



# **The Science and Practice of Racket Sport for Improved performance and Health**

Special Focus on Table Tennis

25-27th April, 2018, Halmstad University, SWEDEN





## Innovations at work – Explore Sports – With the future In Mind!

The [WTTC 2018 organisation](#) is, in close partnership with the [Halmstad University](#), and with full support from international sporting bodies, proud to bid Welcome to the Sport Science Conference: The Science and Practice of Racket Sports for Improved Performance and Health, Halmstad University, Sweden April 25-27, 2018.

The conference is supported by the [ITTF](#) and the [BWF](#) – two international federations joining forces to explore and examine the many interesting mysteries and future opportunities connected to racket sports.

The conference will be held in English and will open some few days prior to the [LIEBHERR World Team Table Tennis Championships](#) in [Halmstad Arena](#) the 29 of April to the 6 of May 2018.

### THREE MAIN TOPICS

Three topics will be in focus: a) High performance, b) Health and Innovation, c) Sport sciences. Thus, we expect the Conference to provide an excellent possibility to discuss interdisciplinary perspectives on health and racket sports focusing on keywords such as adapted physical activity, promotion, prevention, treatment and evaluation.

### KEYNOTE SPEAKERS AND EXPERTS

A blend of leading expert's key-note speakers representing the Nordic countries, as well as international well-known speakers and experts in the field representing different racket sports and disciplines such as sport and exercise psychology, sports pedagogy and sports medicine and other scientific disciplines. This will stimulate critical thinking and provide the basis for enhanced discussions about sport science and racket sports.



## THE PROGRAMME IN SHORT – HIGHLIGHTS

### WEDNESDAY 25 APRIL

**16:00** Registration Opens

**18:00** Social activity and opening ceremony, "Halmstad Decentre"

### THURSDAY 26 APRIL

**09:00** Welcome Official Opening at Halmstad University, Vice Chancellor **Stephen Hwang**

**09:15** **Anders Hansen**. is a licensed physician and medical specialist in psychiatry educated at Karolinska Institutet. He is also the author of the book "Brain Power" and will speak about the importance and long lasting positive effects that regular exercise can have on the brain functions. Join us to listen to one of the hottest speakers in Sweden at the moment. See more of Anders Hansen: <https://youtu.be/a9p3Z7L0f0U>

**14:00** The town hero – World Champion and honorary Doctor at the Halmstad University **Jörgen Persson** is joining us to perform a practical workshop on technical and tactical development in international table tennis. He will also discuss flow of techniques and training methods.

**16:00** **Mads Brink Hansen**. The time has come to dive into the more physical side of racket sports by listening to Mads Brink Hansen from the Danish Elite Sport Institute Team Denmark speaking on the topic "Performance optimization in Danish elite badminton (Badminton Denmark) with special emphasis on strength and conditioning"

**20:00** Conference Banquet



## FRIDAY 27 APRIL

- 09:00** *Prof Tsung Min Hung*, member of the ITTF Sport Science and Medical Committee is bringing a wealth of knowledge to the conference by discussing the relationship between participation in table tennis and cognitive functions. Co presenter and moderator is Prof Urban Johnson, Halmstad University.
- 13:00** Former student at Halmstad University Johan Fallby is today establishing himself and one of the more promising Sport Psychologist in Sweden and also working professionally at the premier Danish soccer club F.C. Copenhagen. He is an ex professional table tennis player, representing Sweden at youth, junior and senior level. The topic of his presentation is centered around the importance of “Good parenting” in youth sports.. and a number of interesting side-topics connected to player’s development and training quality.
- 14:00** Time for an interesting theme based discussions on the life and progress of racket sports in the ever more competitive global sporting environment. On stage we hope to find leading experts and representatives from National Associations in Table Tennis, Badminton and Tennis.
- 15:30** Irene Faber, member of the ITTF SCI on the always hot topic of talent development, “Diamonds in the Rough” Guidelines to identify and develop high potential in youth racquet sport players”
- 16:30** Closing of the conference

## WORK SHOPS AND POSTER PRESENTATIONS

Full programme also includes a number of very interesting practical workshops covering the three main topics:

- A) High performance
  - B) Health and Innovation
  - C) Sport Sciences as well as selected poster presentations.
- <https://goo.gl/9Sfyqb>

## REGISTRATION AND ENTRY PROCEDURES

Please log onto the official conference website and follow the instructions: <https://goo.gl/Wjdaik>

## HOSPITALITY OPTIONS

Halmstad has a number of hotels situated 10 minute’s walk to Halmstad University. If you need assistance and guidance in finding a place to stay, please contact Mrs. Lena Thimon, Project Coordinator for the LIEBHERR World Table Tennis Championships, responsible for all requests regarding hospitality. Contact information: [lena@wttc2018halmstad.com](mailto:lena@wttc2018halmstad.com)

## CONFERENCE FEES:

(payable to Halmstad University)

## PARTICIPATION FEE, VAT INCLUDED IN ALL FEES:

**Early Bird:** 2.700 SEK,

**After February 1st:** 3.000 SEK

## ONE-DAY CONFERENCE FEE:

**Early Bird:** 1350 SEK, **After February 1st:** 1500 SEK

**Dinner fee, April 26th:** 650 SEK

(Lunch Thursday and Friday is included in the conference fee.)



## **LIEBHERR WORLD TABLE TENNIS CHAMPIONSHIPS – INFO AND TICKETS**

Full info: [wttc2018halmstad.com](http://wttc2018halmstad.com)

### **ABOUT HALMSTAD UNIVERSITY**

Halmstad University is a modern and dynamic university in Sweden.

About 9.100 students follow our programs and courses. The university recruit's students in the area of sport and health from the whole Scandinavia and also hosts many foreign exchange students.

### **THE CONFERENCE ENVIRONMENT**

The Conference will be held in modern facilities in the Visionen building (Building J) and in the University Sports Arena "Högskolehallen" (Building I) as well as the newly installed Health lab and Digital Laboratory Center (DLC). This provides the participants with a fresh and dynamic environment for lectures, presentations and practical workshops.

Your participation in the discussions, your poster presentation and overall contribution to the Conference will determine its success.

### **WELCOME TO THE NEXT LEVEL!**

*Professor Urban Johnson, Head of the Scientific Committee*

*PhD Lars Kristén, Secretary General Organizing Committee*

*WTTC 2018 Organising Team*

**PING PONG**  
**POWER**  
Table Tennis for everyone. Everywhere.



**HALMSTAD**  
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