

Federazione Italiana Giuoco Handball



PALLAMANO
DISCIPLINA OLIMPICA

Segreteria Generale

Roma, 10 dicembre 2008

Circolare n. 55/2008

Alle Società Affiliate
Agli atleti e tecnici
Ai Signori Consiglieri Federali
Ai Signori Revisori dei Conti
Ai Comitati e Delegazioni Regionali
Alle Delegazioni Provinciali
Ai Settori Federali
LORO INDIRIZZI

Oggetto: *33rd Coaches Seminar and 1st Meeting of the Handball Team Doctors – Zagreb, Croatia.*

In allegato si trasmettono le due comunicazioni pervenute dalla Federazione della Croazia, riguardanti rispettivamente un seminario per tecnici ed uno per medici.

Distinti saluti.

Il Segretario Generale
Adriano Ruocco

A handwritten signature in black ink, appearing to read 'Adriano Ruocco', is written over the typed name.



**COACH ASSOCIATION OF THE CROATIAN HANDBALL ASSOCIATION
CROATIAN OLYMPIC COMMITTEE**

01*11*2008

Zagreb, November 25, 2008

**Subject: 33th Handball Coaches' Central Seminar
of the Croatian Handball Association
Zagreb, January 29 - February 1, 2009**

Dear colleagues,

The 33th Handball Coaches' Central Seminar of the Croatian Handball Association, organized by the Coaches' Association of the Croatian Handball Association (CHA) in collaboration with the Croatian Olympic Committee will take place in the period of

January 29 - February 1, 2009

in the hotel „HOLIDAY“(***) , Zagreb (Jankomir) during the Men's World Handball Championship.

In collaboration with the European Handball Federation (EHF), the 33th Seminar of CHA has been included in the European seminar system for coach education. Therefore, we expect the presence of a larger number of foreign participants.

All the lecturers are kinesiology or sport sciences experts, or worldwide handball experts: Mr Talant Dushebaev (Spain), Mrs Marit Breivik (Norway), Mr Tone Tiselj (Slovenia), Mr Allan Quintalle (France), and from Croatia: Mr Mirko Bašić, Mr Dinko Vuleta, Mr Dragan Milanović, Mr Igor Jukić, Mr Stanislav Peharec, and other eminent lecturers.

SEMINAR DURATION

The beginning of the Seminar is scheduled for Thursday, January 29, 2009 at 2:00 p.m. in the Sport Hall "Sutinska vrela" in Podsused, Zagreb, and it ends on Sunday, February 1, 2009 at 1:00 p.m.

If reserved, hotel rooms may be used from January 28, 2009, the day before the Seminar begins.

The Seminar programme will be sent to you 30 days prior to its beginning, or it will be available for you at the Croatian Handball Association's web site address: www.hrs.hr .

The attendance to the Seminar is mandatory for the Croatian coaches in possession of the valid licence certificate and working in handball because it is a precondition for the licence 2009 renovation.

During the Seminar, bus shuttle will be available on the route Hotel – Sport Hall – Hotel. The Croatian Handball Association will also organize forth and back shuttle for all the participants from the Hotel Holiday to the semi-final and final matches of the WCH.

EXPENSES

1. ACCOMMODATION

Daily expenses of a full board room in the Hotel Holiday (***) depend on its type. There are two types of the rooms: *de luxe* – the more expensive ones - and *standard* rooms **Therefore, we kindly ask you to point out the type of the room (de luxe or standard) you wish to make reservation for due to the limited room numbers available.**

ROOM	DE LUXE	STANDARD
1/1 (single)	760,00 kunas (approx. 105 €)	650,00 kunas (approx. 90 €)
1/2 (double) per one person	630,00 kunas (approx. 85 €)	540,00 kunas (approx. 75 €)

The price includes: stay tax and full board room. If you wish to bring members of your family along, the accommodation price for them is the same as for the seminar participants. Children aged less than 7 yrs (auxiliary bed and meals) are not being charged and children aged 7-12 are charged half the prize of a double room.

NOTE: Accommodation bills cannot be paid at the hotel reception.

2. Payment mode of the accommodation costs

By paying to the Croatian Handball Association's (HRS) bank giro account, open in the NAME OF THE BANK!!!!!!!!!!!!, number 2360000-1500046528, the concept/the purpose of the payment: Coach Seminar, name and surname of the coach. The **deadline** for the payment is **January 10, 2009**.

Upon the arrival to the seminar, **the coaches have to present the payment receipt copy and hand it to the official at the Croatian Handball Association Reception Office which is situated in the Hotel Holiday by the hotel reception. (if the payment has been made for several participants, please attach the list of their names to the receipt copy.)**

If you do not make the reservation before December 12, 2008, we can not guarantee you accommodation in the Hotel Holiday due to their limited capacity. If the Hotel's capacity is full before this date, we will inform you of it so that you can reserve your accommodation in any other hotel in Zagreb.

You can make your reservation by sending it to the fax number + 385 1 3091 100 or + 385 1 5391 000, or to the e-mail address: lidija@hrs.hr . Note: no reservation can be made through telephone. To make a reservation you have to fill in an official CHA Registration Form - it contains the name and surname of the coach, a mobile telephone number of the contact person at his/her club, dates of arrival and departure, room type (standard or de luxe) as well the first and the last service at the hotel (lunch or dinner). Please make sure you enclose a copy of the receipt of the registered coach's paid expenses. You can find the registry form at www.hrs.hr. For any additional information do not hesitate to contact Mrs Lidija Bojic-Cacic through mobile phone + 385 95 9999 106.

3. Licence and coach membership fee for 2009 (total):

- I HRL: 600,00 kn
- II HRL: 320,00 kn
- III HRL: 200,00 kn
- Regional leagues and junior age groups : 120,00 kn

The coaches having no licence yet are due to present: their sport CV, two photographs, confirmation of having enrolled on any level of professional coach training and education, and the payment for the licence (depending on the quality category of the team he/her is coaching). For any additional information please visit www.hrs.hr/dokumenti . The payment of the licence and membership expenses is made **in cash** at the CHA office at the Hotel Holiday.

4. Participation fee

Participation fee is 700 kunas for coaches working in Croatia and for those working abroad is 200,00 euros For the foreign coaches (non-Croatian speakers), simultaneous translation into the English language will be provided. The participation fee payment is made **in cash** upon the arrival in the hotel to the technical host of the Seminar. The fee covers: attendance to the lectures, the Seminar material, including gifts from the CHA Coach Association and a DVD with all the lectures recorded and delivered to the address of your club after the Seminar.

NOTE: The seminar is obligatory for all the coaches working in Croatia. If a coach is unjustifiably absent from the Seminar, he/she will be fined 1,000 kn or will not be able to renew his/her licence in 2009.

Coach licensing and fee payment will take place from January 1 to February 1, 2009 at the CHA Office in the Hotel Holiday (by the Hotel reception). The account numbers will be sent to your club address within 20 days after the Seminar ends.

Coaches who have temporary licences have to present the certificate of enrolment on the Coach Education and Training Department professional or specialist study (Social Polytechnics in Zagreb in collaboration with the Faculty of Kinesiology, University of Zagreb), or on the Croatian Olympic Committee coach training course. If the previous is not the case, we will not be able to renew their licences for the year 2009.

5. Acquiring tickets for the semi-final and the final games of the world championship

Every coach that **has paid the participation fee** could, at a reduced price, acquire one entrance ticket for the semi-final (200,00 kn; approx. 28,00 €) and one ticket for the finals (250 kn; approx. 34,00 €) of the World Championship at the CHA Office in the Hotel Holiday. Such an opportunity will not be available for non-coaches.

Kind regards,

Seminar Manager
Lidija Bojić-Ćaćić, M.Sc.

President of the
CHA Coach Association
Mato Matijević, Mag.Ed.



**33th HANDBALL COACHES' CENTRAL SEMINAR
OF THE CROATIAN HANDBALL ASSOCIATION
Zagreb, Croatia, January 29 – February 1, 2009**



SCHEDULE	TOPICS / LECTURERS	PLACE
	Thursday, January 29, 2009	
14:00 / 2 p.m.	OPENING CEREMONY SESSION	Sp. Hall Sutinska vrela
14:30-16:00 / 2:30-4 p.m.	Types of organized attacks against aggressive defences 5:1 and 3:2:1 Lecturer: Talant Dujšebaev (Spain)	Sp. Hall S.vrela
16:15-17:45 / 4:15-5:45 p.m.	Tactical types of attack against 6:0 defence Lecturer: Tone Tiselj, Mag.Ed. (Slovenia)	Sp. Hall S. vrela
18:00-19:30 / 6-7:30 p.m.	Goalkeeper's in-season training Lecturer: Mirko Bašić (Croatia)	Sp. Hall S. vrela
	Friday, January 30, 2009	Sp. Hall S. vrela
9:30-11:00 / 9:30-11 a.m.	Methods of teaching and improving play in 6:0 defensive system Lecturer: Marit Breivik (Norway)	Sp. Hall S. vrela
11:15-12:45 / 11:15-12:45a.m.	Methods of learning and perfecting play in 5:1 defensive system Lecturer: Talant Dujšebaev (Spain)	Sp. Hall S. vrela
	GROUP VISIT TO A WCH SEMI-FINAL MATCH	
	Saturday, January 31, 2009	
9:00-10:00 / 9-10 a.m.	Significance and role of functional abilities' assessment of handball players, male and female alike, in injury prevention and individual and additional training programmes designing Lecturer: Stanislav Peharec, MD (Croatia)	Sp. Hall S. vrela
10:15-11:45 10:15-11:45 a.m.	Transition play from 6:0 defence Lecturer: Marit Breivik (Norway)	Sp. Hall S. vrela
12:00-13:30 / 12-1:30 p.m.	Individual technical-tactical training of pivot players Lecturer: Talant Dujšebaev (Spain)	Sp. Hall S. vrela
	LUNCH BREAK	
16:30-17:30 / 4:30-5:30 p.m.	Prevention and rehabilitation procedures during the preparation period prior to important competitions Lecturer: Stanislav Peharec, MD (Croatia)	Sp. Hall S. vrela
17:45-19:15 / 5:45-7:15 p.m.	Demonstration of group exercises aimed at improving counter-attacks Lecturer: Tone Tiselj, Mag.Ed. (Slovenia)	Sp. Hall S. vrela
	Sunday, February 1, 2009	Sp. Hall S. vrela
9:00-10:15 / 9:00-10:15 a.m.	Contents, loads, and methods of physical conditioning of handball players, female and male alike, with special regard to the tournament competition system Lecturers: Prof. Igor Jukić, PhD, Luka Milanović MSc & N. Njaradi (Croatia)	Sp. Hall S. vrela
10:30-11:30/ 10:30-11:30 a.m.	In-season operational training programmes Lecturers: Prof. Dragan Milanović, PhD, & Prof. Dinko Vuleta PhD, Mato Matijević Mag Ed., Zdravko Zovko & Igor Grujić Msc (Croatia)	Sp. Hall S. vrela
11:45-13:00 / 11:45-13:00 a.m.	Demonstration of handball-specific endurance development Lecturer: Allain Quintallet (France)	Sp. Hall S. vrela
13:00 /13:00 p.m.	CLOSING CEREMONY	Sp. Hall S. vrela
	GROUP VISIT TO THE WCH FINAL MATCH	



CROATIAN HANDBALL FEDERATION COACHES' ASSOCIATION

APPLICATION

FOR THE 33RD HANDBAL COACHES' CENTRAL SEMINAR OF THE
CROATIAN HANDBALL FEDERATION
Zagreb, January 29, 2008 – February 1, 2009

1. NAME & FAMILY NAME OF COACHES	1. 2. 3. 4. 5. 6.
2. NAME OF THE CLUB, ADDRESS, CLUB IDENTIFICATION NUMBER	
3. ARRIVAL DATE AND FIRST MEAL (breakfast, lunch, or supper)	
4. DEPARTURE DATE AND FINAL MEAL (breakfast, lunch, or supper)	
5. ROOM TYPE RESERVATION (DE LUXE OR STANDARD)	
6. SINGLE OR DOUBLE ROOM	
7. CONTACT PERSON (name & family name, mobile number)	
8. EXPENSES PAYMENT DATE AND THE AMOUNT	

ATTACHED, PLEASE SEND A COPY OF THE PAYMENT RECEIPT FOR THE COACHES LISTED!

In _____ date _____.

Signatura of the responsible person _____



1st International Meeting of the Handball Team Doctors Zagreb, Croatia, 30/01 - 01/02/09

Topic: KNEE INJURIES IN HANDBALL
Live surgery, lectures and case presentation

PRELIMINARY PROGRAMME

- 30/01/09 Registration of the attendees
Semifinal Matches in Zagreb Handball Arena
- 31/01/09 Functional anatomy of the knee compared with MRI findings
Etiology of the injuries in Handball
Meniscal injuries - treatment
Ligament injuries – treatment
- LIVE SURGERY double bundle reconstruction
Jumper's Knee
Prevention and rehabilitation – proprioceptive training
Kinesiotaping
Compex around the knee
- Lunch
- Round table
Workshops
- 01/02/09 Final matches in Zagreb Handball Arena

Contacts:

Organizing Secretariat
Croatian Handball Federation
2009 WC Zagreb Coordination
www.hrs.hr
www.croatia2009.com

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s.joka@hrs.hr
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Fax: +385 1 53 91 000

Booking for Accommodation and Registration
Ban tours
Kaptol 11
Zagreb
www.bantours.hr

Ms. Luca Pinjuh
Ms. Kristina Ferenčak
booking@bantours.hr
Tel: +385 1 48 81 800
Fax: +385 1 48 14 677

2009
CROATIA

21.
MEN'S
WORLD
HANDBALL
CHAMPIONSHIP



1st International Meeting of the Handball Team Doctors Zagreb, Croatia, 30/01 - 01/02/09



Mladen Miskulin, M.Sc.
Specialist of the Orthopaedy and Traumatology
President of the Medical Commission Croatian Handball Federation

Welcome Letter

With great pleasure we would like to announce The 1st International Meeting of the Handball Team Doctors that will be held during the 2009 World Championships in Handball from 30/01/09 to 01/02/09 in Zagreb.

We would like to invite everyone to participate, not only team doctors but also anyone that has an interest in topics that will be addressed during the meeting.

Handball, as we all know, is a sport of increasing strength, power, velocity and contact. There are, practically, no handball matches without injuries.

Knee injuries are the main topic of our meeting.

The program includes lectures, round table discussions, live surgery and workshop demonstrations by faculties. A whole spectrum of pathologies will be addressed, with special emphasis on possible etiology, surgical treatment to possibilities of prevention.

Finally, the main idea of the meeting is not only to present but to share experiences between participants in order to improve the way in which we deal with this difficult problem.

The Croatian Handball Federation invites all participants and accompanying persons to watch the semifinals and final match of the 2009 WC.

Looking forward to seeing you in Zagreb

Mladen Miskulin

CROATIA

21.
MEN'S
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