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 9th to Tuesday 11th October 2016.

PROGRAM

Monday, 10th 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, 10th 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, 11th 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
VENUE:

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

ENTRIES:

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

25th 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)