

To the:

- National Ski Associations
- Sub-Committee for Ladies' Cross-Country
- Virginia De Martinl, Athletes Commission Cross-Country

INTERNATIONAL SKI FEDERATION

Blochstrasse 2
 3653 Oberhofen/Thunersee
 Switzerland
 Tel +41 33 244 61 61
 Fax +41 33 244 61 71

Oberhofen, 20.07.2017

**Invitation and Agenda
 Cross-Country Coaching Seminar for Females**

**Ramada Hotels & Suites Kranjska Gora and Planica Nordic Centre (SLO),
 22nd - 24th September 2017**

Dear Ski Friends,

The FIS Cross-Country coaching seminar for females of the FIS Sub-Committee for Ladies' Cross-Country already became a tradition. This year the seminar will be held in the region of Planica (SLO) where a great Nordic Centre was built in the last years.

The target group are female coaches that are coaching kids and teenager athletes in National and Regional Ski Associations.

We kindly ask all National Ski Association to forward the invitation to their female coaches and Regional Ski Associations.

The seminar will kick-off on Friday, 22nd September at 17:00 hrs.

Accommodation: Ramada Hotel & Suites Kranjska Gora

<https://www.wyndhamhotels.com/ramada/kranjska-gora-slovenia/ramada-hotel-and-suites-kranjska-gora/overview>

Please book your accommodation directly at the Hotel Ramada:

Email: info@hit-alpine.si

with the remark 'female coach seminar' by latest 25th August 2017.

Prices:

- The bed & breakfast seminar price is EUR 56 per person/day in double room (+1,90 taxes/night)
- Single rooms are available for EUR 76 (+1,90 taxes/night).
- On Friday evening we arrange a dinner for EUR 10 per person (more details during the seminar).

Meeting facilities at the Nordic Centre in Planica

<https://www.nc-planica.si/en/>

Daily Transfer to the Nordic Centre, Planica

There is a sort driving distance between the hotel and the Nordic Centre. Please inform us if you need a transfer: maja.benedicic@gmail.com

This transfer will be arranged and provided free of charge by the Ski Club Rateče, Planica.

Shuttle Service from Airports

We are pleased to offer a shuttle service from the airport to the venue. Please book the shuttle by email:

- Airport Ljubliana-Brnik: maja.benedicic@gmail.com
- other Airports: info@ombus.si

Prices

	1-3 persons	4-8 persons
– Airport Ljubliana-Brnik/SLO (closest airport)	only fuel (full tank of fuel cost 80 €)	
– Airport Klagenfurt/SLO	75,00 €	90,00 €
– Airport Graz/AUT	190,00 €	210,00 €
– Airport Salzburg/AUT	230,00 €	250,00 €
– Airport Trieste/ITA	160,00 €	180,00 €
– Airport Venice/ITA	230,00 €	250,00 €

Registration and Questions

Please register for the seminar with the enclosed entry form until latest 25th August 2017 and if you have any further questions please do not hesitate to contact:

- Gabriella Paruzzi, Chair Sub-Committee for Ladies' Cross-Country
gparuzzi@yahoo.it
- Maja Benedicic, member of the Sub-Committee for Ladies' Cross-Country and local organisation
maja.benedicic@gmail.com

Many thanks in advance for your support and encouragement for the ladies coaching seminar and looking forward to see you in Kranjska Gora/Planica.

Kindest regards,

Gabriella Paruzzi
Chair Sub-Committee for Ladies' Cross-Country

(send by email without signature)

Cross-Country Coaching Seminar for Females Planica (SLO), 22nd to 24th September 2017

Agenda

Friday, 22nd September 2017

Individual arrival to Kranjska Gora/Planica

- 17.00 hrs Welcome, introduction and logistical information to the seminar
- 17:30 hrs **Sports career and education: comparison among the Slovenian, Italian and Norwegian top Nordic athletes**, presented by Robert Kerštajn (ex Cross-Country skier, Professor of sports education, President Ski club Rateče Planica)
- 19:30 hrs Dinner Pizzeria Napoli

Saturday, 23rd September 2017

- 09.00 hrs **Dual Career of athletes, athletes status rights and programs for young athletes**, presented by Petra Robnik (Slovenian National Olympic Committee)
- 10:30 hrs **The Role of Athlete Support Personnel in fight for clean sport** presented by Tadej Jug (SLOADO), Doctor of Medicine, Resident of Occupational, Traffic and Sports Medicine, Doping Control Officer (DCO)
- 12.30 hrs Lunch break at Hotel Ramada
- 14.00 hrs **Good Microbiota in sport** presented by Mladen Krsnik (University Clinical Centre, Ljubljana), researcher on eating habits and their effects on the physical and emotional state.
- 16.00 hrs Sport activity
- 19:30 hrs Dinner

Sunday, 24th September 2017

- 09:00 hrs **Cognitive and behavioral interventions in sport** presented by Branka Strniša, Psychologist, Coach, Cognitive behavioral therapist and Medical hypnosis therapist
- 10:30hrs **Nutrition for Females In Cross-Country Skiing: Challenges and current trends**, presented by Urška Bukovnik (PhD in Biochemistry, Kansas State University, Manhattan, Kansas, USA; IOC (International Olympic Committee) Diploma in Sports Nutrition, UK; M.S. in Biotechnology, University of Ljubljana, Biotechnical faculty, Ljubljana, Slovenia),
- 11.30 hrs Summary & Feedback
- 12:00 hrs Departure