Welcome to the 24th annual Congress of the ECSS – ECSS Prague 2019.

As Congress President and on behalf of Charles University, I would like to warmly welcome you as distinguished guests to attend the 24th Annual Congress of the ECSS in Prague, Czech Republic, from 3 to 6 July, 2019. Building on the success and innovation of previous meetings, ECSS 2019 will feature a wide range of sessions and learning opportunities showcasing the latest research and developments in the sport sciences, hosted by leading international experts. The congress will take place near the heart of the city at the newly renovated Congress Centre overlooking the Prague Castle and River Vitava, surrounded by all the amenities this old and dynamic city has to offer.

ECSS 2019 will bring together experts from all around the world to provide specific research in the fields of the sport sciences, and the experience and vision of professionals who are dedicated to one of the most fascinating areas of sport. Physical activity and sport represent in our era one of the strategies to alleviate chronic diseases and improve the quality of life.

At this congress, you will not only have the opportunity to expand your network but you will also be privy to presentations that incorporate a wide variety of topics connected with sport. In view of the much-pondered discussions on these topics, this congress aims to bring together renowned regulatory experts, representatives from academia, research entities, pharmaceutical, biomedical and sport device industries and leading authorities, and to provide a platform for the exchange of essential knowledge and information in a stimulating social and professional setting.

We look forward to seeing you in Prague!

Prof. Dr. Václav Bunc, PhD
Faculty of Physical Education and Sport, Charles University

Reasons to visit Prague:
- It is a beautiful and medieval city on the River Vltava and in the heart of Europe
- Its surroundings include the oldest and largest University in the Czech Republic, Charles University (founded in 1348)
- Prague is accessible by air in just three hours from nearly all EU countries
- Delicious and traditional cuisine along with famous Czech beer is available around this vibrant city
- Prague was the European city of sport, 2016
- Practical workshops are available connecting scientists and practitioners

Venue
Congress Centre Prague, originally the Palace of culture, is a large neo-functionalistic building in Prague 4-Nusle. Construction of the building began in 1976 and was completed in 1981. At present, the extensive reconstruction of the whole complex has been completed to meet the demands of the modern Congress Centre.

It is located on the edge of the Nusle Valley and Pankrác Plains between the Nuselský Bridge and Pankrác square, next to the Metro station Vyšehrad (C). This position allows magnificent views from congress center on the part of the Nusle Valley and panorama of Prague.

It is the largest Convention Centre in the Czech Republic. The building also adjoins the hotel Holiday Inn and Business Centre Vyšehrad.

SportEx
SportEx is where the latest products and services from nutrition to physiological and biomechanical analysis and measurements as well as training devices within industry will be presented. You will have access to the very latest information and solutions within the fields of sport science. Over 50 exhibitors from all over the world will form the hub of ECSS Prague 2019.

ECSS Young Investigators Award
One of the key objectives of the ECSS is the promotion of junior scientists and the fostering of state-of-the-art research. For this purpose the ECSS established the Young Investigators Award (YIA). In Prague, young scientists will again have the opportunity of entering this prestigious competition for scientific excellence, where outstanding scientific work can be presented at the annual congress. A jury consisting of the ECSS Scientific Board and ECSS Scientific Committee grants the awards based upon an oral and print-poster presentation for the top ten presentations.

GSSI Nutrition Award
Designed for the broad area of sports nutrition and high performance, the GSSI Nutrition Award is open to submissions from the ECSS Prague 2019 congress nutrition section. Based on value to industry and scientific excellence, five finalists are to be evaluated during the congress by three independent ECSS reviewers. The winners will be announced during the GSSI Nutrition Award Ceremony.

Committees
ECSS Executive Board
Joan L. Duda – President (GBR), Tim Cable – Past President (GBR), Erich Müller – President Elect (AUT), Bente Klarlund Pedersen (DEN), Stephen Seiler (NOR), Jörn Wulff Helge (DEN)

Congress President
Václav Bunc (CZE)

Chairs Local Scientific Committee
Václav Bunc (CZE), Jiří Baláš (CZE), Ladislav Čepička (CZE), Jiří Radvansky (CZE)

Members Local Scientific Committee
Václav Bunc (CZE), Jiří Baláš (CZE), Ladislav Čepička (CZE), Jiří Dostál (CZE), Karel Frömel (CZE), Lenka Kovárová (CZE), Jiří Radvansky (CZE), James Tufano (CZE, USA), Martin Zvonař (CZE)

Chairs of the Organising Committee
Marie Skalská (CZE)

Members of the Organising Committee
Marie Skalská (CZE), Lucie Kalkusová (CZE), Eva Prokešová (CZE), Miroslav Semerád (CZE), Tomáš Větrovský (CZE), Tomáš Brtník (CZE)

Members of the ECSS Scientific Board
Flemming Dela – Chair (DEN), Susanna Hedenborg – Co-Chair (SWE), Jan Cabri – Secretary (NOR), Paul Greenhauff (GBR), Markus Gruber (GER), Johannes van Lieshout (NED), Luc van Loon (NED), Abigail Mackey-Sennels (GBR), Cecile Thogersen-Ntoumani (AUS), Nicole Wenderoth (SUI)

Members of the ECSS Scientific Committee
Per Aagard (DEN), Jatin Burniston (GBR), José Antonio López Calbet (ESP), Annalisa Cogo (ITA), Wim Derave (BEL), Peter Fedoroff (AUT), Taaja Finn (FIN), José González-Alonso (GBR), Elke Grimminger-Seidensticker (GER), Yiva Hellsten (DEN), Hans-Christen Holmberg (SWE), Pierre-Nicolas Lemyre (NOR), Maria Francesca Placentini (ITA), Oliver Seynnes (NOR), Afroditi Stathi (GBR), Janice L. Thompson (GBR)

ECSS Office
Thomas Delaveaux (GER), Elias Tsioklidis (GRE), Steffen Neubert (GER), Külli Teimann (EST), Juliane Leyva Gonzalez (GER), Alexandra Sasha Zavadksa (SVK)
Key Dates

15 December 2018, 24:00 CET
15 February 2019, 24:00 CET
15 March 2019, 24:00 CET
1 April 2019, 24:00 CET
15 April 2019, 24:00 CET

Abstract submission opening and opening of registration
Abstract submission deadline
Notification to authors about acceptance
End of Early Bird registration
Deadline for registration for presenting authors

Registration fees

ECSS Prague 2019

<table>
<thead>
<tr>
<th>Registration fee</th>
<th>Early Bird Registration</th>
<th>Late Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration fee</td>
<td>before or on 1 April 2019</td>
<td>after 1 April 2019</td>
</tr>
<tr>
<td>ECSS Member*</td>
<td>425 €</td>
<td>475 €</td>
</tr>
<tr>
<td>Non-Member</td>
<td>600 €</td>
<td>650 €</td>
</tr>
<tr>
<td>Student ECSS Member*</td>
<td>300 €</td>
<td>350 €</td>
</tr>
<tr>
<td>Student Non-Member</td>
<td>400 €</td>
<td>450 €</td>
</tr>
<tr>
<td>Accompanying person**</td>
<td>250 €</td>
<td>300 €</td>
</tr>
</tbody>
</table>

*Save on registration fee by becoming a 2019 ECSS Member before registering for ECSS Prague 2019.
** No access to scientific sessions granted.

Registration fee for participants includes
- Admission to all scientific sessions
- Admission to exhibition
- Opening ceremony
- Opening reception
- Congress material, congress bag, Final Programme – in print, Book of abstracts – in print on demand 25,–€ / 35,–€ on-site
- Coffee breaks (4)1 and lunches (3)1 at the congress venue

1 Pre-booking required. Only granted when pre-booking received!

Travel information

By air
Václav Havel Airport Prague (PRG) is the largest international airport in the Czech Republic with more than 50 airlines in operation. The airport is located on the northwest edge of Prague, approximately 15km from the city centre. Connections from the airport to Prague city centre are offered by taxi or public transport bus lines, which operate every few minutes. During the first day of the congress there will be a special ECSS shuttle leaving from Terminal 2 every hour.

By train/bus
The main train station as well as bus terminal are both located in the city centre connected by metro to the rest of the city. There are number of daily connections from major European cities.

Public transport in Prague
Congress participants will have access to free public transport (metro, bus and tram) during the congress.

Accommodation
ECSS has negotiated a number of hotel rooms in several categories, ranging from budget to four-star hotels. These are available through the congress website. All of these hotels offer quality lodging. Most hotels have car park facilities and the hotels are located within walking distance to the congress venue.

Please find recent updates on www.ecss-congress.eu/2019

Images ©Prague City Tourism

European College of Sport Science
Feldblumenweg 26 | D-50858 Cologne, Germany
Phone:+49 (0) 221 9626 2771
office@sport-science.org | sport-science.org

Supported by
Data management in sports