



PROGRAM

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Wednesday, November 21st 2018

Conference Overview

	Hall DÖBLIN I+II	Virchow I+II	Einstein II	Foyer
14:00				Exhibition
15:00	Focus on Metabolic Stress and Nutrition	Free Communications – Orthopedics		
16:00	Break			Inspection
17:00	Understanding Training? Scientific Aspects of Training	Hands-on-Seminar Practical Clinical Approaches from MD and Physiotherapy - Manual Therapy, Exercise and more!	Development Seminar	Exhibition
18:00				



Wednesday, November 21st 2018

Location: Main Lecture Hall DÖBLIN I + II

Main Topics

- 14:45 - 16:15** **Session 1 | Focus on Metabolic Stress and Nutrition**
- Chairs:**
Dr. Jürgen Steinacker
Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany
- Dr. Bernd Wolfarth**
Charité – University, Division Sports Medicine, Berlin, Germany
- 14:45 **Energy Deficiency and Nutrition in high Performance Sports**
Dr. Karsten Köhler
University of Nebraska, Department of Nutrition and Health Sciences, Lincoln, NE, USA
- 15:15 **Relative Energy Deficiency in Sport (RED-S) in Rowers?**
Dr. Kathryn E. Ackerman
Massachusetts General Hospital, Sports Endocrine Research Lab, Neuroendocrine Unit,
Boston, MA, USA
- 15:45 **Rowing is Maximum! - Revisiting the Nature of Rowing**
Dr. Jürgen Steinacker
Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany
- 16:15** **Coffee Break**
- 16:30 - 18:00** **Session 2 | Understanding Training? Scientific Aspects of Training**
- Chairs:**
Dr. Yannis Pitsiladis
University of Brighton, Sport and Exercise Science, Eastbourne, United Kingdom
- Dr. Mikio Hiura**
Aomori University, Center for Brain and Health Sciences, Aomori City, Japan
- 16:30 **Understanding Training? What do we learn from Genomics for Elite Sports Performance?**
Dr. Bernd Wolfarth
Charité Hospital – Humboldt University, Division Sports Medicine, Berlin, Germany
- 17:00 **Understanding Training? Posttranscriptional Regulation of Training Adaptation**
Dr. Wilhelm Bloch
German Sports University Cologne, Division Molecular and Cellular Sport Medicine,
Cologne, Germany
- 17:30 **Understanding Training? Integrating Molecular, Behavioral and Environmental Aspects**
Dr. Yannis Pitsiladis
University of Brighton, Sport and Exercise Science, Eastbourne, United Kingdom

Wednesday, November 21st 2018

Seminar

16:30 - 18:00

**Seminar | Development Seminar
Einstein II**

Dr. Donia Koubaa
National Institute of Sports Medicine and Science, Tunis, Tunisia

Dr. Mike Wilkinson
Allan McGavin Sports Medicine Centre, Vancouver, Canada

Dr. Mikio Hiura
Aomori University, Center for Brain and Health Sciences, Aomori City, Japan

16:30 - 18:00

**Hands-on-Seminar | Practical Clinical Approaches from MD
and Physiotherapy - Manual Therapy, Exercise and more!
Virchow I+II**

Mickel Washington
Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany

Dr. Fiona Wilson
University of Dublin, Discipline of Physiotherapy, Dublin, Ireland

Wednesday, November 21st 2018

Free Communications

- 14:45 -16:15** **Free Communications | Orthopedics (10 + 5 min's)**
Virchow I + II
- Chairs:**
Dr. Mike Wilkinson
Allan McGavin Sports Medicine Centre, Vancouver, Canada
- Dr. Tomislav Smoljanovic
University Hospital Centre Zagreb, Department of Orthopaedic Surgery Zagreb, Croatia
- 14:45 – 15:00** **Incidence of low back pain in Slovenian Rowers**
Nejc Planinc¹, Natalija Hauptman², Petra Zupet¹
¹IMS Institute for Medicine and Sports, Ljubljana, Slovenia; ²University of Primorska, Koper, Slovenia
- 15:00 – 15:15** **Rib Stress Injuries in Elite Australian Rowers Through the 4-year Rio Olympic Cycle - a Retrospective Cohort Study**
Rachel Harris¹, Larissa Trease², Kellie Wilkie³, Mick Drew⁴.
¹Canberra Orthopaedics and Sports Medicine, Canberra, Australia; ²Orthopaedics ACT, Victoria, Australia; ³ BODYSYSTEM Physiotherapy, Victoria, Australia; ⁴ Australian Institute of Sports, Victoria, Australia
- 15:15 – 15:30** **Occurrence of rib Stress Fracture among Slovenian Rowers**
Nejc Planinc¹, Nina Štumberger², Petra Zupet¹
¹IMS Institute for Medicine and Sports, Ljubljana, Slovenia; ²University of Primorska, Koper, Slovenia
- 15:30 – 15:45** **Cartilage Alterations in Asymptomatic Elite Rowers are Dependent on Technique: A T2* Mapping Study**
Constantin U Mayer¹, C. Benedikter², A. Franz², M. Konieczny², R. Krauspe², C. Zilkens², M. Jaeger¹, B. Bittersohl² **contributed equally.*
¹Dep. of Orthopaedics and Trauma Surgery, University Hospital Essen, Essen, Germany; ²Dep of Orthopaedics, University Hospital Duesseldorf, Duesseldorf, Germany
- 15:45 – 16:00** **Intersection Syndrome; an Acute Surgical Disease in Elite Rowers**
Larissa Trease¹, Gregory Hoy², Wendy Braybon³
¹Orthopaedics ACT, Victoria; Australia; ²Monash University Department of Surgery, Melbourne, Australia; ³Victorian Institute of Sport, Victoria, Australia.
- 16:00 – 16:15** **Exploratory Study on Bone Mineral Density in Woman Rowers Before and after Water Season**
Patricia K Doyle-Baker^{1,2}, Renée L Kokts-Porietis¹, Tessa van der Veeke¹, Tak Fung³
¹Faculty of Kinesiology, ²Faculty of Environmental Design, ³Department of Statistics – Math Sciences, University of Calgary, Calgary, Alberta
- 18:00** **End of Scientific Program | Day One**

Thursday, November 22nd 2018

Conference Overview

	Hall DÖBLIN I+II	Virchow I+II	Einstein II	Foyer
08:00				
09:00	Health Related Aspects	Seminar Coach in the Spotlight		Exhibition
10:00	Break			Inspection
	Opening Ceremony			Exhibition
11:00	Modern Aspects of Training	Safeguarding Policies in FISA		Exhibition
12:00				
	Lunch Break			Inspection
13:00	Paralympics and Safeguarding			
14:00	Rowing and the Heart - Adaption to High Volume Stress	Workshop Preventing Injury in the Developing Rower		Exhibition
15:00				
	Break			Inspection
16:00	Free Communications - Ergometer and Performance	Coaches Seminar Applied Psychological Issues for Coaches	Free Communications Poster session	Exhibition
16:15				
16:30				
16:45				
17:00				
17:15				
		Seeding Workshop for Coaches		
18:00				

 Main Topics
  Seminar
  Workshop
  Exhibition
  Free Communications

Thursday, November 22nd 2018

Location: Main Lecture Hall DÖBLIN I + II

Main Topics

08:30 - 10:00 **Session 3 | Health Related Aspects**

Chairs:

Dr. Alain Lacoste
FISA Anti-Doping-Department, Lausanne, Switzerland

Dr. Donia Koubaa
National Institute of Sports Medicine and Science, Tunis, Tunisia

08:30 **Biological Profile – the Hematological Passport – Putting Science into Anti-Doping**

Dr. Raphaël Faiss
University of Lausanne, Institute of Sports Sciences, Lausanne, Switzerland

09:00 **Use of non-prohibited Medication in Sports – legal, but what is Sound?**

Dr. Philippe Tscholl
Geneva Hôpital Université, Unité d'orthopédie et de traumatologie du sport, Geneva, Switzerland

09:30 **Health, Sports and Exercise is Medicine**

Dr. Klaus-Michael Braumann
University of Hamburg, Department of Sports- and Physical Activity Medicine / Faculty for Psychology and Sports Sciences, Hamburg, Germany

10:00 **Break**

10:30 **Opening Ceremony**

Jean-Christophe Rolland
President, International Rowing Federation (FISA)

Siegfried Kaidel
President, German Rowing Federation (Deutscher Ruderverband)

Ralf Göbel
Department of Sport, Ministry of Interior, Federal Republic of Germany, Berlin (Abteilung Sport, Bundesministerium des Innern, für Bau und Heimat)

Ralph Tiesler
Director, Federal Institute of Sport Sciences (Bundesinstitut für Sportwissenschaft)

Dr. Klaus-Michael Braumann
University of Hamburg, Department of Sports- and Physical Activity Medicine, Faculty for Psychology and Sports Sciences, Hamburg, German

Thursday, November 22nd 2018

Location: Main Lecture Hall DÖBLIN I + II

Main Topics

11:00 - 12:30

Session 4 | Modern Aspects of Training

Chairs:

Dr. Gunnar Treff

Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany

Dr. Helmi Chaabene

University of Potsdam, Division of Training and Movement Science, Potsdam, Germany

11:00

Current data on Strength Testing and Training of Rowers

Dr. Trent Lawton

Auckland University of Technology, Sport Performance Research Institute, New Zealand

11:30

Training Intensity Distribution Among Well-Trained Athletes

Dr. Billy Sperlich

University of Würzburg, Institute of Sport Science, Würzburg, Germany

12:00

Modern Concepts in Altitude Training

Dr. Carsten Lundby

University of Copenhagen, Department of Clinical Medicine, Copenhagen, Denmark

12:30 - 13:30

Lunch Break

13:30 - 14:00

Session 5 | Paralympics and Safeguarding

Chairs:

Lenka Dienstbach-Wech

FISA Athletes Commission; Dep. of Orthopaedic, Trauma and Spine Surgery, Hospital zum Heiligen Geist, Frankfurt, Germany

Tarina van der Stockt

FISA Para Rowing Commission, Austin, TX, USA

13:30

Injury Prevention in Paralympic Athletes – it is not only a Physical Issue!

Dr. Yetsa A. Tuakli-Wosornu

Yale New Haven Hospital, Department of Chronic Disease Epidemiology, New Haven, CT, USA

Thursday, November 22nd 2018

Location: Main Lecture Hall DÖBLIN I + II

Main Topics

- 14:00 - 15:30** **Session 6 | Rowing and the Heart – Adaptation to high Volume Stress**
- Chairs:**
Dr. Jürgen Steinacker
Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany
- Dr. Henning Bay-Nielsen**
University of Copenhagen, Faculty of Science, Department of Nutrition, Exercise and Sports Employed at Sanos Clinic, Herlev, Denmark
- 14:00** **High Cardiac Output Athletes – the role of Ventricular Remodeling**
Dr. Aaron Baggish
Massachusetts General Hospital, Department of Cardiac Unit Associates, Boston, MA, USA
- 14:30** **Cardiac Hypertrophy in Athletes – what is Normal?**
Dr. Domenico Corrado
University of Padua, Department of Cardiac, Thoracic and Vascular Sciences, Padua, Italy
- 15:00** **The Heart in the Ageing Athlete – the role of Chronic Coronary Stress**
Dr. Sanjay Sharma
University of London, Inherited Cardiac Diseases and Sports Cardiology, London, United Kingdom
- 15:30** **Coffee Break**

Thursday, November 22nd 2018

Seminar

08:00 - 10:00

Seminar | Coaches in the Spotlight

Virchow I+II

Chairs:

Rosie Mayglothling

Chair FISA Competitive Commission, London, United Kingdom

Faysal Soula

FISA Competitive Commission, Tunis, Tunisia

with

Sven Ueck

German Rowing Federation, Hannover, Germany

Josy Verdonkschot

Royal Dutch Rowing Federation Amsterdam, Netherlands

16:00 - 17:30

Coaches Seminar | Applied Psychological Issues for Coaches

Virchow I+II

Chairs:

Alan Cotter

FISA Competitive Commission. Cambridge, New Zealand

Henk-Jan Zwolle

FISA Competitive Commission. Amsterdam, The Netherlands

Psychological Aspects of Mental Strength in Training - Stress and Recovery

Dr. Michael Kellmann

Ruhr University Bochum, Faculty of Sport Science, Unit of Sport Psychology, Bochum, Germany

Psychological Relations Between Athletes and Coaches

Yannick Balk

University of Amsterdam, Department of Work and Organizational Psychology, Amsterdam, Netherlands

Burnout in Coaches

Kristin Holzäpfel

Dept. of Psychosomatic Medicine, Ulm University Hospital, Ulm, Germany

Thursday, November 22nd 2018

Workshops

11:00 - 12:30

Workshop | Safeguarding Policies in FISA Virchow I+II

Lenka Dienstbach-Wech

FISA Athletes Commission; Dep. of Orthopaedic, Trauma and Spine Surgery, Hospital zum Heiligen Geist, Frankfurt, Germany

Dr. Yetsa A. Tuakli-Wosornu

Yale New Haven Hospital, Department of Chronic Disease Epidemiology, New Haven, CT, USA

Annamarie Phelps

Chair, Safeguarding Adults in Sport Strategic Partnership, UK

14:00 - 15:30

Workshop | Preventing Injury in the Developing Rower Virchow I+II

Dr. Larissa Trease

Orthopaedics ACT, Australia

Kellie Wilkie

Rowing Australia, Australian Physiotherapy Association Titled Sports & Exercise Physiotherapist, Tasmania, Australia

Connie Draper

FISA Equipment and Technology Commission, Victoria, BC, Canada

17.30 - 18:15

Coaches workshop | Seeding – Workshop for Coaches Virchow I+II

Chair:

Rosie Mayglothling

Chair FISA Competitive Commission, London, United Kingdom

Thursday, November 22nd 2018

Free Communications

- 16:00 - 17:00** **Free Communications | Ergometer and Performance (10 min's)**
Main Lecture Hall DÖBLIN I+II
- Chairs:**
Gianni Postiglione
FISA Coaching Director, Development Department, Lausanne, Switzerland
- Connie Draper**
FISA Equipment and Technology Commission, Victoria, BC, Canada
- 16:00 - 16:15** **The Mechanical Rower: Construction, Validity, and Reliability of a Measuring Device for Wind Braked Rowing Ergometers.**
Lennart Mentz¹, Gunnar Treff¹, Jürgen M Steinacker¹, Georg Schulz², Thomas Engleder²
- ¹ Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany; ² Faculty of Mechatronics and Medical Engineering, University of Applied Sciences, Ulm, Germany
- 16:15 – 16:30** **Influence of Stroke Characteristics on Power Calculation in Wind Braked Rowing Ergometers**
Gunnar Treff¹, Lennart Mentz¹, Jürgen M Steinacker¹, Georg Schulz², Thomas Engleder²
- ¹ Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany; ² Faculty of Mechatronics and Medical Engineering, University of Applied Sciences, Ulm, Germany
- 16:30 – 16:45** **A Comparison of the Physiological Responses to Identical Power Outputs on the CII BikeErg and CII RowErg.**
Kirstie Turner¹, Angus McCarthy², Anthony Rice³
- ¹Ulster University, Northern Ireland, ²University of Canberra, Australia, ³Rowing Australia, Australia
- 16:45 - 17:00** **Optimization of a Rowing seat using Human Modeling and 3D print Technology**
Manuela Boin, Gottfried Goebel, Helmut Hofmann, Susanne Hummel
University of Applied Sciences Ulm, Ulm, Germany

Thursday, November 22nd 2018

Free Communications

16:00 - 17:00

Free Communications | Poster Session

Einstein II

Chairs:

Dr. Petra Zupet

IMS Institute for Medicine and Sports, Ljubljana, Slovenia

Dr. Max Reinelt

German Rowing Federation, Ulm University Hospital, Dept. Anesthesia, Germany

Optimizing Elite Performance – Movement Change in 2 days – A case Study of an Olympic Gold Medalist Presenting with Low Back Pain

Kellie Wilkie

Rowing Australia, Australian Physiotherapy Association Titled Sports & Exercise Physiotherapist, Tasmania, Australia

Consideration of Training Support of Para-rowing Athlete who Suffered from Spina Bifida

Yuichi Izuhara

Biwako Rowing Club, Japan

Measurement of Maximal Accumulated Oxygen Deficit in Rowing

Yusuke Shirai

University of Tsukuba, Postdoctoral researcher, Japan

Racing Strategy for Rowing

Pornthep Rachnavy

University of Technology, Suranaree, Thailand

Effect of Indoor Rowing Training Program on Muscular Strength in Female Older Adults

Thaiwichai Khaothin

University of Technology, Suranaree, Thailand

GIS - Supported Analysis of Tour Rowing on German Waterways

Stefan Mühl

German Sport University Cologne, Cologne, Germany

17:30

End of Scientific Program | Day Two

Friday, November 23rd 2018

Conference Overview

	Hall DÖBLIN I+II	Virchow I+II	Einstein II	Foyer
08:00	High Performance			
09:00		Sponsored Workshop on Technogym Ergometer	Free Communications Talent Identification and development	Exhibition
10:00		Break		
11:00	Musculoskeletal Pain Syndroms	Free Communications Biomechanics	Hands-on Seminar Echocardiography	Exhibition
12:00		Event: Rowing Avatar		
	Lunch Break			Inspection
13:00	Preparation for Tokyo - Performance in the Heat	Coastal Rowing for Coaches	Athletes Commission	Exhibition
14:00				
14:30	Free Communications Physiology	Discussion with Coaches on the Spotlight		Exhibition
14:45				
15:00				
15:15				
15:30				
15:45				
16:00	Concluding Session FISA			

Main Topics
 Seminar
 Workshop
 Exhibition
 Free Communications

Friday, November 23rd 2018

Location: Main Lecture Hall DÖBLIN I + II

Main Topics

08:30 - 10:00

Session 7 | High Performance

Chairs:

Dr. Jürgen Steinacker

Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany

Rosie Mayglothling

Chair FISA Competitive Commission, London, United Kingdom

08:00

Empowering Athletes and Facilitating them to take Risks?

Lesley McKenna

University of Limerick, Department School of Education Luimneach, Ireland

08:30

Performance and Ethics – Friend and foe?

Dr. Michael J McNamee

Swansea University, College of Engineering, Swansea, United Kingdom

09:00

The Olympic Idea – out of Fashion or ever Important?

Dr. Denis Oswald

International Olympic Committee Executive Board Member, FISA Honorary President;
University of Neuchâtel, Neuchâtel, Switzerland

09:30 – 10:00

Round Table with Disputants:

Lesley McKenna, Dr. Michael J McNamee, Dr. Denis Oswald, Dr. Jürgen Steinacker, Rosie Mayglothling

10:00

Break

Friday, November 23rd 2018

Location: Main Lecture Hall DÖBLIN I + II

Main Topics

- 10:15 - 12:15** **Session 8 | Musculoskeletal Pain Syndromes**
- Chairs:**
Dr. Peter Kokas
Semmelweis University, 1. Surgical Department, Budapest, Hungary
- Dr. Piero Poli**
"A. Manzoni" Hospital – Lecco, Italy
- 10:15 **Management of Acute Low Back Pain in Rowers – An Athlete Care Pathway**
Dr. Fiona Wilson
University of Dublin, Discipline of Physiotherapy, Dublin, Ireland
- 10:45 **Thoracic wall pain Syndromes in Rowers**
Dr. Jane S Thornton
University of Western Ontario, Department of Family Medicine, London, Ontario,
Canada
- 11:15 **Diagnostic and Therapeutic Strategies for Ribstress Fractures in Athletes**
Dr. Mike Wilkinson
Allan McGavin Sports Medicine Centre, Vancouver, Canada
- 11:45 **Femoroacetabular Impingement Syndromes in Rowing**
Dr. Tomislav Smoljanovic
University Hospital Centre Zagreb, Department of Orthopaedic Surgery Zagreb, Croatia
- 12:15 - 13:15** **Lunch Break**
- 13:15 - 14:15** **Session 9 | Preparation for Tokyo – Performance in the Heat**
- Chairs:**
Dr. Mikio Hiura
Aomori University, Center for Brain and Health Sciences, Aomori City, Japan
- Dr. Tony Rice**
Rowing Australia, Australian Institute of Sport, Sydney, Australia
- 13:15 **Heat Adaptation**
Dr. José González-Alonso
Brunel University London, Department of Life Sciences, London, United Kingdom
- 13:45 **Management of heat - Precooling and Cooling Strategies**
Dr. Tony Rice
Rowing Australia, Australian Institute of Sport, Sydney, Australia
- 14:15 - 14:30** **Break**
- 16:00 - 17:00** **Concluding Session with FISA**

Friday, November 23rd 2018

Seminar

08:30 – 10:00

Sponsored Workshop
Skillrow, Leading the Race in a Connected World

Sponsored by Technogym S.p.A

Virchow I+II

Giuseppe Fedele, Research & Innovation Manager, Technogym S.p.A
Davide De Remigis, Product Manager, Technogym S.p.A

10:00 – 12:00

Hands-on Seminar | Echocardiography

Einstein II

Dr. Hasema Lesevic

Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany

14:30 – 16:00

Seminar | Discussion with Coaches on the Spotlight

Virchow I+II

Chairs:

Gianni Postiglione

FISA Coaching Director, Development Department, Lausanne, Switzerland

Peter Cookson

FISA Competitive Commission, London, Ontario, Canada

with

Sven Ueck

German Rowing Federation, Hannover, Germany

Josy Verdonkschot

Royal Dutch Rowing Federation Amsterdam, Netherlands

Friday, November 23rd 2018

Workshops

13:15 - 14:15

Workshop | Coastal Rowing for Coaches **Virchow I+II**

Guin Batten

FISA Rowing for All Commission, Affiliation, city, Great Britain

13:15 - 14:15

Workshop | Athletes Commission **Einstein II**

13:15 - 13:45

How Athletes may help to Improve Coaches Performance

Lenka Dienstbach-Wech

FISA Athletes Commission; Dep. of Orthopaedic, Trauma and Spine Surgery, Hospital zum Heiligen Geist, Frankfurt, Germany

13:15 - 14:15

How Athletes, Coaches and the Sport can Benefit from Increased Media Visibility?

Frida Swenson¹, Sophie Hosking¹, Pat Lambert²

¹FISA Athletes Commission, ²FISA Marketing Commission

Friday, November 23rd 2018

Free Communications

08:30 - 09:30 **Free Communications | Talent Identification and Development Einstein II**

Chairs:

Dr. Petra Zupet

IMS Institute for Medicine and Sports, Ljubljana, Slovenia

Dr. Gunnar Treff

Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany

08:30 – 08:45 **The Double Burden of Education and Being an International top Rower (U19/U23) Simultaneously**

Mareike Adams

Universität Duisburg-Essen, Duisburg, Germany

08:45 – 09:00 **Anthropometric Characteristics of Elite Junior Rowers Affect long-term Career Attainment: A Retrospective Analysis Covering Twenty-Three Years** **Kay Winkert, Jürgen M. Steinacker, Werner Lormes, Katja Machus, Gunnar Treff**

Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany

09:00 – 09:15 **Way to the top - Relationship Between Junior and Elite Success in Rowing** **Katrin Altmann, Antje Hoffmann**

Institute for Applied Training Science, Leipzig, Germany

09:15 – 09:30 **Evaluation of 10-weeks of off-season rowing training in schoolgirl rowers using rowing ergometer technique indices**

Charlie Simpson¹, A Bennett¹, M Boast¹, G Walsh¹, Valery Kleshnev²

¹Oxford Brookes University, Oxford, United Kingdom

²BioRow Ltd, Slough, United Kingdom

Friday, November 23rd 2018

10:15 - 12:10

Free Communications | Biomechanics

Virchow I+II

Chairs:

Connie Draper

FISA Equipment and Technology Commission, Victoria, BC, Canada

Peter Cookson

FISA Competitive Rowing Commission

10:15 – 10:30

Development of Stroke rate in Rowing from 2013 to 2018

Katrin Altmann

Institute for Applied Training Science, Leipzig, Germany

10:30 – 10:45

A new oar with an Attached Hydrofoil Limits Diving Depth and Increases Boat Speed.

Ian Randall

RANDALLfoil, Leura, Australia

10:45 – 11:10

Criteria of Rowing Technique Effectiveness

Valery Kleshnev

BioRow Ltd, Slough, United Kingdom

11:10 – 11:35

On the Effect of the Dominant Non-Oarside-arm pull on the Forces at the Handle and Foot-Stretcher in Sweep-rowing

Klaus Mattes, Stefanie Manzer, Martin Reischmann, Nina Schaffert

University of Hamburg

Special event – Rowing Avatar

11:40 – 12:10

Computersimulation: the Development of a Rowing Avatar

Zuzanna Bahulova

Zlin, Czech Republic

Friday, November 23rd 2018

14:30 - 15:30

Free Communications | Physiology (10 + 5 min^s)

Hall Döblin I+II

Chairs:

Dr. Henning Bay-Nielsen

University of Copenhagen, Faculty of Science, Department of Nutrition, Exercise and Sports Employed at Sanos Clinic, Herlev, Denmark

Dr. Hasema Lesevic

Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany

14:30 – 14:45

Cardiac Etiology of Exercise Induced Hypoxemia Within Elite Athletes

Juri Dostal¹, R Kockova², V Kocka³

¹Center of Sports Medicine, Faculty of Medicine in Hradec Kralove, Charles University, Prague, Czech Republic; ²Institute of Clinical and Experimental Medicine, Prague, Czech Republic; ³University Hospital Kralovske Vinohrady, Prague, Czech Republic

14:45 – 15:00

Increased Hepcidin Levels During a high Volume Training Period do not Alter Iron Status in Elite Rowers

Martina Zügel, Uwe Schumann, Jürgen Steinacker, Kay Winkert, Gunnar Treff

Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany

15:00 – 15:15

Precooling in Rowing and its Impact on Endurance and Competition Performance

Michael Zyskowski^{1,2}, Tobias Sigmund¹, Harald Tschan¹

¹Centre of Sport Science and University Sport, University of Vienna, Vienna, Austria;

²Technical University Munich, Department of Trauma Surgery, Munich, Germany

15:15 – 15:30

Is the Stomach's Ability to Empty Glucose Drink Compromised During one hour of Moderate Intensity Ergometer Rowing?

Charlie Simpson, Simon Barr, Barrie-Jon Mulder

Oxford Brookes University, Oxford, United Kingdom

16:00

End of Scientific Program | Day Three

16:00 - 17:00

FINAL SESSION with FISA