# **"STEP UP - BE EXTRAORDINARY IN TOP LEVEL PERFORMANCE"**





Become an: "Int. Performance Coach, approved by PTCA" Legendary Tutors: Mats Wilander, Dr. Ann Quinn & many more! BOOK NOW - LIMITED NUMBERS AVAILABLE! More info: www.ptcatennis.net/congress

# DECEMBER 13<sup>th</sup> - 17<sup>th</sup> 2013



COMING:

Mats Wilander Performing Legend



Juan Carlos Ferrero & Coach Martínez Grand Slam Legend



Dr. Ann Quinn Performing Specialist



In cooperation with:













Dear Friends and Colleagues,

after the great success of the 1st PTCA World Congress 2012 we are already planning ahead for the 2nd Congress in 2013. We are very delighted to announce that our 1st vice-president Mats Wilander & Roland Garros winner Juan Carlos Ferrero will join us in December to make our gathering even more spectacular than last year's.

## The topic for 2013: "Step Up-Be Extraordinary in Top Level Performance".

As the last year the Congress will be held in Seefeld-Tyrol, Austria from December 13th-17th, 2013. This is an early savethe-date announcement to allow you fitting this in your agendas. In the run-up to the event we will continuously brief you on the highlights of the program, one of which we are happy to share today: Dr. Ann Quinn will join us in Seefeld and share her insights and experience with us. She was not just a big support and help for Pat Cash and Patrick Rafter winning Wimbledon but also throughout their entire careers as an important guide and coach. Ann will participate in the Congress as a speaker and a coach and will be introducing her new book "Extraordinary Athletes".

Like last year and in accordance with the philosophy of the PTCA the 2013 event will reach out to and connect different organizations around our sports of tennis and give the coaching community an even more solid platform to develop within. We will continue to discuss new trends and topics that excited so many of us during the 2012 Congress.

It is always a big challenge creating a program for such an event. But this year we are certain to surprise you with the level and quality of the content and the speakers we will be able to offer. ATP/WTA-professionals, legends and experts in their field will share their views on steps towards excellency and extraordinary success.

The aim to present scientific- but also empirical information on methods in coaching and discuss challenges in top level coaching & training from a multidisciplinary perspective as a prerequisite for developing as players and coaches.

This year we will also offer a number of additional workshops (with certification towards an International Performance Coach (PTCA -Level 1,2, or 3) in cooperation with Mats Wilander (WOW), Dr. Ann Quinn and again the spanish education group RPT. We will of course provide plenty of opportunities of informal exchanges, networking and sharing of experience and knowhow.

It will be a remarkable event in which you will be geared towards the practical issues of developing extraordinary athletes, with a strong focus on intensity, knowledge and behavior.

Many of you discovered the beauty of Seefeld last year and got hold of the fantastic possibilities to combine vacation and pleasure with the congress.

Therefore we again decided to offer again the opportunity to take your family and friends with you to the Tyrolean Alps. The program will traditionally run from 2.30 pm - 7.30 pm so that there will be plenty of time for scheduling side activities according to your needs and wishes. We also intend to invite other organizations to add some days of their special programs and use the congress as a platform to which they can add tailor-made features to a well-rounded schedule with set standards and lectures.

We are certain that the PTCA World Congress 2013 on "Step-Up - Be Extraordinary in Top Level Perfomance" will meet your expectations and add value to your professional daily life. If you need any help in planning your personal program there, let us know, we will be happy to advice you.

We look forward to welcoming you in Seefeld!



Håkan Dahlbo PTCA Coach Development Officer



Uli Grabenwarter PTCA President

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Juan Manuel Esparcia PTCA Accreditation & Certification Board















# **General Information**

# Venue

The Congress will take place at the Olympia Sports & Congress Centre Seefeld Cinema, restaurant and sports facilities complete the swimming facilities in the Olympia Sports & Congress Centre.

In Seefeld, close to the famous Seekirchl church and reachable on foot via the pedestrian zone, there is a special leisure facility. The Olympia sports & congress centre, short SKZ, is considered a paradise for families and an oasis of well-being, but has also some other attractions to offer. Cinema and restaurant are part of the offer, in addition to the congress centre and sports facilities. Swimming is possible in an indoor and outdoor area, resulting in a total pool surface of 640 sqm. Particularly popular is the fun area, consisting of the family slide "Silverstar", an attraction with synthetic cupola, which is open the whole year round, as well as the 140 m long wild water stream.

The interior is characterised by the bright Olympia hall with underwater massage loungers, a rock island with water jets and a separate children's area with slide. A fact that needs to be highlighted is, that the facitlity has been designed to fit the needs of the disabled. There are large changing cubicles, spacious showers with seating accommodations, a lift from the garage to the entrance of the indoor pool and the restaurant as well as the lifesavers who are willing to help. The sauna landscape can be found on the upper floor and top floor and comprises the blue grotto, a 50° C hot rock sauna, the camin sauna, an infrared cabin, solarium as well as a fire room, light room and air room. Also on the upper floor, there is the panoramic lounge - ideal for relaxation - as well as the nudism sun terrace.

Aquafitness and massages complete the pleasant experiences in the Olympia sports & congress centre. If you wish for entertainment after a visit, you absolutely don't have to go far. The "Cinepoint Seefeld" and an in-house restaurant invites you to spend a pleasant evening. In winter you have the possibility to complete the day with ice skating on the rink in front of the SKZ. By the way, the second part of the facility is made up of the congress and seminar centre with a capacity of 400 people.

# Where: Klosterstrasse 600, 6100 Seefeld

**Peculiarity:** designed to fit also the needs of the disabled, large offer including cinema and restaurant **Opening hours:** daily from 9.30 am - 10 pm, sauna from 1 pm

# **Resort - Seefeld**

The name Seefeld in Tirol stands for an important winter resort.

Altitude: 1,200 m asl

The Olympic Region Seefeld in Tirol, including the five localities Leutasch, Mösern-Buchen, Reith, Scharnitz and Seefeld, has become popular due to the fact that it had twice been venue for Olympic Winter Games - the competitions in the nordic disciplines were held in Seefeld in 1964 and 1976. Moreover Seefeld hosted the World Cross-Country Skiing Championships. In 2000 and 2004 this locality was venue for the "Air & Style Snowboard Contest" and in 2008 a FIS World Cup race in alpine skiing was staged in Seefeld in Tirol. However, winter vacationers will enjoy skiing in four different skiing areas: Rosshütte, Geigenbühellift, Birkenlift and Gschwandtkopf, which offer top-level skiing conditions. Seefeld in Tirol, located about 20 km from







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Innsbruck, is a popular starting point for hikes in the surrounding mountains. More than 450 km of hiking paths and fixed rope routes as well as 266 km of nordic-walking routes make your holidays varied. Other popular and recommended hiking destinations are the natural reserve Reither Moor and Lake Wildsee, which invites you to make a jump into the cool waters. However, if you would like to spend a day with your family, we recommend you to go to the Oetzihütte lodge, which features a zoo as well as a spacious children's playground. This is where your little ones can enjoy themselves, while you get acquainted with local cuisine! Regarding leisure time activities, there is also a 18-hole golf course located in the protected landscape of Wildmoos. Furthermore there is the Olympia sports & congress centre Seefeld as well as 28 tennis courts in the surroundings. In the evenings Seefeld becomes a lively centre, also thanks to the casino, which is not only famous in Austria.

**Our recommendation:** visit the Seekirchl church located at the entrance of the village. This church is considered to be the symbol of the village. Blue sky, snow-capped mountain peaks, lush alpine pastures covered by alpine flowers and in the heart of this fairytale-like landscape the white church - a real must-see!

Basic Information: Timezone GMT +1

**Banks and Money**: Austria's currency is Euro. Currency can be exchanged at the airport and banks. Currency converter.Major credit cards are accepted in most hotels, shops and restaurants. Traveller cheques or personal cheques are rarely used. Cash withdrawal machines linked to international networks are widely available.

Electric Network: Austria has a voltage of 220 V

**Climate:** The character of the climate in Seefeld-Austria is in the middle of december cold and usually with snow. Bring warm clothes and shoes.

**Emergency phone number:** 112 Dial this number from all public telephone networks anywhere in Austria. Calls to this number are free of charge at any time of the day, from any service provider, mobile or fixed line. Dial this number to report criminal offences, life-threatening conditions, health, safety or environmental hazards, and call respective emergency services.

**Insurance:** All participants are reminded that neither the Organizing Committee nor the technical organizer PTCA / GroupEstess a.s.b.l. are liable for any losses, accidents or damage done to persons or private property. Participants and accompanying persons are requested to make their own arrangements in respect of health and travel insurance.

**Passport and Visas:** All foreign visitors entering Austria must have a valid passport. For some countries a visa is necessary. If letter of invitationis required, the Congress Secretariat will send you a letter of invitation after your registration payment and invitation letter fee has been received. It should be understood that this letter is only to help participants raise travel funds or obtain a visa, and is not a commitment on the part of the organizers to provide financial support. Due to the fact that consulates and embassies need a lot of time to process a visa request, we advice you to ask for a letter of invitation at your earliest convenience. In case of any questions please send an e-mail to; groupestess@estess.com

Language: The official language of the Congress is English.











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# **Registration & Information** Congress Regitstration before 1<sup>st</sup> of September 2013 (max 250 participants)

CONGRESS REGISTRATION	BEFORE 1 <sup>st</sup> OF SEPTEMBER	ON-SITE
PTCA Members & WTP Reg.	€ 400	€ 500
<b>Reg. Members:</b> ÖTV, TTV, RPT, ESTESS OrangeCoach, MyCourt, Tennisgate Gotennis Italy, VDT, SPTA, PTR, DTB	€ 500	€ 600
Other state approved coaches Other Persons Single days	€ 600 € 700 € 200	€ 700 € 800
INTERNATIONAL PERFORMANCE COACH REGISTRAT Both Programs (for PTCA Members, WTP Reg. & ÖTV Lice Both Programs (Reg. Members) Both Programs (for other participants)		

A copy of the proof of status has to be provided upon registration.

#### The registration fee for the Congress in Seefeld includes:

Participation in all sessions

- Welcome reception (13th of of December)
- Lunch Buffet 13th 17th of December
- Congress kit and 1-Day pass in the swimmingpool area
- Certificate of attendance
- Registration in the PTCA Academy Development Credit Point System (just for coaches)

#### Which Certificates do I get at the additional IPC-Course?

You will get a certificate titled "International Performance Coach, PTCA - Level 1,2 or 3" . The certificate is signed by PTCA, Mats Wilander, Dr. Ann Quinn, RPT, EAU and Tyrolean Tennis Association. You will also get an attendence certificate of the PTCA congress.

#### Recognition

The congress is an official continuing education of the Austrian Tennis Federation (ÖTV) and PTCA.

#### How to register

For further announcements and changes please visit our homepage www.ptcatennis.net/congress

#### **Confirmation of registration**

Please register for the PTCA Congress at: groupestess@estess.com or fax +43 5212 4566. Use the PTCA Registration form. Upon receipt of the relevant payment, all participants will receive an invoice that will serve as registration confirmation. Payment has to be made to the following account:

Team TCSS Seefeld, Raiffeisenbank Seefeld, IBAN: AT77 3631 4003 0040 0580 BIC: RZTIAT22314 Entry deadline is 1<sup>st</sup> of September.

#### Cancellations and refunds:

Notification of cancellation of registration must be sent in writing to GroupEstess@estess.com or fax +4352124566 and will be subject to the following conditions:

Cancellations received before 1st of October 2013: the payment will be refunded after the congress, less 30% of the amount paid.

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Cancellations received after 1st of October 2013: no refund will be provided.













**GroupEstess a.s.b.l.** c/o Hakan Dahlbo, WM-Halle, Mösererstrasse 632 6100 Seefeld-Tyrol / Austria

Email: GroupEstess@estess.com Fax: +43 5212 45 66

# Secretariat desk

The secretariat/registration desk at the Sport- & Congress Center will be open as follow:

Friday, December	13 <sup>th</sup> , 2012	1.00 – 7.00 pm
Saturday, December	14 <sup>th</sup> , 2012	2.30 – 7.00 pm
Sunday, December	15 <sup>th</sup> , 2012	2.30 – 7.00 pm
Monday, December	16 <sup>th</sup> , 2012	2.30 – 7.00 pm
Tuesday, December	17 <sup>th</sup> , 2012	2.30 – 7.00 pm

# **Accommodation & Travel Information**

## **Seefeld Travel**

### **General Travel Information**

The OlympiaRegion Seefeld lies at the heart of Europe, which means that air, road and rail connections are convenient and quick. Not only that, but it makes a perfect place to plan a touring holiday - in under one hour you can be in Italy or Germany, relaxing by a lake or climbing at 2000 metres.

### **Air Travel**

*Innsbruck Airport* is the most convenient airport for the Seefeld plateau. Innsbruck has a small but international airport. There are indeed six connections from Vienna and four from Frankfurt every day. Should you book your flight to Munich, you will have the S-Bahn (commuter railway) from the airport to the central station of Munich and consequently a Regional-Express (railway) directly to Seefeld (takes two hours from Munich). Please let us also know about your details about this route, although we do not offer a free shuttle service from Munich.

Salzburg Airport is about two-and-a-half hours' drive away from the plateau.

Munich Airport lies to the north of the Seefeld plateau and is most convenient for those arriving from outside Europe - as well as many from within the continent.

If you are arriving from the greater distance of Vienna Airport, then more information is available on the www.viennadirect.com site.

### **Road Travel**

Road connections to the Seefeld plateau are outstanding, with motorway connections to the south, east and west reached in 20 minutes, and to the north in just under an hour.

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Seefeld from Germany and the northSeefeld from Switzerland and the westSeefeld from Italy and the

















southSeefeld from Salzburg and the east drivers should be aware that Austria charges a toll for motorway usage in the form of the "vignette" - a sticker which is placed on the inside of the windscreen. Stickers for short holiday durations are available.

The Brenner motorway, leading to Italy, is a toll motorway which is not covered by this scheme and is subject to an additional charge, as are a number of private tunnels and toll roads in the mountains.

# Rail Travel

Seefeld and Scharnitz lie on the main railway line between Munich and Innsbruck with regular services passing through the villages.

The journey down to Innsbruck is one of the most spectacular main line journeys in the Alps and is recommended to all visitors, even if they have arrived by car.

Passes for different regions are available from the Austrian railways and can be of value to those who want to do a lot of local sightseeing.

The Austrian train service can be found here: www.oebb.at

The German train service is of interest because of the connections through to Mittenwald, Garmisch-Partenkirchen and Munich. There is a local pass which covers unlimited travel in Bavaria for one day which can be very reasonable for larger parties and/or longer distances. This Bayern-Karte can be purchased at the Seefeld railway station but bear in mind that it is only valid once over the border into Germany. The German train service can be found here: www.bahn.de













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# **List of Hotels**

(Please do your booking directly with the hotel)

Hotel	Stars	SR BF	SR HB	DR BF	DR HB	Contact
Hotel Schönegg	3***	€59	€64	€53	€58	www.hotelschoenegg.at info@hotelschoenegg.at
Menthof	3***	€55	€65	€45	€55	www.menthof.eu menthof@tirol.com
Hotel Haymon	3***	€66	€73	€58	€65	seefeld@haymon.at www.haymon.at
Alpenhotel Ferienhotel Kaltschmid	4****		€97		€87	www.kaltschmid.info kaltschmid@kaltschmid.info
Hotel Wetterstein	4****	€80	€100	€55	€75	www.wetterstein-seefeld.com info@wetterstein-seefeld.com
Hotel Eden	4****	€122	€130	€90	€98	www.eden-seefeld.at info@eden-seefeld.at
Krumers Post	4****		€138		€102	www.krumers.com reservation@krumers.com
Hotel Hocheder	4****	€80	€90	€65	€75	www.hotel-hocheder.at info@hotel-hocheder.at
Aktivhotel Veronika	4***		€72		€67	www.aktivhotel-veronika.at veronika@seefeld.at
Krumers Post	4****		€138		€102	www.krumers.com reservation@krumers.com
Parkhotel	4****	€63	€75	€66	€78	www.parkhotel-seefeld.at office@parkhotel-seefeld.at
Hotel Bergland	4****	€86		€80		bergland@seefeld.at www.h-bergland.at
Interalpen	5****S	€150	€172	€150	€172	www.interalpen.com interalpen@interalpen.com
Hotel Astoria	5****	€166	€176	€108	€118	hotel@astoria-seefeld.com www.astoria-seefeld.com
Klosterbräu	5****	-20%	-20%	-20%	-20%	www.klosterbraeu.com as@klosterbraeu.com

SR...single room DR...double room

BF...breakfast

HB...half board

On request we can also offer you apartments or three or more - bed - rooms.





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