



Through Swimming to Performance & Health

SATURDAY / OCTOBER 3, 2009

09.00 - 09.15	Official Opening
09.15 - 10.00	Session 1: News in doping.
10.00 - 10.45	Session 2: Nutritional strategies in water sports medicine.
10.45 - 11.15	Coffee / tea break
11.15 - 12.00	Session 3: Management of optimal performance in the water.
12.00 - 12.45	Session 4: Prevention of the Overtraining Syndrome.
12.45 - 14.00	Lunch Break
14.00 - 14.45	Session 5: Shoulder injuries in Waterpolo and Swimming.
14.45 - 15.00	Session 6: Rehabilitation of shoulder in aquatics.
15.00 - 15.30	Coffee / tea break
15.30 - 16.15	Session 7: Athletes heart in swimming and Waterpolo.
16.15 - 17.00	Session 8: New insights by MRI imaging in Shoulder and

SUNDAY / OCTOBER 4, 2009

09.00 - 09.45	Session 9: News in Biomechanics of Swimming.
09.45 - 10.30	Session 10: Oral presentation of the best posters (4).
10.30 - 11.00	Coffee / tea break
11.00 - 12.00	Session 11: Panel discussion with 'take home message'.
12.00 - 12.30	Reward ceremony for best poster and / or speaker.
12.30	Lunch and adjourn

LEN SPORTS MEDICINE SYMPOSIUM 2009



**SYDNEY 2000
OLYMPIC CENTER
Izvorani, Romania
October 2 - 4, 2009**

WELCOME MESSAGE



On behalf of the Romanian Society of Sports Medicine I warmly invite you to participate to the LEN Sports Medicine Symposium which will be held in the Olympic Centre "Sydney 2000", Izvorani, Romania, 3 - 4 October, 2009. Olympic Centre "Sydney 2000" is a wonderful gift made by the Romanian state to our athletes for excellent results obtained during the Olympic Games in Sydney. It is located at 33 km north of Bucharest, on the lake Snagov and offers to its guests all the opportunities, in a natural and attractive environment.

We would like to invite everyone interested in optimizing sports medicine in aquatics sports, shoulder injury management, rehabilitation's injuries, news in doping and nutrition, sports cardiology, health benefits of aquatic sports, imagistic diagnose study in swimming, physical therapy, to come to Izvorani. It is also an opportunity to visit Bucharest, the political, cultural capital city and the commercial centre of Romania. In the period between the two World Wars, the city's elegant architecture and the sophistication of its elite earned Bucharest the nickname of the "Paris of the East" or "Little Paris"

The stimulating program under the motto "**Through swimming to performance and health**" will present the most actual topics by lecturers all around Europe. The structure of the Symposium will include conferences, states of art, work-shops, posters, specialized exhibitions with wide international participation. An attractive social program to complete the intensive scientific sessions will help you to relax and to enjoy every day.

We are looking forward to see you in Izvorani where you will be welcomed by the traditional Romanian hospitality and its delicious cuisine.

Sincerely yours,
Assoc. Prof. Anca Ionescu MD, PhD
President of the Romanian Society of Sports Medicine

ORGANIZING & SCIENTIFIC COMMITTEE

Anca IONESCU (ROU)
Cees Rein v.d. HOOGENBAND (NED)
Ioan DRAGAN (ROU)
Marian ANGHELESCU (ROU)
Wim MOSTERD (NED)
Bengt O. ERIKSSON (SWE)

TOPICS

News in doping - Nutritional strategies in water sports medicine - Management of optimal performance in the water - Promoting health through aquatics - Prevention of the Overtraining Syndrome - Shoulder injuries in Waterpolo and Swimming - Rehabilitation of shoulder in aquatics - Athletes heart in swimming and Waterpolo - New insights by MRI imaging in Shoulder and Athletes Heart - News in Biomechanics of Swimming

Oral presentation of the best papers.
Panel discussion with 'take home message.'

SYMPOSIUM SECRETARIAT

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REGISTRATION FEES

CATEGORY	Before / September 15	After / September 15
Members of Romanian Society of Sports Medicine (Full Registration)	100 EUR	120 EUR
Members of Romanian Society of Sports Medicine (Registration with no accommodation)	60 EUR	80 EUR
Non-Members of Romanian Society of Sports Medicine (Full Registration)	250 EUR	270 EUR
Accompanying persons	125 EUR	145 EUR

The registration fee includes:

The Welcome Reception
Symposium's Scientific Sessions
The participant Kit
Coffee Breaks and Lunch
2 Nights Accommodation in the Olympic Center in a double room (if you have preferences of sharing the room please mention them in the registration form)

NOTE: The Accompanying persons fee includes **a one day city tour of Bucharest** and the access to the official social program.

For the **Post Conference Excursions** and **Payment Instructions** see the Registration Form.

ABSTRACT SUBMISSION GUIDELINES

NOTE: ONLY POSTER PAPERS ARE ACCEPTED INSTRUCTIONS FOR MOUNTING POSTERS

Posters should be maximum of 120 cm high x 90 cm wide (portrait). Unfortunately it will be impossible to accept landscape posters. Please ensure that all posters are clear, simple and legible from a distance of at least 1,5 m. Use a suitable font size. Posters should be in place as soon as possible after registration.

GUIDELINES FOR AUTHORS

All manuscripts must be edited in MS Word program using English language. Tables, illustrations, graphics should be introduced in Word.
Page setup: A4 with 2 cm margins / Font : Times New Roman
Title: Size / 14, bold, left alignment, without capital letter
Author : Size / 11, name and number that indicate institutional affiliation
The summary: must not be no more than 250 words, size / 10 (short presentation of the aim and scope, material, methods, results, conclusions)
References: the list of references should include only those publications which are cited in the text, in alphabetize order.

SUBMISSION OF ARTICLES AND PAPERS: The manuscripts should be sent by email to: alexandra.ene@trima.ro until **August 15, 2009** at the latest.