

Venue

Belgacom Surf House
Rue Stroobantsstraat 51, 1140 Evere
www.surfhouse.be

Car Park

The Belgacom Surf House has a proper car park with limited capacity. Cars can be parked in the direct neighborhood of the Surf House. Sufficient parking space is available on a Saturday.

Access

Bus 59 – 68 (Stop Carli)
Train via station Schaarbeek
Metro Tram line 55. Stop Linde / Tilleul



General Information

Confirmation

Acknowledgement of registration, receipt of fees and confirmation will only be sent after receipt of both the registration and payment.

Cancellations

Any participant canceling his/her registration before November 15, 2008 will receive a refund, less 25,00 Euro covering administration costs. No refunds are made after this date. A written cancellation is mandatory for receiving a refund. Registrations can at any time be transferred upon a colleague at an extra charge of only 25 Euro.

Accreditation

A request for accreditation has been submitted. All participants will receive a Certificate of Attendance at the registration desk at the end of the Congress.

Language

The official language of the Congress is English. No simultaneous translation will be provided.

Exhibition

An exhibition highlighting medical and surgical equipment, pharmaceutical products and books, will be held during the Congress. Access to the exhibition is free for all participants.

Coffee and Lunch

Coffee and tea will be available during the breaks between sessions. A light lunch, as indicated in the programme, will be served.

Liability

In registering for the Congress, participants agree that neither the BOIC nor the organisers assume any liability. Participants should therefore organise their own health, travel and personal insurance.

Information

Contact address for all information on the congress
MEDICONGRESS
Kloosterstraat 5, B-9960 Assenede
Phone: +32 (0)9 344 39 59
Fax: +32 (0)9 344 40 10
Email: olympic@medicongress.com
Web: www.medicongress.com

1st BELGIAN OLYMPIC CONGRESS FOR SPORTS MEDICINE AND SPORTS SCIENCES

Brussels
November 29, 2008

Organised by
the Belgian Olympic and Interfederal
Committee (BOIC-COIB)

in collaboration with
Société Francophone de Médecine et des Sciences du Sport
Vlaamse Vereniging voor Sportgeneeskunde



Nationale Loterij
creëert kansen
6
créateur de chances
Loterie Nationale

Invited International Faculty

Roald Bahr, Oslo, Norway
David Bishop, Verona, Italy
Vincent Lacroix, Montreal, Canada
Jacques Rogge, IOC President
Patrick Schamasch, IOC, Lausanne, Switzerland
Kevin Tipton, Birmingham, UK
Nick Webborn, Eastbourne, UK

Organising Committee

Johan Bellemans
Eddy De Smedt
Marc Francaux
Peter Hespel
Denis Jaeken
Henri Nielens
Renno Roelandt
Marc Van Grinsven
Jan Verstuyft

Organisation

Belgian Olympic and Interfederal Committee
BOIC-COIB

in collaboration with

- Société Francophone de Médecine et des Sciences du Sport (SFMS)
- Vlaamse Vereniging voor Sportgeneeskunde (VVS)

Congress Secretariat

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Saturday November 29, 2008

- 08.00 Registration, Coffee, Breakfast
- 08.50 **Welcome Address**
H. Nielens, Chair of the Medical and Scientific Committee of the BOIC-COIB

Clinical sports medicine and the Olympic athlete session

Moderators: G. Vanderstraeten & S. Macq

- 09.00 Medical report of the Beijing Olympic Games
Marc Van Grinsven and Johan Bellemans, BOIC-COIB, Belgium
- 09.20 IOC medical report of the Beijing Olympic Games
Patrick Schamasch, IOC, Lausanne, Switzerland
- 09.50 Guidelines for the traveling team physician
Vincent Lacroix, McGill University Sports Medicine Clinic, Montreal, Canada
- 10.20 Questions & Answers
- 10.30 **Coffee Break**

Applied physiology and the Olympic athlete session, part I

Moderators: P. Hespel & M. Francaux

- 11.00 How to influence protein synthesis by food intake and exercise
Kevin Tipton, University of Birmingham, UK
- 11.40 How skeletal muscle buffer capacity can be influenced by training
David Bishop, Università degli Studi di Verona, Italy
- 12.20 Questions & Answers
- 12.30 **Lunch**

Applied physiology and the Olympic athlete session, part II

Moderators: D. Jaeken & V. Lacroix

- 14.00 Applied physiology and the Olympic athlete
Peter Hespel, KUL & Marc Francaux, UCL, Belgium
- 14.20 Applied physiology of the Paralympic wheelchair athlete
Dr. Nick Webborn, The Sussex Centre for Sport & Exercise Medicine - University of Brighton, UK
- 15.00 Award winning communication of the 1st Sports Medicine and Sports Sciences Evening of the BOIC-COIB
- 15.15 Questions & Answers
- 15.30 **Coffee Break**
- ### The young Olympic athlete
- Moderators: H. Nielens & P. Schamasch
- 16.00 Prevention of injuries in the young Olympic athlete
Roald Bahr, Norwegian School of Sport Sciences, Oslo, Norway
- 16.30 Ethical aspects and the young Olympic athlete
Jacques Rogge, IOC President
- 17.00 **Closing Cocktail**

Registration

SATURDAY	Early (Until 15/10)	Late (As of 16/10)
Members VVS - SFMS	€ 80,00	€100,00
Non-Members	€125,00	€150,00
Residents & Allied Health*	€50,00	€70,00

* Certificate confirming residents/paramedics status is mandatory. Without certificate the full fee will be charged.

Payment either by

- Credit Card: all credit cards are accepted.
 - Bank transfer into account number 123-7775440-53 of the BOIC Olympic Congress.
- Please mention 'BOIC OLYMPIC CONGRESS' and the participant's name on all money transfers. All payments must be made without bank charges for the receiver.

Registration includes

Participation in the scientific sessions, the breaks and lunches as indicated in the programme and the Closing Cocktail. Participants also receive the programme and all congress documents.