



SEMINAR ON HIGH PERFORMANCE SPORT

WEDNESDAY JULY 21 2010

The EAS-Network (The European Athlete/Student Network) in cooperation with Dalarna University, Dala Sports Academy and Stora Tuna IK invites to a seminar on High performance Sport and studies, Development Trends in Swedish Orienteering and Specific Training of Orienteering. The seminar is organised in connection with the Student World Championship in Orienteering.

Time: 09.00 - 12.00

Place: The Maxim Theatre, Borlänge, directly connected to the Event Centre of WUOC 2010.

Preliminary Programme:

09:00 Welcome.

09:10 Bengt Nybelius, Presentation of the EAS-Network, organizing Universities and Sport academies with members in 24 European countries.

09:45 Håkan Carlsson, The improvement of Sports Environment in Swedish Orienteering.

10:00 Coffee Break.

11:00 Prof. Michail Tonkonogi, Relative Trainability of Different Factors Contributing to Physical Performance in Orienteering.

BENGT NYBELIUS, Chairman of the EAS-Network, The European Network for High Performance Sport and Education.

HÅKAN CARLSSON, National Team Trainer of the Swedish Orienteering Association.

MICHAIL TONKONOGI, Professor at Dalarna University in Medical Science, specializing in Exercise Physiology.

Certificate of attendance will be issued by Dalarna University.

Last day of registration for members of the WUOC-teams: Sunday July 18th at the Event Center.

Registration for EAS/ENAS-members not later than June 20th to **bny@du.se**.

For accommodation contact **info@wuoc2010.se**. The seminar is free of charge.

Together with WUOC three races will be organized open for everyone to participate in. WUOC Tour will have classes for beginners, youth and masters.

www.wuoc2010.se/Home/WUOCTour

Most Welcome all Leaders, Coaches, Athletes and Friends. /The EAS.-Network

