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ENYSSP

European Network of Young Specialists in Sport Psychology



5th Workshop ENYSSP – Bolzano/Bozen

Second Announcement

**20 – 21 November 2009
CTS LUIGI EINAUDI – Bolzano (Italy)**

We are very pleased to announce that the 5th ENYSSP Workshop will be held, on the 20th and 21st of November, at the Einaudi Professional Institute in Bolzano (Italy) that will support the organization of this event. The main purposes of this workshop are: a) to have recognized dynamic young specialists in sport psychology who work in different sport psychology fields sharing their experiences with you, b) to have the three ENYSSP departments exchanging important information in order to accomplish the global ENYSSP goals and c) to offer an opportunity of high level training to young specialists through the participation of

researchers and practitioners of international fame. This 5th ENYSSP workshop will be organised in collaboration with the SIPsiS (Italian Society of Sport Psychology), under the patronage of the Province of Bolzano, the AIF, Associazione Italiana Formatori (Italian Association of Trainers), the Azienda di Soggiorno (Company Residence) of Bolzano, and with the support of the sponsor 4Soccer S.R.L.

The 5th ENYSSP Workshop offers you a great opportunity to learn and discuss the cultural similarities and differences in sport psychology with other specialists. The event will be organized in such a way that it is possible to get the maximum of interaction and participation of all the present SEP specialists. Also, delegates from the Sport School of Tenero (Scuola Professionale per sportive di elite) will be present at the workshop in order to share their experience with us. We'd like to give everybody the opportunity to be involved in practical experiences.

It is our purpose to offer a rich program with educational, applied and research presentations which is innovative both from in terms of content and methodology. We are delighted to have Prof. Martin Hagger (University of Nottingham) as our keynote speaker opening the workshop with his presentation on "Intrinsic motivation and self-determination in exercise – autonomy support as a means to change exercise behaviour". Many workshops with practical demonstrations will be organised in the gym, also with the involvement of the coaches. For example, in some workshops participants will become athletes and will test mental training techniques guided by experts. From an academic point of view, there will be high level presentations about many topics of sport psychology like doping use in adolescence, motivation in sport, coach-athletes relationship, etc. Finally, besides many moments of debriefings, there will be a last session in which participants will have the opportunity to ask questions to the applied and research experts such as Alberto Cei and Martin Hagger.

In summary, there will be:

- 1 Keynote.
- 6 Applied Workshops where speakers will explain how they work in different areas, with briefings and debriefings to share and discuss aspects we learned and worked on
- 10 Oral communications
- 1 session of Poster Presentations.
- Sport Psychology Tools presentations.

In order to make the Workshop a true opportunity to strengthen the network and to learn by enjoying, there will be also important social and sport activities:

- Orienteering to know Bolzano (free activity)
- ENYSSP Dinner and visit at FORST in Merano
- ENYSSP Farewell Dinner in Bolzano, with music and dancing
- Lunches and Coffee breaks (free)

More about the workshop place

Bolzano, the “Capital of the Alps”, is a true sport city, with several sport buildings and centres. The Einaudi Professional Institute in Bolzano is involved in several projects addressed to the professional training in the sport field and has many contacts with sport federations, societies and partners. The Project Olympia in particular, which collaborated with Sport Psychologists for the first time in 2007, presents an intervention model that recognises the value of our profession. Specifically, it identifies our competence to help young athletes to transfer their own resources from sport activities to their scholastic learning.

The Einaudi Professional Institute has a Conference room, several classrooms that could host the workshop sessions, two gyms for practical sport psychology demonstrations, and a very comfortable cafeteria for the lunch.



GUIDELINES FOR REGISTRATION

- You can decide to attend one or two days
- Send a mail with the subject: “YOUR NAME + 5th WORKSHOP REGISTRATION”
- Include the next information in your mail:
 - o Full name, City – Country, E-mail & Mobile contact
 - o Type of quote (see below)
 - o Poster presenter and title (if you present one)
- Attach a document to justify the type of quote (ENYSSP membership receipt, Student card, etc.).
- Attach the bank transfer justification of correspondent quote payment.
- The payment must do by bank transference to this account:
ENYSSP - Kortrijksesteenweg 840 - 9000 Ghent, Belgium.
IBAN Code is: BE50 0014 1868 5018.
Swift Code/ BIC Number: GeBaBeBB .

QUOTES (until 31st October)	Workshop ENYSSP	
	1 day	2 days
ENYSSP Members	€ 30	€ 60
SIPsiS Members	€ 30	€ 60
Others	€ 50	€ 100

ATTENTION!

From 1st November quotes will be increased in 20 €.

INSCRIPTIONS, INFORMATION & SUBMISSION

European Network of Young Specialists in Sport Psychology
Web: <http://www.enyssp.org>
E-mail: enyssp.workshop@hotmail.it

ACCOMODATION

Youth Hostel Bolzano

Via Renon 23

I-39100 Bolzano

Tel. +39 0471 300 865

Fax +39 0471 300 858

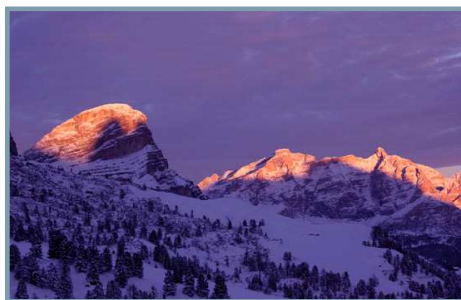
E-Mail: bozen@jugendherberge.it; bolzano@ostello.bz

The completely new Youth Hostel right in the centre of Bolzano is located near the railway station (3 minutes walking distance) and at 5 minutes from the historical centre of the town.

Prices per person and night, including breakfast and bed linen: 19,50 euros (4 bedded room); 22,00 euros (single room) .

If you're interested in this accommodation, please contact the Hostel, indicate your name, your address, the dates of your arrival and departure, your mobile number, and the code "ENYSSP". It will be possible to pay the accommodation directly on-site.

For other solutions visit the site <http://www.bolzano-bozen.it/> and you will find many suggestions to have leisure time!



HOW TO ARRIVE HERE

Bolzano is reachable in 2 hours by train from Treviso or Milan Airports and in 4 hours from the one of Bergamo that have all Ryanair lines, or in 2 hours from Verona (British Airways).

Once you've reached the airport, check out how to get to the **local train station of Milan, Bergamo, Verona or Treviso**. From there on, you can take the train to Bolzano. It will take about 3 to 4 hours travel depending from where you start. Check out the Italian railway site for routes and prizes, and order your ticket in advance:

http://www.ferroviedellostato.it/homepage_en.html

The **train stations** are:

For Milan (Bergamo) Airport – Milano Orio al Serio -> go to Bergamo station

For Milan -> go to Milano (or Milano Centrale Stazione)

For Verona -> go to Verona station

For Treviso -> go to Treviso (Treviso Centrale Stazione)

Another site specific from the Süd-Tirol people: <http://fahrplan.oebb.at/bin/query.exe/en>

One tip: try to get with more, **get your communication started and plan together**. It's better not to travel alone but to start the workshop experience while driving to Bolzano!

Let us know if we should get you in contact with others by sending us your travelling schedule (enyssp.workshop@hotmail.it).

For those who'd like to come with **car or motorbike**: Bolzano is located nearby the E45 running from Verona to Innsbruck over the Brennerpas. Check out specific websites on how to drive in the mountains during the winter. Check out your tires and take chains with you if you want to adventure in the mountains.

Some tips can be found at

<http://skiingthealps.com/Default.aspx?go=articles§ionid=33>.

SOCIAL and SPORT PROGRAMME

19th of November

"Unofficial Dinner"

for people who

arrive on Thursday

20th of November

Orienteering in

Bolzano City (free)

with a guide

ENYSSP Social

Dinner and visit at

FORST (Merano)

21st of November

ENYSSP Farewell

Dinner in Bolzano

Program

Friday 20th of November

	AULA BIANCA	AULA VERDE	AULA 311	GYM
8.30	OPENING (Provincial Assessor B. Repetto ; Director of “Olympia Project” R.Cicolini ; ENYSSP president C.Jannes)			
9.00	KEY NOTE M. Hagger: Intrinsic Motivation and self-determination in exercise – autonomy support as a means to change exercise behaviour			
10.15	Coffee Break			
10.40	POSTER SESSION			
11.30	WORKSHOP 1 E. Snauwaert & D. Van Meldert: Working through coaches in transferring mental training from the office to the field	WORKSHOP 2 X. Sanchez & M. Hagger: Suggestion about the first publication		
13.15	LUNCH in the CTS Einaudi CAFETERIA			
14.15	FREE SPORT ACTIVITY: ORIENTEERING			
18.00	ENYSSP DINNER at the FORST (Merano)			

Saturday 21st of November

	AULA BIANCA	AULA VERDE	AULA 311	GYM
9.00	ORAL COMMUNICATION 1 M. Alvarez Fernandez & O. Estrada: Comparison of psychophysiological profile of anxiety among team sports and individual sports	O.C. 2 N. Zourbanos, A. Hatzigeorgiadis, E. Galanis, & Y. Theodorakis: Self talk and the social milieu in sports	O.C. 3 N. Bernardi: How to improve concentration in a regional futsal (indoor soccer) team using hypnosis	
9.45	O.C. 6 G. Testa: Sociological Aspects of Sport Activities	O.C. 5 J.M. Wikman & M. Hauge: The effects of goal settings on motivational variables in young elite athletes	O.C. 4 E.M Garcia Quinteiro: Psychological aspects of a multidisciplinary intervention in a futsal player injury: a case study.	
10.30	Coffee Break			
11.00		WORKSHOP 3 F. Weibull: The Individual Profile of Imagery Experiences in Sport: Learn and Practice How to Use it		WORKSHOP 4 A. Cei: Training to improve perception/attention skills in shot/throw sport
12.45	LUNCH			
13.45	O.C. 7 X. Sanchez: The study of sport climbing from a sport psychology perspective		Session "Adolescence and Doping Use" (Lucidi & Zelli): O.C. 8 (13.45) F. Lucidi: Believing is doing: The social cognitive mechanisms regulating adolescents' doping use	
14.30	O.C. 9 M. Gerin Birsa: Mental Training intervention protocol		O.C. 10 (14.30) A. Zelli: Wait a moment, let me think: Social information processing and doping use in adolescence	
15.15		WORKSHOP 5 L. Lima: Exercise as stress control and labour practise during pregnancy		WORKSHOP 6 T. Agostini: Experimental sport psychology: new methodology and tools
17.00	Coffee break			
17.30	M. Hagger & A. Cei: Questions to the experts and final brain storming			
20.00	ENYSSP DINNER (Bolzano)			