



2nd EUROPEAN TRIATHLON CONFERENCE

1. Introduction

Dear friends,

After the success of the ETU and the Italian Triathlon Federation concerning the **1st European Youth Triathlon Conference** last year in Italy, it was decided by the ETU to continue this effort along the European Youth Triathlon Championships.

Alexandroupolis 2005 Junior & Youth Triathlon European Championships Organizing Committee is proud to announce the **2nd European Triathlon Conference**. In cooperation with the European Triathlon Federation we will try to set the bases for a productive dialogue on all the subjects which are of interest to all of us who are involved in the magic world of Triathlon.

2. Objectives of the conference

- Presentation of the most recent studies related to the topics discussed in the conference.
- Activation of the National Federations
- Education the young athletes about issues of great concern for them
- Reinforcement of the courteous rivalry via participation in the conference
- Sharing of the know how with all European Federations
- Promotion of the scientific work of the Federations to Europe's triathlon world.
- Reinforcement of the institution and its significance
- Creation of significant database for the scientific committees of the European Federation.
- Adjustment of the scientific research to the distinctiveness of every Nation.
- Treating the sport of Triathlon as a way of life.

3. Conference Subjects

A. Epidemiological Aspects of Triathlon.

- Overuse syndromes.
- Prevention of musculoskeletal syndromes.
- Immunological aspects of long distance athletes.
- Prevention of infections.
- Incidence of overtraining among adolescent triathletes.

B. Neuromuscular Adaptations & coordination in 3 different disciplines.

- Triathletes' ergophysiologic profile.
- Training methods.
- Race & training periodisation.
- Overtraining & Overreaching.
- Comparisons among triathletes- runners- cyclists- swimmers.

C. About Nutrition & Supplementation.

D. Psychological Aspects of Triathlon.

E. Ethics & Sport Education.

4. Conference's Details

A. Director:

Chronis Drougias

Orthopaedic Surgeon- Sport Physician (Postgraduate in "Poliklinik fur Praeventive und Rehabilitative Sportmedizin der Technischen Universitat Munchen")

B. Place:

THRAKI PALACE
HOTEL & CONFERENCE CENTRE

Thraki Palace Hotel & Conference Center is a luxurious hospitality complex which was created in an effort to respond to the new social, political, and economic conditions that are being created in the wider region of Eastern Macedonia and Thrace and also Northern Greece and the Balkans

The complex is located at the west end of Alexandroupolis and only 4 kilometers from the center of the city. The 50.000 square meters area offers a 300 meters beach with a unique view of the Aegean Sea and the island of Samothraki. The 5 star hotel has a capacity of 300 beds with 140 comfortable and fully equipped rooms, 10 luxurious suites, a 280 seating restaurant with a large balcony, a piano bar, a pool bar next to two swimming pools, a parking lot with 500 spaces, gift shops, a beauty salon, a fitness center, a playground and a business center.

Thraki Palace Conference Center is the largest and best organized center in the region, meeting European standards of operation, facilities and security.

In the luxurious ground-floor rooms of Thraki Palace Conference Center, with a total seating capacity of 2000 people, modern conference infrastructure with multiple auxiliary spaces, state of the art audio visual coverage and translation

facilities, secretary service, exhibition spaces, participants' offices, foyer, separate entrance and parking are offered.

The complex is located 9 km away from Democritus International Airport and 4 km away from the port and the railway station of Alexandroupolis. Komotini and Xanthi are located 20 and 40 minutes away by car respectively, while the Kipi customs post is about 40 minutes away by car.

Thraki Palace Hotel & Conference Center is a major tourist attraction in the wider area of Northeastern Greece and the Balkans since it is located in a position of particular geopolitical importance that is described as the gate of Europe to the East.

C. Date:

23/7/2005

D. Time:

08:00

E. Entry fee:

Free

F. Participation:

Every European Federation is expected to give a presentation within 10-15 minutes relating to any of the conference's subjects.

Federations must send their presentations to the Organising Committee by the 18th of July by fax: (+30) 25510 32823.

Otherwise, please contact the Organising Committee.

G. Application form for Federations' participation:

Every federation is obliged to fill in an application form for participation and send it to the Organising Committee by fax: (+30) 25510 32823.

H. Application form for Independents:

Apart from the National Federations, independent participants will have the opportunity to attend in the conference and even give a presentation related to one of the topics. The presentations must be sent to the Organising Committee by the 18th of July by fax: (+30) 25510 32823.

Otherwise, please contact the Organising Committee.

I. Projection / Technical Equipment:

The presentations will be projected via computer and video projector. In addition, there is the possibility for the participants to use slides.

J. Language Services:

The Organising Committee provides translation of the presentations – speeches. Please if you desire to have your presentations – speeches translated, state it (specifying the desired language) when completing your application form.

K. Certificate of attendance:

All the participants will receive a certificate at the end of the Conference which will prove that their attendance.

L. CD-ROM:

After the conference, all the participants will receive a CD-ROM with all the presentations, conclusions and photographs of the conference.

5. Contact person for further information:

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Race Director

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