

REPORT OF THE 7TH ANNUAL INTERNATIONAL CONFERENCE PHYSICAL CONDITIONING OF ATHLETES AND THE 2ND EXCHANGE SEMINAR ON PHYSICAL CONDITIONING IN SOCCER



For the seventh year in a row, on February 20th and 21st, 2009, an International Conference Physical Conditioning of Athletes was organized by the Faculty of Kinesiology, University of Zagreb and the Croatian Physical Conditioning Association. As in previous years, the Conference was held in the Conference Hall Globus of the Zagreb Trade Fair, the Faculty's two amphitheatres and the gymnasias of the Faculty. This year's topic was "Endurance Training".

The fact that the theme of this year's Conference was extremely interesting has been confirmed by the huge attendance rate at the Opening ceremony as well as through the whole two days of the Conference work. More than 1100 sport coaches, strength and conditioning experts and students of the Faculty of Kinesiology and the Coach Training and Education Department participated in the work of the Conference.

This year's Conference was supported by the Social Sciences Polytechnics, the Ministry of Science, Education and Sport of the Republic of Croatia, the Institute for Research and Development of the 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, the Croatian Schools Sports Association, the Zagreb Sports Association and the Zagreb Trade Fair.

The Conference of Physical Conditioning of Athletes is also one of the activities organized under the project of the Ministry of Science, Education and Sport and, since this year, under the project of the Institute for Research and Development of the Defence Systems, which operates under the Ministry of Defence of the Republic of Croatia.

A record-breaking number of papers – a total of 70 theoretical papers (out of which 11 invited papers) and 9 invited practical presentations were presented at the Conference. Prominent authors, strength and conditioning experts, came from Germany, Italy, Spain, Slovenia, Bosnia and Herzegovina, Serbia, Montenegro and Croatia.

The opening ceremony was traditionally held in the Conference Hall Globus of the Zagreb Trade Fair and the central event of the ceremony was the promulgation of the most successful strength and conditioning coach of the year 2008. This year's winner was Zvonko Komes, a former strength and conditioning coach of the FC Bayern München.

This year's novelty was the Best Student Paper Award which was awarded to the three most ambitious and hard-working students who had presented their papers at the Conference. The first prize winner was Marijo Jovanović, a student of the Faculty of Kinesiology University of Zagreb. The Organizing Committee sincerely believes that this Award will stimulate and encourage young students to participate actively at the future Conferences and help them become better strength and conditioning coaches.

The invited speakers at the Conference were famous conditioning coaches, sports experts and sport scientists: Iñigo Mujika, Vlatko Vučetić, Pero Kuterovac, Zrinko Čustonja, Goran Sporiš, Igor Jukić, Pavle Mikulić, Kemal Idrizović, Marija Rakovac, Sergej Ostojić, Renata Barić i Tatjana Trošt Bobić.

On the first day of the Conference Goran Marković and Asim Bradić promoted their new book under the title Soccer – Integral Strength and Conditioning Training. The book, which was published in 2008, has a digital version in which some general and specific conditioning exercises for soccer can be found.





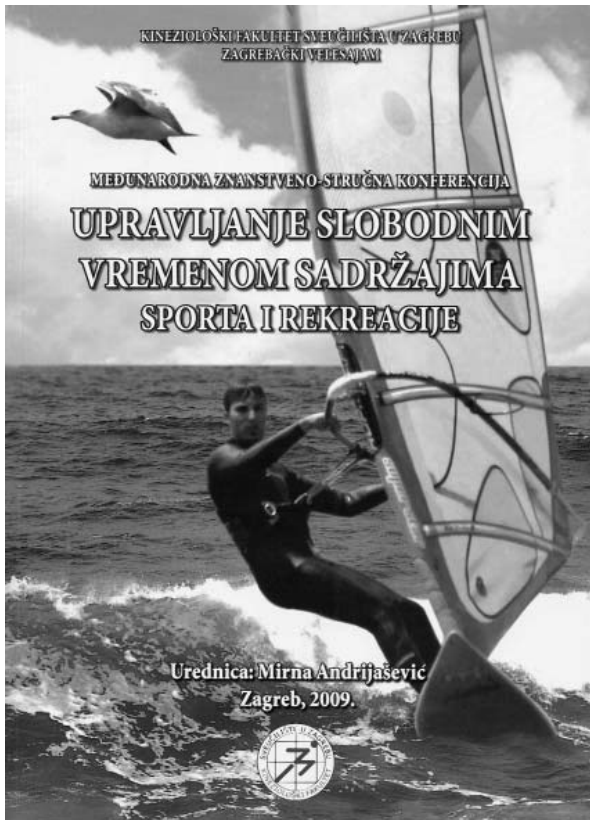
The second day of the Conference was reserved for six practical presentations of conditioning trainings in tennis, basketball, soccer, handball, taekwondo and artistic gymnastics. Their coaching experiences were presented by Dario Novak in tennis, Luka Milanović in basketball, Goran Marković in soccer, Nenad Njaradi in handball, Lidija Katalinić Špoljarić in taekwondo and Mario Vukoja in artistic gymnastics. Of course, the most interesting presentations were the ones with the Croatian Olympic medallists from the Olympic Games in Beijing, 2008:

Martina Zubčić in taekwondo and Filip Ude in artistic gymnastics, who exalted the crowded gymnasium with their performances.

The 2nd Exchange Seminar on Physical Conditioning in Soccer was organized on February 22nd, 2009, in the gymnasium of the Faculty of Kinesiology. As in the previous year, it was organized by the European Physical Conditioning Association in collaboration with the Faculty of Kinesiology, University of Zagreb, the Croatian Physical Conditioning Association and the Croatian Football Association. The lecturers were world famous conditioning coaches in soccer: Iñigo Mujika, conditioning coach of the football club Athletic Bilbao, Zvonko Komes, conditioning coach of the FC Bayer 04 Leverkusen and former conditioning coach of FC Bayern München, and Claudio Gaudino, world champion with the Italian national soccer team and conditioning coach of FC Inter from Milan.

The Exchange Seminar once again attracted an unexpected number of visitors who came from Croatia and many other European countries. The whole exchange seminar was video recorded and a DVD can be purchased at the Zagreb's Faculty of Kinesiology's book store.

REPORT OF THE 3RD ANNUAL INTERNATIONAL CONFERENCE ON MANAGING FREE TIME THROUGH SPORTS AND RECREATION



The Faculty of Kinesiology, University of Zagreb hosted the 3rd International Scientific and Professional Conference with the main topic “The Management of Free Time through Sports and Recreation”. The Conference was organized on 21st February, 2009 at the Conference Centre of the Zagreb Fair and supported by: the Ministry of Science, Education and Sport of the Republic of Croatia, the Ministry of Tourism of the Republic of Croatia, the Zagreb Sport Association, the Office of Culture, Education and Sports of the City of Zagreb.

The main purpose of the Conference was to contribute to the development and popularization of sport and recreation as well as to point out the importance of physical activity as an important factor of free time management. Acknowledged scientists and professionals from fields of sociology, psychology, medicine, pedagogy, economy, and kinesiol-

ogy participated in the conference work presenting their research and professional contributions about free time from different points of view. Focusing on problems of sport and recreation in free time, scientists and professionals recognized the importance of sports and recreation in creating a strategy of free time management.

The Organizing Committee, chaired by Prof. Mirna Andrijašević, Ph.D., organized the work of the Conference in four thematic sessions: Sports and recreational aspects of free time management, Sport and recreation as youth free time activity, Creating habits of regular participating in sports during free time, Tourism – a free time oasis.

The Opening ceremony was attended by 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 the welcome speeches of Ljiljana Kuhta Jeličić, vice-mayor of Zagreb, Dajana Kolundžić on behalf of the Ministry of Tourism, Republic of Croatia, Vinko Filipović, director of the Education and Teacher Training Agency, Darko Vučić, head of the Directorate for Sports and Prof. Dobromir Bonacin, Ph.D., on behalf of the Faculty of Kinesiology, University of Travnik, Bosnia and Hercegovina.

More than 300 participants participated in the Conference work. The morning session of the Conference started with the introductory speeches given by: Prof. Vlasta Ilišin, Ph.D., Prof. Mato Bartoluci, Ph.D., Prof. Vladimir Findak, Ph.D., Prof. Benjamin Perasović, Ph.D., Prof. Žarko Bilić, Ph.D., and Donald Roberson, Ph.D. There were altogether 41 oral and poster presentations.

This year the Conference presented the new trends and understandings in the field of free time, especially from the aspect of sport and recreation and also provided an insight into the recent work of Croatian and foreign professionals and scientists. In conclusion, the 4th International Conference on Kinesiological Recreation is announced for February 2009. We invite you to join us and to contribute to the work of the Conference.

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