

## INVITATION

# PTCA INTERNATIONAL CONVENTION

IN ASSOCIATION WITH

## GROUP ESTESS/EGASP CONGRESS AND ESTESS CONTINUING EDUCATION PROGRAM

17<sup>th</sup>-19<sup>th</sup> December 2017 In Seefeld/Tirol

Continuing Education for Certified Tennis Coaches within the:

## MEDICAL SPORTS COACH CERTIFICATION PROGRAM, Certification in Sports Nutrition (MSC)

(2 days included PTCA symposium + 1 day ESTESS Conference / Competition Course)

Accredited by PTCA

### SPEAKERS:



#### **Martin Rinderer**

Physiotherapist, B.Sc.  
Nutritionist, B.Sc.  
Author  
Austrian Olympia Center Vorarlberg



#### **Jelle Zandveld**

Diplom-Osteopath, D.O.  
Diplom-Sportosteopath, DSO  
Diplom-Physiotherapist, DPT  
Diplomate of Sports Medicine (EAU), D.SM.  
Academic at the PGA of Austria

## CONTINUING EDUCATION / MEDICAL SPORTS COACH, NUTRITION

### Dear Friends and Colleagues,

We have decided to continue the medical sport coach aspect and widen the possibilities for tennis coaches/therapists to prepare athletes and prevent injury. The clear objective of the PTCA World Conference & Seminar is to act as a provider of advances and common knowledge in International Top Level Coaching.

During the years we have had legendary speakers and amazing array of state-of-the-art lectures covering a wide range of topics. We will continue to present scientific- but also empiric-based information on methods to use medical knowledge out of a nutritional perspective.

Nutrition is playing an important role in an athletes daily life. What to eat, when to eat and how much you should eat, are challenging questions for most of athletes and coaches. How do our nutrition, fitness and mental health fits together? How can we improve? Coaches and athletes are more and more looking for individual answers to their questions.

This year, PTCA is offering a nutrition course leading to a certification in sports nutrition (in all 2 days). We have the honor to welcome the physiotherapist, physical & sports coach and the expert for nutrition Martin Rinderer, B.Sc. Martin will talk about scientific nutrition and his experiences with top athletes at the Olympic Center in Vorarlberg/Austria. The course is designed as a compliment for educated tennis coaches and therapist/doctors who need a wider perspective on nutritional issues in sports coaching. We are also happy to welcome the Osteopath and Physiotherapist Jelle Zandveld, D.O. again. Jelle will talk about nutrition out of an "osteopathic model"- perspective. Jelle is originally from the Netherlands currently living in Austria where he is a successful therapist. This excellent course will be held in Seefeld-Tyrol, Austria from December 17th-18th, 2017. Additionally we offer a competitive coach seminar for interested coaches 19<sup>th</sup> of December.

For the 6<sup>th</sup> time Seefeld will be the host of this meanwhile classic conference. Seefeld has gone through massive changes because of the World Championship coming up 2019 so it will not only serve as the perfect setting for high class event but also surprise you with new constructions and arenas.

**Welcome in Seefeld!**

**PTCA Coach Development**

**Hakan Dahlbo**

## About the Speakers:

### Martin Rinderer

Martin Rinderer graduated with a degree from "Thim van der Laan University College Physiotherapy" in "Bachelor of Science in Physiotherapy". Further milestones of his education were the diploma "ESP Sportphysiotherapeut" and "nutrition consultant spt". He is also familiar with various other concepts like Mulligan and Dorn. By the end of 2013, he completed a two-year diploma study training as a kPNI therapist (therapist for clinical psycho-neuro-immunology).

In co-operation with the sports service Vorarlberg, Rinderer work as a responsible nutrition expert / kPNI therapist and sports physiotherapist with top athletes from Vorarlberg and the ÖSV Snowboard National Team. Martin is engaged in development of meaningful and reproducible test batteries for metabolism, sports medicine and nutritional medicine. Those valuable experiences he is incorporating into his daily work with customers and patients.

### Jelle Zandveld

Jelle Zandveld is a Dutch native living in Vandans, Austria. He works in his clinic for physiotherapy and osteopathy where he mainly treats sportsmen from all different sports. He has treated a countless number of Olympic medalists, world-, European- and national champions over the last 25 years. Zandveld specializes in the treatment of golf players and wrote his dissertation about golf and low back pain for his BSc in Sports-Osteopathy in November 2015. He has treated top 100 ATP players and was closely involved in the Future tournaments in Vandans as well as in the national tennis title the UTC Vandans did win.

After finishing his physiotherapy study in 1990, Zandveld proceeded to become a dipl. sports-physiotherapist in 1992. Interested in more knowledge he moved on and learned the crafts of orthopedic manual therapy. For a more holistic approach the study of osteopathy was started and finished in 2005. This provided a very good view on different systems interacting in the human being. To learn more about the osteopathic treatment possibilities on (high level) sportsmen, sports osteopathy was studied in Hamburg, Germany.

In the golf business Zandveld is recognized as a medical specialist after finishing the TPI medical, fitness and junior tracts and teaching GolfPhysioTrainer as well as GolfPhysioTherapist in the Netherlands for several years. He is part of the ÖGV/PGA teaching staff and responsible for the anatomy and dysfunctioning systems knowledge of the future Austrian golf professionals. Zandveld is also an author for the golf magazine "Perfect Eagle".

As a multiple sports lover, he plays golf, tennis, and badminton. He also enjoys skiing, hiking, mountain biking and tour skiing. This diversity in sports makes it easier to understand different forms of movement. The importance of multiple sports for children to develop an understanding of movement and learning skills is an important part of the coaching side of his work.

<b>PROGRAM SUNDAY 17<sup>th</sup> of December 2017 – Open Seminar</b>			
Time	Topic	Tutor	Site
9AM	- Human evolution and consequences for performance, health, lifestyle and nutrition today	Martin Rinderer Jelle Zandveld	WM-Tennishalle
10.30 AM	Coffee Break		
11AM	- Valid and helpful diagnostics to improve performance, health and optimize individual nutritional needs	Martin Rinderer Jelle Zandveld	WM-Tennishalle
12.30PM	LUNCH		LOUNGIS WM-Tennishalle
1.30PM	- Basics about (sports) nutrition: nutrients and their effects	Martin Rinderer Jelle Zandveld	WM-Tennishalle
3PM	Coffee Break		WM-Tennishalle
3.30-5.30PM	- Digestion and our gut: How you can improve the most important complex of organs increase the value of your food?	Martin Rinderer Jelle Zandveld	WM-Tennishalle
5.30PM – 6 PM	Q &A	Martin Rinderer Jelle Zandveld	WM-Tennishalle
08.30 PM	Winter Welcome Party		LOUNGIS WM-Tennishalle

<b>MONDAY 18<sup>th</sup> of December 2017 – Open Seminar</b>			
Time	Topic	Tutor	Site
9AM	- Biorhythm and sleep: The basic for everything	Martin Rinderer Jelle Zandveld	WM-Tennishalle
10.30AM	Coffee Break		
11AM	- Stress: necessary to survive but also a inhibitor for performance - how to manage it?	Martin Rinderer Jelle Zandveld	WM-Tennishalle
12.30PM	LUNCH		LOUNGIS WM-Tennishalle
1– 2.30PM	- Injuries, connective tissue & nutrition: you can only repair something, if you have enough substances/nutrients for rebuilding!	Martin Rinderer Jelle Zandveld	WM-Tennishalle
3.30PM	-Sports nutrition for your daily training - Sports nutrition for your games - Anti-Doping: Food, functional foods and supplementation - dangerous or helpful?	Martin Rinderer Jelle Zandveld	WM-Tennishalle
5.30PM-6PM	Q &A	Jelle Zandveld Hakan Dahlbo	WM-Tennishalle

<b>TUESDAY 19<sup>th</sup> of December 2017 - Open Seminar</b>			
Time	Topic	Tutor	Site
9AM	ESTESS Competition Course Mental & Strategic Skills	Hakan Dahlbo	WM-Tennishalle
10.30AM	Coffee Break		
11AM	ESTESS Competition Course – Mental & Strategic Skills	Hakan Dahlbo	WM-Tennishalle
12.30PM	LUNCH		LOUNGIS WM-Tennishalle
1– 2.30PM	ESTESS Competition Course Mental & Strategic Skills	Hakan Dahlbo	WM-Tennishalle
3.30PM	ESTESS Competition Course Mental & Strategic Skills	Hakan Dahlbo	WM-Tennishalle
4.30-5.30PM	Q &A	Hakan Dahlbo	WM-Tennishalle

## General Information

### Venue

The Congress will take place in the WM-Tennishalle/Hotel Veronika close by to 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 characterized 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 facility 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.

Aqua fitness 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 to possibility to compete 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:** at the border of Seefeld

**Peculiarity:** designed to fit also the needs of the disabled, comprehensive offer including cinema and restaurant

**Opening hours:** daily from 9.30 am - 10 pm, sauna from 1 pm

**Day pass (adults):** from Euro 18.00

**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 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 Oetzhütte 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!

### **Currency**

The currency in Seefeld is the Euro. There are a number of currency exchanges which are open monday to friday  
Your hotel will provide you with details of your nearest currency exchange.

### **Electricity**

The standard voltage in the Village of Seefeld is 220 V. Plugs are a two-pin style, continental.

### **Language**

The official language of the Conference is English.

## **Registration and information**

### **Secretariat desk**

The Secretariat / registration desk in the WM-Tennishalle will be open as follows:

Sunday, December	17th, 2017: 09:00 - 19:00
Monday, December	18th, 2017: 09:00 - 19:00
Tuesday, December	19th, 2017: 09:00 - 19:00

### **Congress Language**

English. No simultaneous translation will be provided.

### **Passport and Visas**

All foreign visitors entering EU must have a valid passport. For some countries a visa is necessary.

### Letter of invitation

If 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 advise 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](mailto:groupestess@estess.com)

### Climate

Austria has a alpine European climate. The middle of December generally is cold. Bring warm clothing and shoes. It is also a good idea to bring sports and ski clothing. To know more about the weather click: [www.holidaycheck.com/climate-wetter\\_Seefeld-ebene\\_oid-id\\_7992.html](http://www.holidaycheck.com/climate-wetter_Seefeld-ebene_oid-id_7992.html).

### Time

Austria lies in the Central European Time zone same as Paris, Stockholm and Rome

### Currency

The official currency in Austria is Euro. Currency can be exchanged at the airport, banks and in hotels. [Currency converter](#).

### Credit Cards

Visa and Master Card are accepted in most shops, hotels and restaurants. You will find a cash dispenser on nearly every corner.

### Electrical Appliances

The voltage in Tyrol is 220 volts.

### Insurance

All participants are reminded that neither the Organizing Committee or the Congress Secretariat 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.

## Registration

**PTCA Conference on Medical Sports Coach Program – Certification in Nutrition  
Seefeld, Village of Seefeld, December 17-18, 2017**

<b>REGISTRATION FEE</b>	<b>Before November 20th, 2017</b>	<b>On site</b>
Conference registration		
PTCA Members	€ 350,00	€ 450,00
RPT & ESTESS – Members		
WTP-Registered Coaches		
SvTF/ ÖTV/TTV - Members		
Lic. Physiotherapist, Lic. Doctors	€ 450,00	€ 550,00
Other participants	€ 500,00	€ 600,00
Official Licensed ESTESS Coaches	Free of charge	

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

- Participation in all sessions (17<sup>th</sup>-19<sup>th</sup> December)
- Lunch (December 17<sup>th</sup>-19<sup>th</sup>)
- Certificate of attendance

### How to register

To register please send a mail to [groupestess@estess.com](mailto:groupestess@estess.com)

### Confirmation of registration

Upon receipt of the relevant payment, all participants will receive an invoice that will serve as registration confirmation.

### Cancellations and refunds:

Notification of cancellation of registration must be sent in writing to

[GroupEstess@estess.com](mailto:GroupEstess@estess.com)

conditions:

- **Cancellation received before November 28th, 2017:**

the payment will be refunded after the Conference, less 30% of the amount paid.

- **Cancellation received after December 1st, 2017:** no refund will be provided.

## Accommodation & Travel Information

**Please contact us for help with bookings:**

[lena.johansson@estess.com](mailto:lena.johansson@estess.com)

## General Travel Information



The Olympia Region 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. More information about [Innsbruck Airport](#).

Salzburg Airport is about two-and-a-half hours' drive away from the plateau. More information about [Salzburg Airport](#).

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. More information about [Munich Airport](#).

If you are arriving from the greater distance of Vienna Airport, then more information is available on the [www.viennadirect.com](http://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.

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](http://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](http://www.bahn.de)

## PTCA Credit Points

This conference is counting for PTCA Credit points reward system. 1 point per day.