

4th SPE BALKAN SKI CONFERENCE PROGRAM PAMPOROVO, BULGARIA, 13-17 MARCH, 2022

SUNDAY, 13 MARCH 2022	
15:00 – 20:00	REGISTRATION / REGISTRACIJA (Lobby of the Perelic Hotel)
20:00 – 21:00	DEMO TEAMS LEADERS MEETING – conference room – Hotel
21:00 – 23:00	WELCOME DRINK – Lobby of the Perelic Hotel

MONDAY, 14 MARCH 2022	
08:00 - 10:00	REGISTRATION / REGISTRACIJA (Lobby of Hotel Perelic)
10:00 - 13:00	Snow Workshops – meeting point
13:00 - 14: 00	Lunch – restaurant on the botom of the Demo slope
16:00 - 16:30	OPENING CEREMONY – Addresses by local and national authorities
16:30- 17:15	Plenary lecture - Erich Müller (AUT): BIOMECHANICS AND INJURY PREVENTION OF ELITE AND YOUTH ALPINE SKI RACERS
17:15 - 17:45	Invited lecture: Matej Supej (SLO): MONITORING ALPINE SKIING PERFORMANCE USING WEARABLE TECHNOLOGIES
17:45 - 18:15	Invited lecture: Ron Kipp (USA): LONG TERM ATHLETE DEVELOPMENT: ALPINE SKI RACING TECHNIQUE CONSIDERATIONS
18:15 - 19:15	<p>Session 1 – Technical section (10 minutes)</p> <p>1. Federiga Bindl: ESKI (PROMOTING EDUCATION, SKILLS DEVELOPMENT & DUAL CAREERS IN ALPINE SKIING) - presentation of the Erasmus+ international project</p> <p>2. S. Pšot, M. Del Zotto, E. Müller, B. Lešnik, D. Bubeck, V. Cigrovski, S. Kovač, L. Pavlovič, P. Jančok, R. Pšot: SKI EASY: presentation of the Erasmus+ international project</p> <p>3. R. Pšot, L. Pavlovič, B. Lešnik, M. Supej, R. Kipp: Skating is (still) a game - presentation of new book</p> <p>4. Meta Lavrič: SNOW RECRUITER - CONNECTING INSTRUCTORS AND SCHOOLS - APP</p> <p>5. DIELSPORT - PRESENTATION OF THE NOVELTY IN SPORTS EQUIPMENT</p> <p>6. BOLLE - PRESENTATION OF THE NOVELTY IN SPORT EQUIPMENT</p>
19:30 - 20:30	DINNER
21:00-23:00	SOCIAL EVENING

TUESDAY, 15 March 2022	
08:00 - 10:00	REGISTRATION (Lobby of Hotel)
10:00 - 13:00	Snow Workshops – meeting point
13:00 - 14: 00	Lunch – restaurant on the botom of the Demo slope
15:00 -17: 00	Demo Team Show – Ski slope
17.30-18.30	<p>Session 2 – Scientific and professional contributions (10 minutes)</p> <p>1. Ivan Bon: INLINE SKATING AS AN ADDITIONAL ACTIVITY FOR ALPINE SKIING: THE ROLE OF THE OUTSIDE LEG IN TURN PERFORMANCE</p> <p>2. Miloš Kalc: ASYMMETRIES IN PHYSICAL PERFORMANCE, MUSCLE CONTRACTILE MECHANISMS AND FUNCTIONAL MOVEMENT PATTERNS IN YOUNG ALPINE SKI RACERS</p> <p>3. Stojan Puhač: CORRELATIONS OF MOTOR AND ANTHROPOMETRIC VARIABLES WITH SUCCESSFULNESS OF YOUNG COMPETITORS IN ALPINE SKIING</p> <p>4. Dušan Stanković: USE OF PRESSURE INSOLE SYSTEM IN ALPINE SKIING RESEARCH: NARRATIVE REVIEW</p> <p>5. Božjan Šimunčič: DIFFERENCES IN SKELETAL MUSCLE CONTRACTILE PROPERTIES BETWEEN SPEED AND TECHNICAL EVENTS IN ALPINE SKIING</p> <p>6. Jure Urbanc: COMPARISON OF SKELETAL MUSCLES BIOMECHANICAL CHARACTERISTICS BETWEEN TOP LEVEL AND RECREATIONAL ALPINE SKIERS</p> <p>7. Klemen Krejač: CORRELATION OF MOTOR ABILITIES AND BODY CHARACTERISTICS OF YOUNG MALE CATEGORIES WITH PERFORMANCE IN INDIVIDUAL DISCIPLINES IN ALPINE SKIING</p> <p>8. Uroš Marušič: ENHANCING MOTOR LEARNING THROUGH INFORMATION TECHNOLOGY IN ALPINE SKIING</p> <p>9. Mateja Ožb, Ivan Bon: THE INFLUENCE OF SKI HELMET AND GOGGLES ON VISUAL FIELD AND REACTION TIME</p>
18:30- 19:15	Plenary lecture - Dieter Bubeck, (GER) "Snowsport as a performance enhancer in executive functions"
19:15 - 19:45	Invited lecture - Åsa Tugetam (SWE) "Learning through Snowsport"d lecture:
20:00–21:30	DINNER

WEDNESDAY, 16 MARCH 2022	
08:00 - 10:00	REGISTRATION (Lobby of Hotel)
10:00 - 13:00	Snow Workshops – meeting point
13:00 - 14: 00	Lunch – restaurant on the botom of the Demo slope
16:30- 17:15	Plenary lecture - Lana Ružič (CRO) "The rise of ski helmets: What have we learned in last two decades?"
17:15 - 17:45	Invited lecture: Krastio Zgurovski (BUL) "A study on the function of human balance affecting beginner training in alpine skiing techniques"
17.50-19.30	<p>Session 3 – Scientific and professional contributions (10 minutes)</p> <p>1. Ilija Klincarov, Vladimir Vuksanović: CORRELATION BETWEEN THE PRACTICAL AND THEORETICAL KNOWLEDGE OF BASIC ALPINE SKIING TECHNIQUES</p> <p>2. Ilija Klincarov: SELF-ASSESSMENT AMONG SKI INSTRUCTORS WITH DIFFERENT LEVELS OF BASIC ALPINE SKIING SKILLS</p> <p>3. Saša Pšot: INTERGENERATIONAL DIVERSITY ON THE SKI SLOPES - WHAT DO SKI INSTRUCTORS NEED TO KNOW?</p> <p>4. Matej Švegl: ARE GENERATION-Z FEMALE ADOLESCENTS INTERESTED IN ALPINE SKIING?</p> <p>5. Kaja Teraz: WHAT SHOULD CHILDREN EAT WHEN SKIING?</p> <p>6. Peter Jančok, Krastio Zgurovski: THE BENEFITS OF THE COURSES IN SNOW SPORTS FOR STUDENTS OF THE NATIONAL SPORTS ACADEMY "VASIL LEVSKI"</p> <p>7. Deyan Todorov: THE SNOW SPORTS COURSES AND THE IMPACT ON STUDENTS OF THE NATIONAL SPORTS ACADEMY "VASIL LEVSKI"</p> <p>8. Ivan Bon, Vjekoslav Cigrovski: DOES THE SEQUENTIAL TEACHING OF ELEMENTS OF ALPINE SKI SCHOOL FOLLOW THE INCREASE OF FORCE BENEATH THE SKIER'S FOOT?</p> <p>9. Manca Peshar: EXECUTIVE FUNCTION TRAINING FOR IMPROVING SKIING RELAVANTPOSTURAL CONTROL AND SPEEDED REACTION</p> <p>10. Lana Ružič, Bojan Matković: INJURIES AND ILLNESSES DURING SKIING LESSONS FOR KINESIOLOGY STUDENTS</p>
20.00 - 20:15	Presentation of the 5th SPE BALKAN SKI candidate
20.15-20:30	CLOSING CEREMONY
21:00 – 23:00	DINNER & FAREWELL SOCIAL EVENING

THURSDAY, 17 MARCH 2022
DEPARTURES