



WHEN

5th-6th October 2013
Arrival Friday 4th and Departure Sunday 6th October

WHERE

Qawra, Malta

CONTACT INFORMATION

EJU Head Office

Address: Wehlistrasse 29/1/111 1200 Vienna, Austria
Tel: +43 1 330 43 43
Email: headoffice@eju.com

Malta Judo Federation

Address: c/o 37, Marina Court, G. Cali Street, Ta Xbiex XBX 1421, Malta
Tel: +356 2131 0463 Fax: +356 2540 1186
Email: info@maltajudo.com

HOW TO GET THERE

Malta International Airport
Malta Grand Harbour

VISA

Should you require a Visa, please send Visa Form to the Malta Judo Federation by not later than the 2nd of August 2013.

PACKAGE PRICE (PER PERSON)

Double Room: € 225 + € 200 EJU Fee*

Single Room € 275 + € 200 EJU Fee*

Including: 2 night accommodation all inclusive / Airport Transfers / Coffee Breaks / Official Dinner / Certificate of Participation / CD with Seminar Material

* EJU Fee:

for the first delegate of a Federation: € 200

for all further delegates of a Federation: € 100

Guest Package Price (per person)

Double Room: € 180

Single Room € 230

Including: 2 night accommodation all inclusive / Airport Transfers / Official Dinner

Additional nights in a Single Room (all Inclusive) € 80

Additional nights in a Single Room (all Inclusive) € 60

WHO SHOULD ATTEND

National Federations Medical Responsible and Coaches Team Doctors, Sports Medicine Physicians, Orthopaedic Surgeons, Physiotherapists, Coaches Personnel responsible for rehabilitation etc.

AGENDA

FRIDAY 4TH OCTOBER 2013

Arrival of participants

18:00 EJU Medical Commission Meeting

20:00 Dinner at Hotel

SATURDAY 5TH OCTOBER 2013

09:15 Official Opening of the Seminar

09:30 Session 1: General info on Antidoping

09:30 Antidoping rules – news and updates & TUE Dr Lauri Malinen

10:00 Anti – Doping rule violation and WADA Dr Lauri Malinen

10:30 Nutritional Supplements Vs antidoping Dr Lauri Malinen

11:00 Coffee Break

11:30 Session 2:

11:30 Weigh In and Hydration Dr Maximilien Jung

12:15 Analysis of the new IJF weighing in, the day before and comparison of the Statistical Weighing before competition

13:00 Lunch

14:30 Session 3:

14:30 ACL injuries in elite Judo Dr Peter Hidas

15:00 Prevention of knee- and lower back-injuries Dr Peter Smolders

15:30 Judo Injuries Prevention strategies Dr Nikos Malliaropoulos

16:00 Coffee Break

16:15 Session 4:

16:15 The use of Dart Fish for the study of injuries Mr Thierry Loison

20:00 Official dinner

SUNDAY 6TH OCTOBER 2013

09:30 Session 5:

09:30 Physical fitness, anthropometry, and performance test Dr. Holger-Henning Frahm Carlsen

10:15 A systematic evaluation of children's ability to improve technically and physically/cognitively with an integrated training in both basic Judo and age related cognitive training Dr. Pål Herlofsen

11:00 Coffee Break

11:30 Session 6:

11:30 An injury survey of world and European judo tournaments 2010 to 2012 Dr. Nikos Malliaropoulos

12:15 Seminar Conclusion

13:00 Lunch

14:30 EJU Medical Commission evaluation of the seminar
Departure of Seminar Participants

MONDAY 7TH OCTOBER 2013

Departure of EJU Medical Commission