

Date

- 9th - 10th July (arrival on the 8th and Departure on the 11th)

Venue

- Seashells Resort at Suncrest,
Qawra Coast Road,
Qawra, Malta

Contact Information

- EJU General Secretariat:
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- Malta Judo Federation
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How to get to Malta

- Malta International Airport
*Airmalta is offering discounts to delegates of this seminar.
Further information in document attached.*
- Malta Grand Harbour



Visa

- Should you require a Visa, please send Form 3 to the Malta Judo Federation by not later than the 16th of June 2010.

Package Price

- **Double Room:** € 550 **Single Room** € 650
- Including: 3 night accomodation on Ful Board / Airport Transfers / Coffee Breaks / Official Dinner / Certificate of Participation / CD with Seminar Material / **€ 200 EJU Participation Fee**

Who should attend?

- National Federations Medical Responsible
- National Federations Anti Doping Responsible
- Team Doctors

Thursday 8th July 2010

Arrival of participants

20:00hrs Dinner at Hotel

Friday 9th July 2010

09:00hrs Opening of Seminar

09:30hrs Promotion of anti-doping – *Dr Maximilien Jung*

10:30hrs Coffee Break

11:00hrs Long term results and findings on the muscular and skeleton system of high Performance Judo athletes after their career – *Dr Albert Guessbacher*

12:30hrs Lunch

14:30hrs Hydration: the importance of good hydration and the negative consequences of hypo hydration – *Dr Maximilien Jung*

16:30hrs Coffee Break

16:45hrs Medical Commission Meeting (only EJU Medical Commission Members)

20:00hrs Dinner

Saturday 10th July 2010

09:30hrs Rehabilitation after injuries and surgery in high Performance Judo athletes – *Dr Albert Guessbacher*

11:00hrs Coffee Break

11:30hrs Aspects of conservative and operative Treatment of posttraumatic osteoarthritis of high performance Judo athletes – *Dr Albert Guessbacher*

13:00hrs Lunch

15:30hrs Evaluation methods: which testing methods are used for Judoka / Conclusions

16:30hrs End of Seminar

20:00hrs Official Dinner

Sunday 11th July 2010

Departure of participants