

## REPORT OF THE 2<sup>ND</sup> ANNUAL INTERNATIONAL CONVENTION “PHYSICAL CONDITIONING IN SPORTS”

Zagreb, February 28 – 29, 2004

The Faculty of Kinesiology, University of Zagreb, and the Croatian Association for Physical Conditioning organised the 2nd Annual International Convention “Physical conditioning in sports” in the gymnasium of the Faculty and in the crowded cinema-auditorium “Forum” on February 28 – 29, 2004. The organisers were aware that the previous convention’s tremendous success (over one thousand participants) could not be repeated, and so they successfully changed the concept. “This time we will focus on fewer topics elaborated in detail. Most topics will be presented as demonstrations in a gymnasium, in a real training environment.” These two sentences of the Organising Committee, published in the Foreword to the Proceedings Book, represent best the basic concept of the 2nd Convention – striving for quality. The most prominent foreign and Croatian experts were exclusively invited to ensure the quality of the information presented. The demonstrations, the greatest novelty of this Convention, provided a much higher level of application.

Some numerical highlights – more than 500 sports coaches, strength conditioning experts and students at the Faculty of Kinesiology and the Coach Training and Education Department of the Social Sciences Polytechnics participated in the work of the Convention. During two working days, or 10.5 working hours, a total of 13 lectures and demonstrations were presented. The Proceedings Book contains 187 pages and 900 copies were printed. Five contributions were of a theoretical type and eight were demonstrations of training sessions, drills and routines. Almost 76% of the total working time was spent in the gymnasium,



which was a breakthrough in the organisation of such professional meetings in the region.

The most credit for the good organisation and success of the 2<sup>nd</sup> Convention goes to the Organising Committee with its chairman Prof. Igor Jukić, PhD, vicechairmen Prof. Dragan Milanović, PhD, Prof. Dušan Metikoš, PhD, and Miroslav Hrženjak, BEd. Prominent strength and conditioning came from Croatia, Argentina, Bosnia and Herzegovina, Slovenia, Spain, and Ukraine, among them Mario Mouche, PhD, physical conditioning trainer in the national basketball team of Argentina (second at the 2002 Indianapolis World Championship), and Julio Calleja, PhD, physical conditioning trainer of the Spanish national basketball team.

Although all eight demonstrations (Table 1) provided quite a lot of high-quality information on physical conditioning, the most interesting for the

Table 1. List of presenters and topics of demonstrations

PRESENTER	TOPIC
Prof. Željko Hraski, PhD	An example of physical conditioning contents applied in work with preschool children
Prof. Boris Neljak, PhD	Basic drills for coordination development in tennis players outside the tennis court
Prof. Milan Čoh, PhD	Methods of development and diagnostics of jumping ability in physical conditioning of athletes
Luka Radman, BEd	Combinations of classical (Olympic) weight lifting drills
Zvonko Komes, BEd	Demonstration of SAQ drills
Mario Mouche, PhD	Strength development in acyclic sports – my method
Cro-Cop Team	Principles of physical conditioning of fighters in ultimate fight and K-1
Lino Červar, BEd	Specific endurance of handball players

Table 2. List of theoretical presentations

PRESENTER	TOPIC
Viktor Bankin, PhD	System of sports preparation and the position of physical conditioning
Prof. Igor Jukić, PhD	Modern approach to periodization of physical conditioning
Julio Calleja, PhD	Fundamentals of field tests aimed at assessing aerobic abilities in team sports
Emir Pašalić, MSc	Doping – yesterday, today, tomorrow
Mario Mouche, PhD	Programme of physical conditioning of the Argentinian national basketball team for the 2002 World Championship in Indianapolis

participants and mass media were an example of a typical training session of Mirko Filipović, “Cro-Cop”, demonstrated by his team, and the contribution of Lino Červar, the coach of actual world champions in handball. All this confirmed that the status of physical conditioning within an entire training system is, even if no strength and conditioning specialist is engaged, by no means in jeopardy in the successful sports communities with the highest sports results.

Among the theoretical lectures (Table 2) the most interesting one for the audience was the provoking lecture regarding doping in sport by Emir Pašalić, a guest from Bosnia and Herzegovina. The topic is seldom addressed at similar professional or scientific meetings.

The annual assembly of the Croatian Association for Physical Conditioning was also held. Generally, the previous period of work, the growing membership of the Association and the quality of the journal “Kondicijski trening” (“Physical Conditioning”) were evaluated as satisfactory. The Internet site ([www.ukth.hr](http://www.ukth.hr)) of the Association was promoted. Plans for future activities were made as well.

The 2<sup>nd</sup> Convention of Physical Conditioning in Sports was financially supported by the Zagreb Sports Association, Office for Education and Sports of the City of Zagreb, Polytechnics of Social Sciences and the Zagreb Trade Fair. The third convention addressing the issue of recovery in sport was announced for February 2005.