

# Seminar - Post Olympic Winter Games 2018

Thursday 28<sup>th</sup> and Friday 29<sup>th</sup> of June 2018

Vuokatti Sport Olympic Training Center – Finland  
([www.vuokattisport.fi](http://www.vuokattisport.fi))



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## Programme

### Thursday 28<sup>th</sup> of June 2018

12:00 – 13:00

Arrival and coffee/tea

13:00 – 13:15

Welcome and introduction to the seminar by Vesa Linnamo & Michael Andersen.

13:15 – 13:50

**The best Olympic Winter Game ever of Norway: Why?** by Helge Bartnes, Chef of Wintersports, Olympiatoppen, Norway.



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- 13:50 – 14:25      **Seven gold medals: One of the best OWG of Sweden** by Peter Reinebo, Chef de mission and CEO, Sweden Olympic Committee or another NOC representative, Sweden.
- 14:25 – 15:00      **OWG 2018: Success and/or failures of Finnish wintersport?** by Mika Kojonkoski, Chef de mission and former Director of High Performance Unit, Finnish Olympic Committee, Finland.
- 15:00 – 15:30      **Plenum discussion**
- 15:30 – 16:00      Coffee break
- 16:00 – 16:30      **Research in Alpine Skiing – a way to international success?** by Matthias Felix Gilgien, Ass. Professor, Norwegian School of Sport Sciences, Norway.
- 16:30 – 17:00      **Preparation process for men’s 50 km Olympic championship** by Olli Ohtonen, PhD, University of Jyväskylä and personal coach of gold medalist Iivo Niskanen, Finland.
- 17:00 – 17:30      **Testing and measurement at the Paralympics 2018** by Stefan Lindinger, Professor, Department of Food and Nutrition and Sport Science, University of Gothenburg, Sweden.
- 17:30 – 18:00      **Cooperation between OLT, federations, athletes and coaches – what is needed for success?** by Helge Bartnes, Chef of Wintersports, Olympiatoppen, Norway.
- 19:00 -              Dinner and social gathering
- Saturday 29<sup>th</sup> of June 2018**
- 7:30 – 9:00        Breakfast
- 9:00 – 9:30        **Testing elite XC skiers with use of wearable sensor technology** by Ass. Professor Thomas Johansen Losnegard, Norwegian School of Sport Sciences, Norway.
- 9:30 – 10:00      **Team Finland: Improving health during the OWG 2018** by Maarit Valtonen, KIHU - Research Institute for Olympic Sports, Finland.



10:00 – 10:30	<b>Women's ice-hockey bronze</b> by Pasi Mustonen, Head coach, Finnish national team, Finland.
10:30 – 10:50	Coffee break
10:50 – 11:10	<b>Supporting coaching actions for the Finnish XC skiing national team</b> by Esa Hynnen, Expert , Research Institute for Olympic Sports (KIHU), Finland.
11:10 – 11:30•	<b>Technical challenges and methods in ski preparation in Nordic skiing: grinds, waxing, and base preparation</b> by Teemu Lemmettylä, project manager, Finnish Olympic Committee
11:30 – 12:20	<b>Panel discussion:</b> Wintersports in the Nordic countries – best practices, research needs and ways forward.
12:20 – 12:30	<b>Closing</b> by Vesa Linnamo and Michael Andersen
3 12:30	Lunch

There may be minor changes in the program.

## Registration

- Regular price 120 €
- Student price 80 € (Official documentation for student identity is required)

Prices include coffees, lunches Thursday and Friday and dinner Thursday

Deadline for registration: **10'th of June 2018**

Online registration form: [https://payments.jyu.fi/events/post\\_olympic\\_winter\\_games2018/](https://payments.jyu.fi/events/post_olympic_winter_games2018/)

Cancellation of registration:

Written cancellations (e-mail to [anni.s.j.hakkarainen@jyu.fi](mailto:anni.s.j.hakkarainen@jyu.fi)) received before 20<sup>th</sup> of June 2018, are entitled to a full refund. There will be no refund for cancellations received after 20<sup>th</sup> of June 2018.

## Accommodation

### Vuokatti Sport

- Single room 80€/person/night
- Double room 110€/person/night

(Room prices include breakfast and use of hotel sauna)

- Chalets 135€/apartment/night, breakfast 8,90€/person

Reservation reference: Post Olympic Congress

Reservations and inquiries: [salesoffice@vuokattisport.fi](mailto:salesoffice@vuokattisport.fi)



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#### Break Sokos Hotel Vuokatti

- Single room 80 € / standard room / night
- Double room 100 € / standard room / night

Prices include breakfast and use of hotel sauna.

Reservation reference: Post Olympic Congress

Reservations and inquiries: tel. +358 10 783 1100 (24 hours), e-mail [hotelvuokatti.vuokatti@sokoshotels.fi](mailto:hotelvuokatti.vuokatti@sokoshotels.fi)



#### Welcome to Finland

Finland with a population of 5.5 million is famous of its thousands of lakes. In the





wintertime white snow and beautiful peaceful nature is a breathtaking experience and brings visitors back to Finland all over again. In the summertime visitors can enjoy bright nights as the sun in the northern part of Finland does not set for several weeks. As Vuokatti is one of the most popular tourist resorts in Finland, it is an excellent place to organize the “Post Olympic Winter Games 2018” Seminar and invite participants to enjoy the relaxed atmosphere and clean nature.

## Travel

Helsinki airport is easily accessible from all over the world. A smaller airport of Kajaani (630 km from Helsinki) is located 43 km from the Congress site. Bus transportation from Kajaani airport to Vuokatti Sports is provided. Kajaani can also be reached by train.

More travel information from Kajaani airport - <https://www.fina.via.fi/en/airports/kajaani> - and Finnish railway company - <https://www.liikennevirasto.fi/web/en>

## Seminar Venue

Vuokatti is part of the Municipality of Sotkamo and the Congress venue, **Vuokatti Sports**, is well known for many athletic competitions and events. The world’s first indoor Ski and Snowboarding tunnels provide all year round possibilities for training. Vuokatti provides many recreational activities such as hiking, skiing in the ski tunnel, tennis, swimming, fishing or even enjoying the lakeside sauna.

All the lectures will take place in the facilities of the Vuokatti Sports. The Sports Technology Unit’s facilities of the University of Jyväskylä’s Faculty of Sport and Health Sciences is located within a few hundred meters in the Snowpolis technology park building.

More information about the venue can be found here:

### Vuokatti Sport

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## Information

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