

Nordic Winter Sports Conference 2019

“Connecting Science and Practice”



9th-10th May, 2019
Teveltunet, Meråker, Norway

General info and registration:
www.nordicwintersportsconference.com
Contact:
info@nordicwintersportsconference.com

Keynote Speakers



Prof. Gregoire Millet, University of Lausanne
Altitude training: New insights for both distance and sprint cross-country skiers



Dr. Robert Reid, Norwegian Ski Federation
Newton and alpine ski racing: Our journey towards understanding how the laws of physics set the foundation for performance



Dr. Johanna Ihalainen, Swedish Winter Sports Research Centre
Guro Strøm Solli, PhD candidate, Nord University/SenTIF NTNU
The female skier: Physiology and considerations for coaching practice

Provisional Program

Day 1: Thursday 9th May

- 09:20-10:45 **Session 1:** Preparing for the 2022 Beijing Winter Olympics
(with Keynote by **Gregoire Millet**)
- 11:05-12:40 **Session 2:** Developing future snow-sport champions
(with Keynote by **Guro Strøm Solli & Johanna Ihalainen**)
- 13:30-14:30 **Session 3:** Round-table – Supporting elite athletes
- 14:30-14:30 **Session 4:** Technological advancements in winter sports
- 17:30-19:00 **Session 5:** Poster Presentations
- 19:00 **Conference Dinner**

Day 2: Friday 10th May

- 08:30-10:00 **Session 6:** Meeting the power demands of snow sports
(with Keynote by **Robert Reid**)
- 11:00-12:30 **Session 7:** Practical training in the field
- 14:00-15:00 **Session 8:** Young Applied Researcher Award & debrief