



## ETTU / ITTF – EUROPE DEVELOPMENT PROGRAM Coaching Conference



### ETTU 2016 Coaching Conference

(The second announcement – August 2016)

European Table Tennis Union presents the annual Coaching Conference to be held in Prague (CZE) from Sunday 9<sup>th</sup> to Tuesday 11<sup>th</sup> October 2016.

#### **PROGRAM**

Monday, 10<sup>th</sup> October 9:00-13:00

#### **Nutrition in Table Tennis - Danijel BORKOVIC (SLO) Dr. Med.**

- Basic anatomy and physiology of digestive system
- Basis of healthy nutrition
- Food supplements: do we really need them or they are just waste of money
- What to eat and drink before, during and after exertion

Monday, 10<sup>th</sup> October 15:00 – 19:00

#### **Coaching is a Mental Game - Makis CHAMALIDIS (FRA), Ph.D.**

(Sport Psychologist having worked with more than 500 athletes from 20 different disciplines. Consultant for the French Tennis Federation since 1997)

- Why Coaches should be much more of a Mental Coach
- Helping players produce information: identify parasitic thinking and create mental firewalls
- Creating mental routines that are stronger than emotions
- Finding the right words and attitude to reach the player

Tuesday, 11<sup>th</sup> October 9:00-13:00 and 15:00-19:00

#### **The century of changes- what do we KNOW-Anders JOHANSSON (SWE)**

- Changes- possibilities or problems?
- Development- what does it mean?
- Asia - to hunt or to passé?
- Coaches - theory and praxis



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### **VENUE:**

Wellness Hotel Step Prague\*\*\*\*, Malletova 1141, 19000 Praha 9 (CONGRES HALL)

### **ENTRIES:**

to be sent to Mrs. Marta NOVOTNA ([novotnova@email.cz](mailto:novotnova@email.cz)) with cc to Zita PIDL ([zpidl.ettu@gmail.com](mailto:zpidl.ettu@gmail.com)) not later than

**25<sup>th</sup> September 2016**

### **ACCOMMODATION:**

Wellness Hotel Step\*\*\*\* - Malletova 1141, 19000 Prague 9

### **Prices:**

- Single room full board 95€/day (bed/breakfast 75€)
- Double room full board 80€/day (bed/breakfast 60€)

**NOTICE:** ETTU will pay accommodation for one coach/national association in double occupancy for 2 days.

All other services to be paid by the associations directly to the Czech TTA.

### **TRANSPORT:**

CZE TTA will arrange the shuttle transport service from/to Prague Airport to Wellness Hotel Step

Looking forward to welcoming you in Prague!

Neven CEGNAR (email: [ncegnar@gmail.com](mailto:ncegnar@gmail.com))