

COACHING CONFERENCE 2015

4TH EUROPEAN SQUASH FEDERATION CONFERENCE
18-20 SEPTEMBER 2015 - PRAGUE - CZECH REPUBLIC

**WORLD
SQUASH**
EUROPE



“ SUPPORTING PERFORMANCE AT ELITE LEVEL ”

CONFERENCE

On behalf of the European Squash Federation we are pleased to invite you to the **4th ESF Coaching Conference**.

The theme of the conference is **“Supporting performance at elite level”**. It will run in workshop style with presentations followed by practical sessions and lots of time for discussion. It is aimed at coaches working with senior and junior players at elite level or aspiring to do so in the future.

TOPICS

Some of the main topics which will be in the conference program.

- **Performance analysis**
- **Injury prevention and rehabilitation**
- **Movement**
- **Elite junior training**
- **Performance testing**
- **Periodization**
- **Squash Sanity – group fitness for squash**

Moreover, there are also other topics and presentations that we prepare like Nutrition, Video Analysis, Heart Rate Monitors, Analysis Software etc.

TIME FRAME

Friday 18th – Sunday 20th September 2015

The conference will start on Friday at 16:00 hrs and finish on Sunday at 15:00 hrs.

VENUE

HECTOR SPORT CENTRE

Malesicka 655/59c, Praha 10 - Malesice
Czech Republic
www.hector.cz



ACCOMMODATION

There is a hotel in walking distance from the club

HOTEL BAROKO (www.hotelbaroko.cz)

We recommend to do reservations by the organiser as we can offer better prices. There is also limited number of beds in the club – sportsmen type accommodation in the reasonable price.

Baroko single room	€ 42,- per person per night
Baroko double room	€ 28,- per person per night
Baroko triple room	€ 24,- per person per night
Baroko quatro room	€ 20,- per person per night
Hector Sport	€ 16,- per person per night



COURSE FEE

The course fee of **€ 170** has to be paid upon entry to following bank account net of bank charges.

Bank:	Komercni Banka, a.s.
Account no.:	107-1383580237
Bank code:	0100
IBAN:	CZ 4801 0000 0107 1383 5802 37
SWIFT (BIC):	KOMB CZPP XXX

There are 4 meals, snacks and T-shirt in the package.

ENTRY FORM

There is online entry form. Open please the link below and fill in the form.

<http://1drv.ms/1K4tYtY>

CLOSING DATE 31 July 2015

CONTACT

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