

## REPORT OF THE 6<sup>TH</sup> ANNUAL INTERNATIONAL CONFERENCE PHYSICAL CONDITIONING OF ATHLETES AND THE 1<sup>ST</sup> EXCHANGE SEMINAR ON PHYSICAL CONDITIONING IN BASKETBALL



The Faculty of Kinesiology, University of Zagreb, and the Croatian Physical Conditioning Association organised the 6th Annual International Conference Physical Conditioning of Athletes 2008 in the crowded Conference Hall Globus of the Zagreb Trade Fair and in the gymnasium of the Faculty on 22<sup>nd</sup> & 23<sup>rd</sup> February 2008. The topic was "Strength and Power Training". As previously, a huge attendance rate at the opening ceremony was achieved again this year which proves that the interest of coaches for strength development and conditioning is not any less. More than 900 sports coaches, strength conditioning experts and students of the Faculty of Kinesiology and the Coach Training and Education Department participated in the work of the Conference.

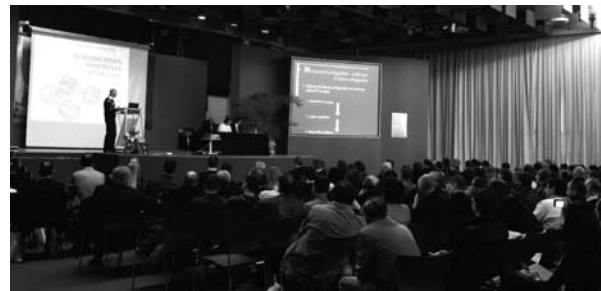
Prominent strength and conditioning experts came from the United States of America, Italy, Germany, Spain, Slovenia, Bosnia and Herzegovina, Serbia, Montenegro and Croatia, among them Mike

Brungardt, strength and conditioning trainer of the reigning NBA champions, San Antonio Spurs.

During two working days a total of 54 lectures and 6 demonstrations were presented. To ensure the quality of the information presented 10 most prominent experts were invited to introduce different aspects on strength/power training. Demonstrations introduced specific strength training and physical conditioning in football, tennis, basketball, acrobatic rock'n'roll, track and field and special armed forces. The Proceedings contains 220 pages and 1000 copies were printed. As a novelty, a DVD with all the demonstrations was also produced after the Conference.

The 6<sup>th</sup> Conference of Physical Conditioning of Athletes was financially supported by the Zagreb Sports Association, the Office of Education and Sports of the City of Zagreb, the Social Sciences Polytechnics, the Croatian Olympic Committee, the Ministry of Science, Education and Sport of the Republic of Croatia, the Ministry of Health and Social Care of the Republic of Croatia and the Zagreb Trade Fair.

The 1<sup>st</sup> Exchange Seminar on Physical Conditioning in basketball was organized on February 24, 2008 in the gymnasium of the Faculty of Kinesiology. It was organized by the European Physical



PRESENTER	TOPIC
Prof. Goran Marković, PhD	Strength and power in sports: definition, determinants, adjustment mechanisms and training
Mike Brungardt, BEd	Strength training programme of San Antonio Spurs basketball team
Prof. Dragan Milanović, PhD	Periodization of strength training - partial and integrative approach
Asim Bradić, PhD	Strength training in the competition period: practical examples from individual and team sports
Prof. Kemal Idrizović, PhD	Combined strength training
Luka Milanović, MSc	Strength training of children and youth
Prof. Damir Sekulić, PhD	Doping in sport and strength training – the most common doubts
Stanislav Peharec, MD	Advances in neuromuscular diagnostics
Ignac Kulier, MD	Nourishment and nutritionistic supplements in strength training in top-level sports
Prof. Marjeta Mišigoj-Duraković, PhD	Health benefits of strength training of adults and the elderly



Conditioning Association in collaboration with the Faculty of Kinesiology, University of Zagreb, the Croatian Physical Conditioning Association and the Croatian Basketball Association. It was also recognized by FIBA Europe. The European Physical Conditioning Association was established on February 26, 2006 in Zagreb. The lecturers were worldwide famous conditioning coaches: Mike Brungardt, NBA champion with San Antonio Spurs, Nacho Coque, world champion with the Spanish national basketball team, and Francesco Cuzzolin, the European champion with the Russian national basketball team. Each of them presented their own way of strength conditioning training programming and conducting through demonstrations.

An unexpected number of visitors, up to 500, came not only from Croatia, but also from other European countries. This huge number of participants proves that there is a necessity for organizing physical conditioning exchange seminars at which coaches can get an insight into the training methods used by top level teams and athletes.

The whole exchange seminar was video recorded and a DVD can be purchased at the Zagreb's Faculty of Kinesiology's book store.

*Prepared by: Daniel Bok*