large number of attendees. More than 1,300 coaches, strength and conditioning experts and students visited the opening ceremony in the Globus Conference Hall and participated in the work of the Conference.

Beside the main sponsors of the Conference, the Croatian Physical Conditioning Association and the Faculty of Kinesiology University of Zagreb, this year’s Conference was also supported by the Social Sciences Polytechnics in Zagreb, the Ministry of Science, Education and Sport of the Republic of Croatia, the Institute for Research and Development of Defence Systems, the Croatian Olympic Committee, the Ministry of Health and Social Care of the Republic of Croatia, the Office of Education and Sport of the City of Zagreb, Zagreb Sport Association, Zagreb Trade Fair, Student Assembly of the Faculty of Kinesiology University of Zagreb, the Faculty of Kinesiology University of Split and the Faculty of Sport and Physical Education University of Novi Sad.

This year’s proceedings book contained 118 articles concerning different aspects of speed, agility and quickness training. They were presented by professional experts and scientists from Canada, Germany, Italy, Spain, Switzerland, Finland, Slovenia, Bosnia and Herzegovina, Serbia, Monte Negro and Croatia.

The opening ceremony, traditionally held in the Globus Conference Hall, was followed by 13 invited speakers’ presentations. Goran Marković from Croatia, Julio Tous Fajardo from Spain, Darija Bostjančić from Croatia, Juri Hanin from Finland, Dragan Milanović from Croatia, Nicolas Terrados and Julio Calleja from Spain, Anne Delextrat from the United Kingdom, Vesna Babić from Croatia, Romeo Jozak from Croatia, and Emir Pašalić from Bosnia and Herzegovina presented their contributions on the plenary sessions.
Practical strength and conditioning sessions were presented on the second day of the Conference. Six world famous strength and conditioning coaches described their personal experiences from tennis, basketball, soccer and track-and-field. The presenters were Milan Čoh from Slovenia and Vesna Babić, Jurica Šango and Luka Milanović from Croatia, Predrag Zimonjić from Serbia, Darcy Norman from Germany, Tamara Despot, Romeo Jozak, Krešimir Šoš and Siniša Orešcanin from Croatia and Benedikt Linder from Switzerland.

The 3rd Exchange seminar on Physical Conditioning in tennis was organized on February 28th 2010 in the gymnasia of the Faculty of Kinesiology by the European Physical Conditioning Association in collaboration with the Faculty of Kinesiology University of Zagreb, Croatian Physical Conditioning Association and Croatian Tennis Association. The lecturers were world famous conditioning coaches: Julio Tous Fajardo, strength and conditioning counsellor of Rafael Nadal, Carlos Moya, Svetlana Kuznetsova, FC Barcelona and UC Sampdoria; Benedikt Linder, strength and conditioning coach of the Swiss national tennis association and the assistant of Pierre Paganini – Roger Federer’s and Stanislas Wawrinka’s strength and conditioning coach; Ljubomir Antekolović, strength and conditioning coach of Marin Ćilić, and Slaven Hrvoj, strength and conditioning coach of Ivo Karlović.

Over 400 participants proved once more the success of the EPCA Exchange seminar on Physical Conditioning and showed a growing interest for such events. The whole exchange seminar was video recorded and a DVD that can be purchased at the Zagreb’s Faculty of Kinesiology’s bookshop.

Prepared by: Daniel Bok and Cvita Gregov
The Faculty of Kinesiology, University of Zagreb hosted the 4th International Scientific and Professional Conference with the main topic Kinesiological Recreation and the Social Life of Youths. The Conference was organized on 27th February 2010 at the Conference centre of the Zagreb Fair and it was supported by the Ministry of Science, Education and Sport of Republic of Croatia, the Ministry of tourism of Republic of Croatia, Zagreb Sport Association, Zagreb Association ‘Sport for All’, the Office of Culture Education and Sports of the City of Zagreb, Association of Sports Organisation of Osijek, and the Social Sciences Polytechnics in Zagreb.

The main purpose of the Conference was to present the experts’ work in order to better understand issues and problems regarding social life of youths. Although the previously mentioned issues were mostly elaborated from the kinesiological point of view, scientists and experts from fields of sociology, psychology, medicine, pedagogy, economy, and architecture with their papers and lectures also contributed to the Conference. Conclusions of the Conference should contribute in creating not only the plans, but also the concrete programmes with the main goal of improving the quality of life of youths.

The organizing committee chaired by Prof. Mirna Andrijašević, PhD, organized the Conference in four thematic sessions: Kinesiological recreation for health improvement of youths, Kinesiological programmes and the process of socialization of youths, Kinesiological programmes for transformation of anthropological characteristics, and Outdoor kinesiological programmes. The Opening ceremony gathered more than 250 participants and guests. Prof. Andrijašević, the president of the organizing committee, welcomed the participants and announced the honorary guests. A warm welcome to all the participants and guests of the Conference was given by Prof. Vladimir Findak, PhD, on behalf of the Croatian Association ‘Sport for All’, Prof. Herman Berčić, PhD, on behalf of the Faculty of Sport, University of Ljubljana, Slovenia and by Prof. Dobromir Bonacin, PhD, on behalf of the Faculty of Kinesiology University of Travnik, Bosnia and Herzegovina. More than 300 participants participated in the Conference. The morning session of the conference started with the introductory speeches given by Prof. Herman Berčić, PhD, Prof. Benjamin Perasović, PhD, Marija Rakovac, MD, Sanela Škorić, PhD, Dario Škegro, BEd. and Prof. Eduard Kušen, PhD. There were altogether 36 oral and 12 poster presentations.

This year’s conference presented the new scientific research and understandings in the field of the social life of youths especially from the aspect of kinesiological recreation and also provided the insight into recent work of domestic and foreign professionals and scientists. In conclusion, the 5th International Conference on Kinesiological Recreation is announced for February 2011. We invite you to join us and to contribute to the Conference by your participation.

Prepared by:
Prof. Mirna Andrijašević, PhD
Danijel Jurakić, PhD