

## **Day 1- October 3<sup>rd</sup>**

### **Opening Ceremony & Joseph Rutenfranz Lecture**

**Kotzamanidis C** Muscular Activation and children fatigability. Central and peripheral Factors

## **Day 2- October 4<sup>th</sup>**

8:00-9:00 Poster presentation

9:00-9:30: Falk B: Hydration for young athletes: when, what, how much.

9:30-10:30 Oral session

10:30-11:00 Coffee break

11:00- 13:00 Oral session

13:00- 14:00 Lunch

14:00-14:30 Poster presentation

14:30-16:00 Oral session

16:00- 16:30 Coffee break

16:30- 18:30 **Movement patterns and rehabilitation in children**

1. **Baltzopoulos V.** Musculoskeletal pain and joint loading in overweight children: The quest for activities that reduce pain and increase physical activity.

2. **Arampatzis D.** Imbalanced adaptation between muscle and tendon in adolescent: Increase the risk of tendinopathy?

3. **Kourtesis T.** Developmental Coordination Disorder: The, not so magical world, of young Mr. Bump , Associate Professor (Motor Coordination Disorders).

4. **Zafeiriou D.** Movement disorders in children: the path from diagnosis to successful rehabilitation.

19:00- 20:00 Dinner

## **Day 3 - October 5<sup>th</sup>**

**Day tour – Dion, Olympus mountain, Meteora**

**Day 4 - October 6<sup>th</sup>**

8:00-9:00 Poster presentation

9:00-9:30 Sundgot-Borgen,S 'Nutrition and eating disorders in young athletes

9:30-10:30 Oral session

10:30-11:00 Coffee break

11:00- 12:00 Legend session Rowland 'The Biological Basis of Physical Activity during Childhood'

12:00-13:00 Oral session

13:00- 14:00 Lunch

14:00-14:30 Poster presentation

14:30-15:00 **Shlomit J:** Genes, Epigenetics, and Exercise Medicine: Harnessing the Biology of Critical Periods of Growth and Development to Advance Child Health

15.00-16.30 Oral presentation

16:30- 17:00 Coffee break

17:00- 19:00 **Year That Was – Coordinated by Bareket Falk**

19:00- 20.00Dinner

20.30 Greek Folk Dances (Pontian Group)

## **Day 5 - October 7<sup>th</sup>**

8:00-9:00 Poster presentation

9:00-9:30 **The Oded Bar- Or lecture**

**Dan Nemet - Exercise and childhood obesity – 15 years of clinical experience**

9:30-10:30 Oral session

10:30-11:00 Coffee break

11:00- 12:00 **Legend Session –**

**Armstrong N- Controversies and future directions in youth aerobic fitness**

12:00- 13:00 Oral session

13:00- 14:00 Lunch

14:00-14:30 Poster presentation

14:30-15:15 **Anastasiou A- The concept of youth physical activity in ancient Greece**

15:15-16:30 Oral session

16:30- 17:00 Coffee break

17:00- 18:00 Debate:Tim Takken vs Barker A

Tools to assess fitness & performance in children: laboratory versus field test

19:00- 20:00 Dinner

21:00 – Social party until the morning

## **Day 6 – October 8<sup>th</sup>**

9:00-10:30 **Oral presentation**

10:00-11:00 **Award presentation**

11:00- 11:30 **Closing remarks**

