

2018

world rowing

Sports Medicine and Science
Conference

TM

Berlin,
Germany

PROGRAM

2018 World Rowing Sports Medicine,
Science and Coaches Conference

BERLIN | NOVEMBER 21st-23rd 2018



www.rudern.de/wcc2018

Organized by



for



General Information

Congress Venue

Park Inn by Radisson Berlin Alexanderplatz | Alexanderplatz 7, 10178 Berlin, Germany

Your Hosts

Professor Jürgen M. Steinacker, MD | Division of Sports and Rehabilitation Medicine |
Ulm University

Mario Woldt | High-Performance Director | German Rowing Federation

under the Auspices of:

FISA Sports Medicine Commission | FISA Competitive Rowing Commission
www.worldrowing.com

Organizing Committee

Anne Heim | Division of Sports and Rehabilitation Medicine | Ulm University

Anja Mauerhöfer | German Rowing Federation

Gunnar Treff, PhD | Division of Sports and Rehabilitation Medicine | Ulm University

Jens Hundertmark | General Secretary | German Rowing Federation

Scientific Committee

Jürgen Steinacker, Ulm, Germany | Bernd Wolfarth, Berlin, Germany |
Wilhelm Bloch, Cologne, Germany | Jo Hannafin, New York, USA |
Mikio Hiura, Tokio, Japan | Henning Bay Nielsen, Copenhagen, Denmark |
Mike Wilkinson, Vancouver, Canada | Donia Koubaa, Tunis, Tunisia |
Piero Poli, Lecco, Italy | Tomislav Smoljanovic, Zagreb, Croatia |
Petra Zupet, Ljubljana, Slovenia | Gunnar Treff, Ulm, Germany |
Rosie Mayglothling, London, UK

Media Committee

Judith Garbe | German Rowing Federation

Simone Dübel | German Journal of Sports Medicine (DZSM) | Division of Sports and
Rehabilitation Medicine | Ulm University

Contact

Anne Heim

Division of Sports and Rehabilitation Medicine | Ulm University
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Congress Telephone during the Conference

Congress Telephone +49 173 329 97 88

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Continuing Education and Continuing Medical Education

Continuing education for **Berlin employees** acknowledged, according to § 11 Abs. 1 BiUrlG as an educational event.

15 CME (Continuing Medical Education) points for physicians, recognized by the Berlin Chamber of Physicians.

German Rowing Federation acknowledges this as continuing education for coaches to prolong existing **coaches' licenses**.

Preface

Welcome to the World Rowing Sports Medicine, Science and Coaches Conference 2018 in Berlin!

The translation of basic research into sport and the applied science of sports medicine and sports science in rowing are the focus of this conference: From science to the coach, and into the rowing boat, but also for the whole team involving medical doctor, physiotherapists, psychologists and dieticians. However, conference aims in the same way for a healthy lifestyle and a fair and doping-free sport.

The program has many aspects as energy metabolism, molecular regulation of training, health and training, modern aspects of intensive strength training, adaptation of the heart to high volume stress, philosophical-ethical aspects of health and performance, musculoskeletal pain syndromes, altitude and heat physiology. It is also about the questions of staying healthy in competitive sport, dealing with stress and strain and staying healthy in the long term and what sport and rowing can do for society.

The organizers of the conference are **Ulm University, Germany and German Rowing Federation** on behalf of the **International Rowing Association (FISA)**, Lausanne, Switzerland. The FISA Sports Medicine Commission has put up the program together with FISA Competitive Rowing Commission and the scientific committee. Young scientists, doctors and practitioners submitted abstracts for lectures and posters.

We thank all speakers and chairs, volunteers, FISA commission members and the scientific committee for providing their valuable expertise and their support. We thank the **German Research Foundation** and **German Ministry of Interior** for significant support and the sponsors and exhibitors. We thank the **Ulm University Hospital** and the **Medical Faculty of Ulm University** for continuous support.

We thank you as attendees and the rowing community for making this a remarkable experience!

*Division of Sports and Rehabilitation Medicine, Ulm University, Germany
German Rowing Federation (Deutscher Ruderverband e.V.)*



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**World Rowing Sports Medicine
and Science Conference 2018**

**Berlin, Germany
November 21-23, 2018**



Sponsorships

This Conference is Supported by a Grant from

DFG Deutsche
Forschungsgemeinschaft
German Research Foundation

Deutsche
Forschungsgemeinschaft e.V. |
German Research Foundation
Kennedyallee 40
53175 Bonn, Germany
www.dfg.de

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aufgrund eines Beschlusses
des Deutschen Bundestages

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German Ministry of Interior
Alt-Moabit 140
10557 Berlin, Germany
<https://www.bmi.bund.de/>

Sponsors



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Via Calcinario, 2861
47521 Cesena (FC), Italy
www.technogym.com/de/



New Wave Sportswear GmbH
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13591 Berlin, Germany
www.newwave.de/de










Philips GmbH Market DACH
Röntgenstrasse 22
22335 Hamburg, Germany
www.philips.de/healthcare




Exhibition

(as of November 12, 2018)

Congress Venue – Level 3

<p>#1 #2 TECHNOGYM Technogym Germany GmbH Frankfurter Straße 211 63263 Neu-Isenburg, Germany</p>	
<p>#3 HUDSON Boat Works Hudson Boat Works F. Leggerstraat 34 9728 VS Groningen, Netherlands</p>	 <p>#4 ANKAA Rowing Shoes ANKAA Rowing Shoes A 31/10 DLF City 1 Gurgaon 122002 India</p> 
<p>#5 Rowers ROWERS Bridgefield Toft Road Kingston, Cambridgeshire UK CB23 2NS 33290 Banquefort, United Kingdom</p>	 <p>#6 Project B Project B Suite 1503 15th Floor Tower B 799 Pacific Hwy NSW Australia</p> 
<p>#7 BioRow Biorow 4 Egerton Road Slough, SL2 2LD, United Kingdom</p>	 <p>#8 Empacher Bootswerft Empacher GmbH Rockenauer Str. 7 69412 Eberbach, Germany</p> 

Congress Venue – Level 2

<p>#10 Filippi Lido Filippi Lido Via Matteotti n. 113 57022 Donoratico, Italy</p>	 <p>#11 AUGLETICS AUGLETICS GmbH Motzstr. 37 10777 Berlin, Germany</p> 
<p>#12 SportsBOS SportsBOS Limited 40 Caversham Road Reading, Berkshire, RG1 7BT, England</p>	<p>#13 Falcon Racing Falcon Racing 1 Rue de la Perouse 33290 Blanquefort, France</p> 

Wednesday, November 21st 2018

Conference Overview

	Hall DÖBLIN I+II	Virchow I+II	Einstein II	Foyer
14:00				
15:00	Focus on Metabolic Stress and Nutrition	Free Communications – Orthopedics		Exhibition
16:00	Break			Inspection
17:00	Understanding Training? Scientific Aspects of Training	Hands-on-Seminar Practical Clinical Approaches from MD and Physiotherapy - Manual Therapy, Exercise and more!	Development Seminar	Exhibition
18:00				





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Wednesday, November 21st 2018

Location: Main Lecture Hall DÖBLIN I+II

Main Topics

14:45 - 16:15

Session 1 | Focus on Metabolic Stress and Nutrition

Chairs:

Dr. Jürgen M. Steinacker

Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany

Dr. Bernd Wolfarth

Charité – University, Division Sports Medicine, Berlin, Germany

14:45

Energy Deficiency and Nutrition in High Performance Sports

Dr. Karsten Köhler

University of Nebraska, Department of Nutrition and Health Sciences, Lincoln, NE, USA

15:15

Relative Energy Deficiency in Sport (RED-S) in Rowers?

Dr. Kathryn E. Ackerman

Massachusetts General Hospital, Sports Endocrine Research Lab, Neuroendocrine Unit, Boston, MA, USA

15:45

Rowing is Maximum! - Revisiting the Nature of Rowing

Dr. Jürgen M. Steinacker

Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany

16:15

Coffee Break

16:30 - 18:00

Session 2 | Understanding Training? Scientific Aspects of Training

Chairs:

Dr. Yannis Pitsiladis

University of Brighton, Sport and Exercise Science, Eastbourne, United Kingdom

Dr. Mikio Hiura

Aomori University, Center for Brain and Health Sciences, Aomori City, Japan

16:30

Understanding Training? What Do We Learn from Genomics for Elite Sports Performance?

Dr. Bernd Wolfarth

Charité Hospital – Humboldt University, Division Sports Medicine, Berlin, Germany

17:00

Understanding Training? Posttranscriptional Regulation of Training Adaptation

Dr. Wilhelm Bloch

German Sports University Cologne, Division Molecular and Cellular Sport Medicine, Cologne, Germany

17:30

Understanding Training? Integrating Molecular, Behavioral and Environmental Aspects

Dr. Yannis Pitsiladis

University of Brighton, Sport and Exercise Science, Eastbourne, United Kingdom



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Wednesday, November 21st 2018

Seminar

16:30 - 18:00

Seminar | Development Seminar

Einstein II

Dr. Donia Koubaa

National Institute of Sports Medicine and Science, Tunis, Tunisia

Dr. Mike Wilkinson

Allan McGavin Sports Medicine Centre, Vancouver, Canada

Dr. Mikio Hiura

Aomori University, Center for Brain and Health Sciences, Aomori City, Japan

16:30 - 18:00

Hands-on-Seminar | Practical Clinical Approaches from MD and Physiotherapy – Manual Therapy, Exercise and more!

Virchow I+II

Mickel Washington

Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany

Dr. Fiona Wilson

University of Dublin, Discipline of Physiotherapy, Dublin, Ireland

Wednesday, November 21st 2018

Free Communications

14:45 - 16:15

Free Communications | Orthopedics (10 + 5 min's)

Virchow I+II

Chairs:

Dr. Mike Wilkinson

Allan McGavin Sports Medicine Centre, Vancouver, Canada

Dr. Tomislav Smoljanovic

University Hospital Centre Zagreb, Department of Orthopaedic Surgery Zagreb, Croatia

14:45 - 15:00

Incidence of Low Back Pain in Slovenian Rowers

Nejc Planinc¹, Natalija Hauptman², Petra Zupet¹

¹IMS Institute for Medicine and Sports, Ljubljana, Slovenia; ²University of Primorska, Koper, Slovenia

15:00 - 15:15

Rib Stress Injuries in Elite Australian Rowers through the 4-Year Rio Olympic Cycle - a Retrospective Cohort Study

Rachel Harris¹, Larissa Trease², Kellie Wilkie³, Mick Drew⁴

¹Canberra Orthopaedics and Sports Medicine, Canberra, Australia; ²Orthopaedics ACT, Victoria, Australia; ³BODYSYSTEM Physiotherapy, Victoria, Australia; ⁴Australian Institute of Sports, Victoria, Australia

15:15 - 15:30

Occurrence of Rib Stress Fracture among Slovenian Rowers

Nejc Planinc¹, Nina Štumberger², Petra Zupet¹

¹IMS Institute for Medicine and Sports, Ljubljana, Slovenia; ²University of Primorska, Koper, Slovenia

15:30 - 15:45

Cartilage Alterations in Asymptomatic Elite Rowers are Dependent on Technique: A T2* Mapping Study

Constantin Ulrich Mayer^{*1}, Chiara Benedikter^{*2}, Alexander Franz², Markus Konieczny², Rüdiger Krauspe², Christoph Zilkens², Marcus Jaeger¹, Bernd Bittersohl² **contributed equally.*

¹Dep. of Orthopaedics and Trauma Surgery, University Hospital Essen, Essen, Germany;

²Dep of Orthopaedics, University Hospital Duesseldorf, Duesseldorf, Germany

15:45 - 16:00

Intersection Syndrome; an Acute Surgical Disease in Elite Rowers

Larissa Trease¹, Gregory Hoy², Wendy Braybon³

¹Orthopaedics ACT, Victoria, Australia; ²Monash University Department of Surgery, Melbourne, Australia; ³Victorian Institute of Sport, Victoria, Australia.

16:00 - 16:15

Exploratory Study on Bone Mineral Density in Woman Rowers before and after Water Season

Patricia K Doyle-Baker^{1,2}, Renée L Kokts-Porietis¹, Tessa van der Veecken¹, Tak Fung³

¹Faculty of Kinesiology, ²Faculty of Environmental Design, ³Department of Statistics – Math Sciences, University of Calgary, Calgary, Alberta

18:00

End of Scientific Program | Day One



Find Abstracts of FISA World Rowing Conference online in German Journal of Sports Medicine

Thursday, November 22nd 2018

Conference Overview

	Hall DÖBLIN I+II	Virchow I+II	Einstein II	Foyer
08:00				
09:00	Health Related Aspects	Seminar Coach in the Spotlight	Reserved for FISA	Exhibition
10:00	Break			Inspection
	Opening Ceremony			
11:00	Modern Aspects of Training	Safeguarding Policies in FISA	Press Conference	Exhibition
12:00				
	Lunch Break			Inspection
13:00				
	Paralympics and Safeguarding			
14:00	Rowing and the Heart - Adaption to High Volume Stress	Workshop Preventing Injury in the Developing Rower	Reserved for FISA	Exhibition
15:00				
	Break			Inspection
16:00	Free Communications - Ergometer and Performance	Coaches Seminar Applied Psychological Issues for Coaches	Free Communications Poster Session	Exhibition
17:00				
17:15				
		Seeding Workshop for Coaches		
18:00				

Main Topics
 Seminar
 Workshop
 Exhibition
 Free Communications



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Thursday, November 22nd 2018

Location: Main Lecture Hall DÖBLIN I+II

Main Topics

08:30 - 10:00

Session 3 | Health Related Aspects

Chairs:

Dr. Alain Lacoste

FISA Anti-Doping-Department, Lausanne, Switzerland

Dr. Donia Koubaa

National Institute of Sports Medicine and Science, Tunis, Tunisia

08:30

Biological Profile – the Hematological Passport – Putting Science into Anti-Doping

Dr. Raphaël Faiss

University of Lausanne, Institute of Sports Sciences, Lausanne, Switzerland

09:00

Use of Non-Prohibited Medication in Sports – Legal, but what is Sound?

Dr. med. Maximilian Schindler

Geneva Hôpital Université, Unité d'orthopédie et de traumatologie du sport, Geneva, Switzerland

09:30

Health, Sports and Exercise is Medicine

Dr. Klaus-Michael Braumann

University of Hamburg, Department of Sports- and Physical Activity Medicine / Faculty for Psychology and Sports Sciences, Hamburg, Germany

10:00

Break

10:30 - 11:00

Opening Ceremony

Jean-Christophe Rolland

President, International Rowing Federation (FISA)

Siegfried Kaidel

President, German Rowing Federation (Deutscher Ruderverband)

Ralf Göbel

Department of Sport, Ministry of Interior, Federal Republic of Germany, Berlin (Abteilung Sport, Bundesministerium des Innern, für Bau und Heimat)

Ralph Tiesler

Director, Federal Institute of Sport Sciences (Bundesinstitut für Sportwissenschaft)

Dr. Klaus-Michael Braumann

University of Hamburg, Department of Sports- and Physical Activity Medicine, Faculty for Psychology and Sports Sciences, Hamburg, German



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Thursday, November 22nd 2018

Location: Main Lecture Hall DÖBLIN I+II

Main Topics

11:00 - 12:30

Session 4 | Modern Aspects of Training

Chairs:

Dr. Gunnar Treff

Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany

Dr. Helmi Chaabene

University of Potsdam, Division of Training and Movement Science, Potsdam, Germany

11:00

Current Data on Strength Testing and Training of Rowers

Dr. Trent Lawton

Auckland University of Technology, Sport Performance Research Institute, New Zealand

11:30

Training Intensity Distribution among Well-Trained Athletes

Dr. Billy Sperlich

University of Würzburg, Institute of Sport Science, Würzburg, Germany

12:00

Modern Concepts in Altitude Training

Dr. Carsten Lundby

University of Copenhagen, Department of Clinical Medicine, Copenhagen, Denmark

12:30 - 13:30

Lunch Break

13:30 - 14:00

Session 5 | Paralympics and Safeguarding

Chairs:

Lenka Dienstbach-Wech

FISA Athletes Commission; Dep. of Orthopaedic, Trauma and Spine Surgery, Hospital zum Heiligen Geist, Frankfurt, Germany

Tarina van der Stockt

FISA Para Rowing Commission, Austin, TX, USA

13:30

Injury Prevention in Paralympic Athletes – it Is not only a Physical Issue!

Dr. Yetsa A. Tuakli-Wosornu

Yale New Haven Hospital, Department of Chronic Disease Epidemiology, New Haven, CT, USA

Thursday, November 22nd 2018

Location: Main Lecture Hall DÖBLIN I+II

Main Topics

14:00 - 15:30

Session 6 | Rowing and the Heart – Adaptation to High Volume Stress

Chairs:

Dr. Jürgen M. Steinacker

Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany

Dr. Henning Bay-Nielsen

University of Copenhagen, Faculty of Science, Department of Nutrition, Exercise and Sports
Employed at Sanos Clinic, Herlev, Denmark

14:00

High Cardiac Output Athletes – the Role of Ventricular Remodeling

Dr. Aaron Baggish

Massachusetts General Hospital, Department of Cardiac Unit Associates, Boston, MA, USA

14:30

Cardiac Hypertrophy in Athletes – what Is Normal?

Dr. Domenico Corrado

University of Padua, Department of Cardiac, Thoracic and Vascular Sciences, Padua, Italy

15:00

The Heart in the Ageing Athlete – the role of Chronic Coronary Stress

Dr. Sanjay Sharma

University of London, Inherited Cardiac Diseases and Sports Cardiology, London, United Kingdom

15:30

Coffee Break

Thursday, November 22nd 2018

Seminar

08:00 - 10:00

Seminar | Coaches in the Spotlight

Virchow I+II

Chairs:

Rosie Mayglothling

Chair FISA Competitive Commission, London, United Kingdom

Faysal Soula

FISA Competitive Commission, Tunis, Tunisia

with

Sven Ueck

German Rowing Federation, Hannover, Germany

Josy Verdonkschot

Royal Dutch Rowing Federation Amsterdam, Netherlands

16:00 - 17:30

Coaches Seminar | Applied Psychological Issues for Coaches

Virchow I+II

Chairs:

Dr. Michael Kellmann

Ruhr University Bochum, Faculty of Sport Science, Unit of Sport Psychology, Bochum, Germany

Henk-Jan Zwolle

FISA Competitive Commission. Amsterdam, The Netherlands

Burnout is not about Me. What Is to Know for Coaches.

Kristin Holzäpfel

Ulm University Hospital, Dept. of Psychosomatic Medicine, Ulm, Germany

Practice what You Preach? The Role of Coaches' Recovery and Well-Being for Athletes' Performance

Dr. Yannick Balk

University of Amsterdam, Department of Work and Organizational Psychology, Amsterdam, Netherlands

Why and How to Monitor the Recovery-Stress States in Athletes

Dr. Michael Kellmann

Ruhr University Bochum, Faculty of Sport Science, Unit of Sport Psychology, Bochum, Germany



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Thursday, November 22nd 2018

Workshops

11:00 - 12:30

Workshop | Safeguarding Policies in FISA

Virchow I+II

Lenka Dienstbach-Wech

FISA Athletes Commission; Dep. of Orthopaedic, Trauma and Spine Surgery, Hospital zum Heiligen Geist, Frankfurt, Germany

Dr. Yetsa A. Tuakli-Wosornu

Yale New Haven Hospital, Department of Chronic Disease Epidemiology, New Haven, CT, USA

Annamarie Phelps

Chair, Safeguarding Adults in Sport Strategic Partnership, United Kingdom

14:00 - 15:30

Workshop | Preventing Injury in the Developing Rower

Virchow I+II

Dr. Larissa Trease

Orthopaedics ACT, Australia

Kellie Wilkie

Rowing Australia, Australian Physiotherapy Association Titled Sports & Exercise Physiotherapist, Tasmania, Australia

Connie Draper

FISA Equipment and Technology Commission, Victoria, BC, Canada

17.30 - 18:15

Coaches Workshop | Seeding – Workshop for Coaches

Virchow I+II

Chair:

Rosie Mayglothling

Chair FISA Competitive Commission, London, United Kingdom



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Thursday, November 22nd 2018

Free Communications

16:00 - 17:00

Free Communications | Ergometer and Performance (10 min´s)

Main Lecture Hall DÖBLIN I+II

Chairs:

Gianni Postiglione

FISA Coaching Director, Development Department, Lausanne, Switzerland

Connie Draper

FISA Equipment and Technology Commission, Victoria, BC, Canada

16:00 - 16:15

The Mechanical Rower: Construction, Validity, and Reliability of a Measuring Device for Wind Braked Rowing Ergometers

Lennart Mentz¹, Gunnar Treff¹, Jürgen M Steinacker¹, Georg Schulz², Thomas Engleder²

¹Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany;

²Faculty of Mechatronics and Medical Engineering, University of Applied Sciences, Ulm, Germany

16:15 - 16:30

Influence of Stroke Characteristics on Power Calculation in Wind Braked Rowing Ergometers

Gunnar Treff¹, Lennart Mentz¹, Jürgen M Steinacker¹, Georg Schulz², Thomas Engleder²

¹Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany;

²Faculty of Mechatronics and Medical Engineering, University of Applied Sciences, Ulm, Germany

16:30 - 16:45

A Comparison of the Physiological Responses to Identical Power Outputs on the CII BikeErg and CII RowErg.

Kirstie Turner¹, Angus McCarthy², Anthony Rice³

¹Ulster University, Northern Ireland, ²University of Canberra, Australia, ³Rowing Australia, Australia

16:45 - 17:00

Optimization of a Rowing Seat Using Human Modeling and 3D Print Technology

Manuela Boin, Gottfried Goebel, Helmut Hofmann, Susanne Hummel

University of Applied Sciences Ulm, Ulm, Germany



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Thursday, November 22nd 2018

Free Communications

16:00 - 17:00

Free Communications | Poster Session

Einstein II

Chairs:

Dr. Petra Zupet

IMS Institute for Medicine and Sports, Ljubljana, Slovenia

Dr. Max Reinelt

German Rowing Federation, Ulm University Hospital, Dept. Anesthesia, Germany

Measurement of Maximal Accumulated Oxygen Deficit in Rowing

Yusuke Shirai

University of Tsukuba, Postdoctoral researcher, Japan

Racing Strategy for Rowing

Pornthep Rachnavy

University of Technology, Suranaree, Thailand

Effect of Indoor Rowing Training Program on Muscular Strength in Female Older Adults

Thaiwichai Khaothin

University of Technology, Suranaree, Thailand

GIS - Supported Analysis of Tour Rowing on German Waterways

Stefan Mühl

German Sport University Cologne, Cologne, Germany

17:30

End of Scientific Program | Day Two





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Rowing Conference online in
German Journal of Sports
Medicine

Friday, November 23rd 2018

Conference Overview

	Hall DÖBLIN I+II	Virchow I+II	Einstein II	Foyer
08:00	High Performance			
09:00		Sponsored Workshop on Technogym Ergometer	Free Communications Talent Identification and Development	Exhibition
10:00	Break			Inspection
11:00	Musculoskeletal Pain Syndroms	Free Communications Biomechanics	Hands-on Seminar Echocardiography	Exhibition
12:00		Event: Rowing Avatar		
	Lunch Break			Inspection
13:00	Preparation for Tokyo - Performance in the Heat	Coastal Rowing for Coaches	Athletes Commission	
14:00				
	Break			
14:30	Free Communications Physiology	Discussion with Coaches on the Spotlight	Reserved for FISA	
15:00				
15:30	Final Session FISA			
16:00				
16:45	Doors Closed			
19:30	Doors Open FISA World Rowing Awards Gala			

 Main Topics
  Seminar
  Workshop
  Exhibition
  Free Communications

Friday, November 23rd 2018

Location: Main Lecture Hall DÖBLIN I+II

Main Topics

08:00 - 10:15

Session 7 | High Performance Sport

Chairs:

Juliane Möcklinghoff

Norddeutscher Rundfunk, Hamburg

Dr. Jürgen M. Steinacker

Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany

08:00

Empowering Athletes and Facilitating Them to Take Risks?

Lesley McKenna

British National Governing Body for Skiing and Snowboarding, London, United Kingdom

08:30

Performance and Ethics – Friend and Foe?

Dr. Michael J McNamee

Swansea University, College of Engineering, Swansea, United Kingdom

09:00

Why is Sport Losing its Attractiveness and Credibility?

Dr. Denis Oswald

International Olympic Committee Executive Board Member, FISA Honorary President;
University of Neuchâtel, Neuchâtel, Switzerland

09:30 – 10:15

Round Table with Disputants:

Moderator:

Juliane Möcklinghoff

Norddeutscher Rundfunk, Hamburg

Lesley McKenna, Dr. Michael J McNamee, Dr. Denis Oswald, Dr. Jürgen M. Steinacker

10:15

Break

Friday, November 23rd 2018

Location: Main Lecture Hall DÖBLIN I+II

Main Topics

10:30 - 12:30

Session 8 | Musculoskeletal Pain Syndromes

Chairs:

Dr. Peter Kokas

Semmelweis University, 1. Surgical Department, Budapest, Hungary

Dr. Piero Poli

"A. Manzoni" Hospital – Lecco, Italy

10:30

Management of Acute Low Back Pain in Rowers – an Athlete Care Pathway

Dr. Fiona Wilson

University of Dublin, Discipline of Physiotherapy, Dublin, Ireland

11:00

Thoracic Wall Pain Syndromes in Rowers

Dr. Jane S Thornton

University of Western Ontario, Department of Family Medicine, London, Ontario, Canada

11:30

Diagnostic and Therapeutic Strategies for Ribstress Fractures in Athletes

Dr. Mike Wilkinson

Allan McGavin Sports Medicine Centre, Vancouver, Canada

12:00

Femoroacetabular Impingement Syndromes in Rowing

Dr. Tomislav Smoljanovic

University Hospital Centre Zagreb, Department of Orthopaedic Surgery Zagreb, Croatia

12:30 - 13:15

Lunch Break

13:15 - 14:15

Session 9 | Preparation for Tokyo – Performance in the Heat

Chairs:

Dr. Mikio Hiura

Aomori University, Center for Brain and Health Sciences, Aomori City, Japan

Dr. Anthony Rice

Rowing Australia, Australian Institute of Sport, Sydney, Australia

13:15

Heat Adaptation

Dr. José González-Alonso

Brunel University London, Department of Life Sciences, London, United Kingdom

13:45

Management of Heat - Precooling and Cooling Strategies

Dr. Anthony Rice

Rowing Australia, Australian Institute of Sport, Sydney, Australia

14:15 - 14:30

Break

15:45 - 16:45

FINAL SESSION with FISA



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Friday, November 23rd 2018

Seminar

08:30 - 10:00

Sponsored Workshop
Skillrow, Leading the Race in a Connected World
Sponsored by Technogym S.p.A

Virchow I+II

Giuseppe Fedele

Research & Innovation Manager, Technogym S.p.A

Davide De Remigis

Product Manager, Technogym S.p.A

10:00 - 12:00

Hands-on Seminar | Echocardiography

Einstein II

Dr. Hasema Persch

Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany

14:30 - 16:00

Seminar | Discussion with Coaches on the Spotlight

Virchow I+II

Chairs:

Gianni Postiglione

FISA Coaching Director, Development Department, Lausanne, Switzerland

Peter Cookson

FISA Competitive Commission, London, Ontario, Canada

with

Sven Ueck

German Rowing Federation, Hannover, Germany

Josy Verdonkschot

Royal Dutch Rowing Federation Amsterdam, Netherlands

Friday, November 23rd 2018

Workshops

13:15 - 14:15

Workshop | Coastal Rowing for Coaches

Virchow I+II

Guin Batten

FISA Rowing for All Commission, Great Britain

13:15 - 14:15

Workshop | Athletes Commission

Einstein II

13:15 - 13:45

How Athletes May Help to Improve Coaches Performance

Lenka Dienstbach-Wech

FISA Athletes Commission; Dep. of Orthopaedic, Trauma and Spine Surgery, Hospital zum Heiligen Geist, Frankfurt, Germany

13:15 - 14:15

How Athletes, Coaches and the Sport Can Benefit from Increased Media Visibility?

Frida Swenson¹, Sophie Hosking¹, Pat Lambert²

¹FISA Athletes Commission, ²FISA Marketing Commission

Friday, November 23rd 2018

Free Communications

08:30 - 09:30

Free Communications | Talent Identification and Development

Einstein II

Chairs:

Dr. Petra Zupet

IMS Institute for Medicine and Sports, Ljubljana, Slovenia

Dr. Gunnar Treff

Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany

08:30 - 08:45

The Double Burden of Education and Being an International Top Rower (U19/U23) Simultaneously

Mareike Adams

Universität Duisburg-Essen, Duisburg, Germany

08:45 - 09:00

Anthropometric Characteristics of Elite Junior Rowers Affect Long-Term Career Attainment: A Retrospective Analysis Covering Twenty-Three Years

Kay Winkert, Jürgen M. Steinacker, Werner Lormes, Katja Machus, Gunnar Treff

Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany

09:00 - 09:15

Way to the Top - Relationship between Junior and Elite Success in Rowing

Katrin Altmann, Antje Hoffmann

Institute for Applied Training Science, Leipzig, Germany

09:15 - 09:30

Evaluation of 10-Weeks of Off-Season Rowing Training in Schoolgirl Rowers Using Rowing Ergometer Technique Indices

Charlie Simpson¹, A Bennett¹, M Boast¹, G Walsh¹, Valery Kleshnev²

¹Oxford Brookes University, Oxford, United Kingdom, ²BioRow Ltd, Slough, United Kingdom



Find Abstracts of FISA World
Rowing Conference online in
German Journal of Sports
Medicine

Friday, November 23rd 2018

10:15 - 12:10

Free Communications | Biomechanics

Virchow I+II

Chairs:

Connie Draper

FISA Equipment and Technology Commission, Victoria, BC, Canada

Peter Cookson

FISA Competitive Rowing Commission, London, Ontario, Canada

10:15 - 10:30

Development of Stroke Rate in Rowing from 2013 to 2018

Katrin Altmann

Institute for Applied Training Science, Leipzig, Germany

10:30 - 10:45

A New Oar with an Attached Hydrofoil Limits Diving Depth and Increases Boat Speed

Ian Randall

RANDALLfoil, Leura, Australia

10:45 - 11:10

Criteria of Rowing Technique Effectiveness

Valery Kleshnev

BioRow Ltd, Slough, United Kingdom

11:10 - 11:35

On the Effect of the Dominant Non-Oarside-Arm Pull on the Forces at the Handle and Foot-Stretcher in Sweep-Rowing

Klaus Mattes, Stefanie Manzer, Martin Reischmann, Nina Schaffert

University of Hamburg

11:40 - 12:10

Special Event – Rowing Avatar

Computersimulation: the Development of a Rowing Avatar

Alan Cotter

FISA Competitive Commission. Cambridge, New Zealand

Zuzana Bahulova

Zlin, Czech Republic



Find Abstracts of FISA World
Rowing Conference online in
German Journal of Sports
Medicine

Friday, November 23rd 2018

14:30 - 15:30

Free Communications | Physiology (10 + 5 min's)

Hall Döblin I+II

Chairs:

Dr. Henning Bay-Nielsen

University of Copenhagen, Faculty of Science, Department of Nutrition, Exercise and Sports
Employed at Sanos Clinic, Herlev, Denmark

Dr. Hasema Persch

Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany

14:30 - 14:45

Cardiac Etiology of Exercise Induced Hypoxemia within Elite Athletes

Juri Dostal¹, R Kockova², V Kocka³

¹Center of Sports Medicine, Faculty of Medicine in Hradec Kralove, Charles University, Prague, Czech Republic; ²Institute of Clinical and Experimental Medicine, Prague, Czech Republic; ³University Hospital Kralovske Vinohrady, Prague, Czech Republic

14:45 - 15:00

Increased Hepcidin Levels During a High Volume Training Period Do not Alter Iron Status in Elite Rowers

Martina Zügel, Uwe Schumann, Jürgen Steinacker, Kay Winkert, Gunnar Treff

Ulm University Hospital, Division of Sports and Rehabilitation Medicine, Ulm, Germany

15:00 - 15:15

Precooling in Rowing and its Impact on Endurance and Competition Performance

Michael Zyskowski^{1,2}, Tobias Sigmund¹, Harald Tschan¹

¹Centre of Sport Science and University Sport, University of Vienna, Vienna, Austria; ²Technical University Munich, Department of Trauma Surgery, Munich, Germany

15:15 - 15:30

Is the Stomach's Ability to Empty Glucose Drink Compromised during one Hour of Moderate Intensity Ergometer Rowing?

Charlie Simpson, Simon Barr, Barrie-Jon Mulder

Oxford Brookes University, Oxford, United Kingdom

15:30

End of Scientific Program | Day Three

15:45 - 16:45

FINAL SESSION with FISA

17:00

Doors close

19:30

Doors open for FISA World Rowing Awards Gala



Find Abstracts of FISA World Rowing Conference online in German Journal of Sports Medicine

Speakers

A

Ackerman	Kathryn E.	Boston, MA, USA
Adams	Mareike	Duisburg, Germany
Altmann	Katrin	Leipzig, Germany

B

Baggish	Aaron	Boston, MA, USA
Bahulova	Zuzana	Zlín, Czech Republic
Balk	Yannick	Amsterdam, Netherlands
Barr	Simon	Oxford, United Kingdom
Batten	Guin	Great Britain
Bay-Nielsen	Henning	Herlev, Denmark
Benedikter	Chiara	Duesseldorf, Germany
Bennett	A	Oxford, United Kingdom
Bittersohl	Bernd	Duesseldorf, Germany
Bloch	Wilhelm	Cologne, Germany
Boast	M	Oxford, United Kingdom
Boin	Manuela	Ulm, Germany
Braumann	Klaus-Michael	Hamburg, Germany
Braybon	Wendy	Victoria, Australia

C

Chaabene	Helmi	Potsdam, Germany
Cookson	Peter	Ontario, Canada
Corrado	Domenico	Padua, Italy
Cotter	Alan	Cambridge, New Zealand

D

Dienstbach-Wech	Lenka	Frankfurt, Germany
Dostal	Juri	Prague, Czech Republic
Doyle-Baker	Patricia K	Calgary, Alberta, USA
Draper	Connie	Victoria, BC, Canada
Drew	Mick	Victoria, Australia

E

Engleder	Thomas	Ulm, Germany
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F

Faiss	Raphaël	Lausanne, Switzerland
Franz	Alexander	Duesseldorf, Germany
Fung	Tak	Calgary, Alberta, USA

G

Goebel	Gottfried	Ulm, Germany
González-Alonso	José	London, United Kingdom

H

Harris	Rachel	Canberra, Australia
Hauptman	Natalija	Koper, Slovenia
Hiura	Mikio	Aomori City, Japan
Hoffmann	Antje	Leipzig, Germany
Hofmann	Helmut	Ulm, Germany
Holzäpfel	Kristin	Ulm, Germany
Hosking	Sophie	FISA
Hoy	Gregory	Melbourne, Australia
Hummel	Susanne	Ulm, Germany

J

Jaeger Marcus Essen, Germany

K

Kellmann Michael Bochum, Germany
 Khaothin Thaiwichai Suranaree, Thailand
 Kleshnev Valery Slough, United Kingdom
 Kocka V Prague, Czech Republic
 Kockova R Prague, Czech Republic
 Köhler Karsten Lincoln, NE, USA
 Kokas Peter Budapest, Hungary
 Kokts-Porietis Renée L Calgary, Alberta, USA
 Konieczny Markus Duesseldorf, Germany
 Koubaa Donia Tunis, Tunisia
 Krauspe Rüdiger Duesseldorf, Germany

L

Lacoste Alain Lausanne, Switzerland
 Lambert Pat FISA
 Lawton Trent Auckland, New Zealand
 Lormes Werner Ulm, Germany
 Lundby Carsten Copenhagen, Denmark

M

Machus Katja Ulm, Germany
 Manzer Stefanie University of Hamburg
 Mattes Klaus University of Hamburg
 Mayer Constantin U. Essen, Germany
 Mayglothling Rosie London, United Kingdom
 McCarthy Angus Canberra, Australia
 McKenna Lesley London, United Kingdom
 McNamee Michael J Swansea, United Kingdom
 Mentz Lennart Ulm, Germany
 Möcklinghoff Juliane Hamburg, Germany
 Mühl Stefan Cologne, Germany
 Mulder Barrie-Jon Oxford, United Kingdom

O

Oswald Denis Neuchâtel, Switzerland

P

Persch Hasema Ulm, Germany
 Phelps Annamarie United Kingdom
 Pitsiladis Yannis Eastbourne, United Kingdom
 Planinc Nejc Ljubljana, Slovenia
 Poli Piero Lecco, Italy
 Postiglione Gianni Lausanne, Switzerland

R

Rachnavy Pornthep Suranaree, Thailand
 Randall Ian Leura, Australia
 Reinelt Max Ulm, Germany
 Reischmann Martin University of Hamburg
 Rice Anthony Sydney, Australia

S

Schaffert Nina University of Hamburg
 Schindler Maximilian Geneva, Switzerland
 Schulz Georg Ulm, Germany
 Schumann Uwe Ulm, Germany

Sharma	Sanjay	London, United Kingdom
Shirai	Yusuke	Tsukuba, Japan
Sigmund	Tobias	Vienna, Austria;
Simpson	Charlie	Oxford, United Kingdom
Smoljanovic	Tomislav	Zagreb, Croatia
Soula	Faysal	Tunis, Tunisia
Sperlich	Billy	Würzburg, Germany
Steinacker	Jürgen M.	Ulm, Germany
Štumberger	Nina	Koper, Slovenia
Swenson	Frida	FISA

T

Thornton	Jane S	Ontario, Canada
Trease	Larissa	Victoria, Australia
Treff	Gunnar	Ulm, Germany
Tschan	Harald	Vienna, Austria
Tuakli-Wosornu	Yetsa A.	New Haven, CT, USA
Turner	Kirstie	Ulster, Northern Ireland,

U

Ueck	Sven	Hannover, Germany
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V

van der Stockt	Tarina	Austin, TX, USA
van der Veeken	Tessa	Calgary, Alberta, USA
Verdonkschot	Josy	Amsterdam, Netherlands

W

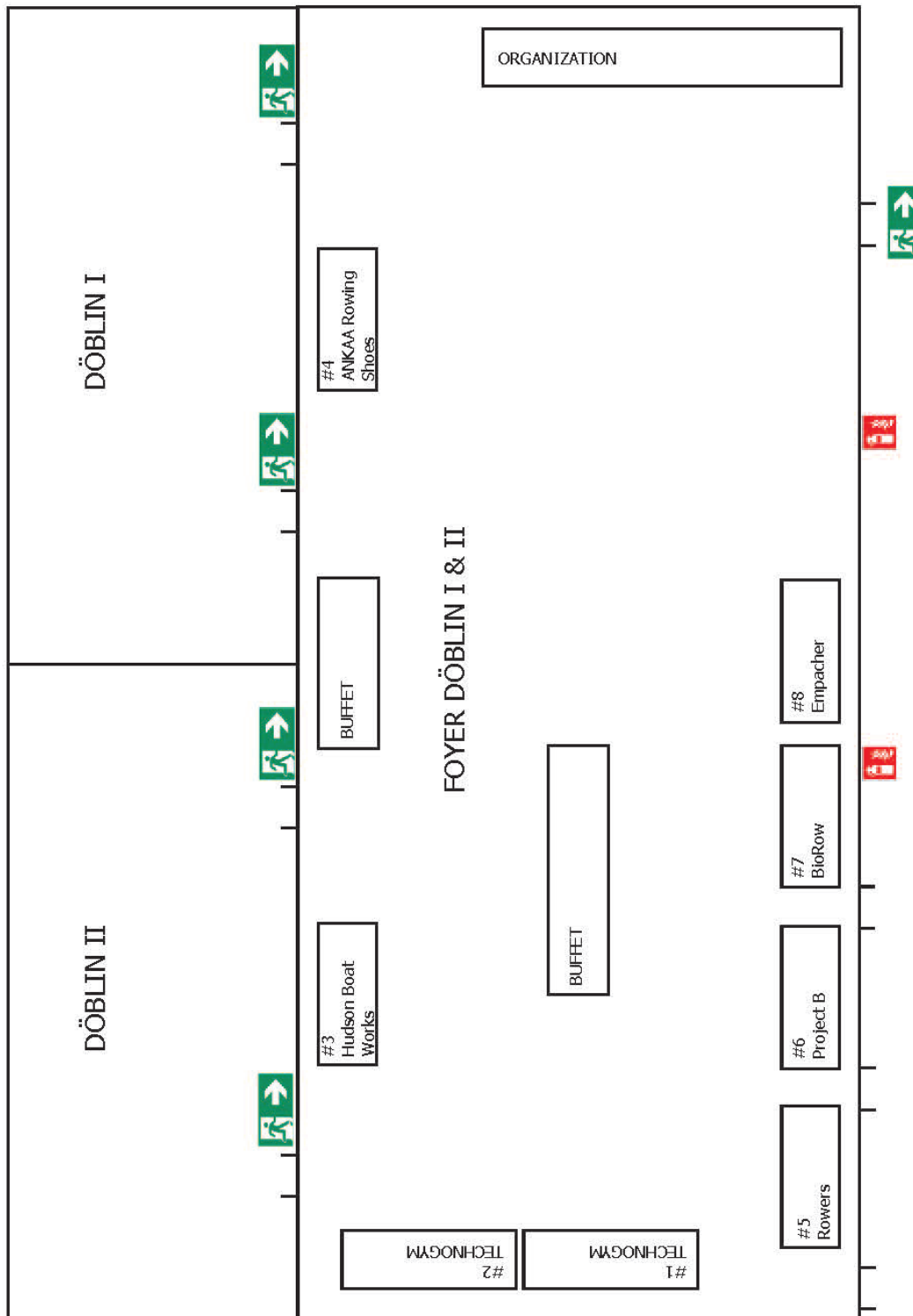
Walsh	G	Oxford, United Kingdom
Washington	Mickel	Ulm, Germany
Wilkie	Kellie	Victoria, Australia
Wilkie	Kellie	Victoria Tasmania, Australia
Wilkinson	Mike	Vancouver, Canada
Wilson	Fiona	Dublin, Ireland
Winkert	Kay	Ulm, Germany
Wolfarth	Bernd	Berlin, Germany

Z

Zilkens	Christoph	Duesseldorf, Germany
Zügel	Martina	Ulm, Germany
Zupet	Petra	Ljubljana, Slovenia
Zwolle	Henk-Jan	Amsterdam, Netherlands
Zyskowski	Michael	Vienna, Austria Munich, Germany

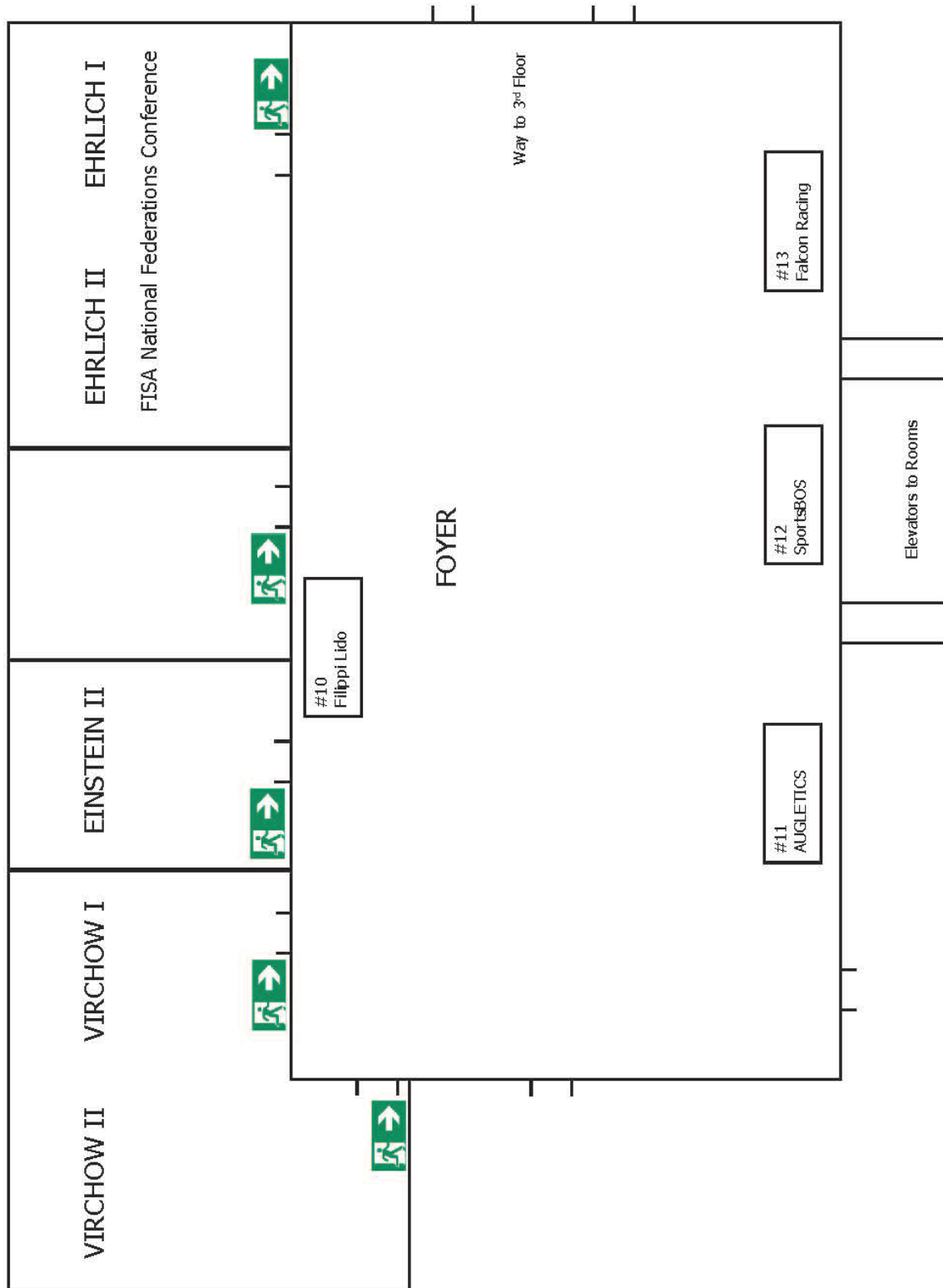
Venue Plan

Level 3



Venue Plan

Level 2



Travel Information

Travel by Plane

Closest airports to the congress are:



Flughafen Berlin-Schönefeld, SXF (24 km)

To and from the airport SXF: <https://www.berlin-airport.de/en/travellers-sxf/to-and-from/index.php>



Flughafen Berlin-Tegel, TXL (13 km)

To and from the airport TXL <https://www.berlin-airport.de/en/travellers-txl/to-and-from/index.php>

Travel by Train

You may want to take a train (fastest train is the "ICE" =Intercity Express) directly to the central station in Berlin: Search and bookings at www.bahn.de.



Nearest tram station: **Berlin Alexanderplatz Bahnhof**

Nearest underground station: **Berlin Alexanderplatz**

Travel by Car

Car rentals are offered e.g. by

www.sixt.de | www.happy-car.de | www.europcar.com

Accommodation



Your congress fee already includes the accommodation, room rental and catering. Here you can find more information about the **Park Inn Alexanderplatz** (www.parkinn-berlin.de).



Information about accommodation: **Motel One Berlin-Alexanderplatz** (www.motel-one.com)

Approach to Park Inn Alexanderplatz



Approach to Park Inn by Radisson Berlin-Alexanderplatz

Longitude: 13.416593 // Latitude: 52.523066

From the Airport

From Schönefeld – distance ca. 22 km:

- By Regional Express Train RE7 or Regional Train RB14 to "Alexanderplatz" – 20 minutes
- By S-Bahn (S9 – Direction "Pankow") to "Ostkreuz", change to S3 or S75 (Direction "Spandau"), S5 or S7 (Direction "Potsdam Hbf"), to "Alexanderplatz" – 40 minutes

From Tegel – distance ca. 13 km:

- By Bus "TXL", which stops directly in front of the Terminal and brings you to Alexanderplatz – 40 minutes

From the Train Station

From Hauptbahnhof – distance ca. 5 km:

- All S-Bahn trains towards East
 - S3 "Erkner"
 - S5 "Strausberg Nord"
 - S7 "Ahrensfelde"
 - S75 "Wartenberg"
 to "Alexanderplatz"

From Ostbahnhof – distance ca. 3 km:

- S-Bahn S3 or S75 towards "Spandau", S5 or S7 towards "Potsdam Hbf" to "Alexanderplatz"

Park Inn by Radisson Berlin Alexanderplatz

Alexanderplatz 7, 10178 Berlin, Germany
 T: +49 30 2389 0
 info@parkinn-berlin.com

parkinn-berlin.de

By Car

From Hamburg & Rostock (A19, A24)

- A10: Take the Turn off number 35-Pankow (Dreieck Pankow) onto the A114 in direction to "Berlin Mitte/Zentrum". Distance ca. 8 km
- Follow „Prenzlauer Allee“ (B109) towards „Karl-Liebknecht-Straße“.
- Turn left on to Alexanderstraße and the hotel will be on your right hand side.
- The underground parking „Q-Park“ is just in front of the hotel.

From Hannover, Nürnberg, Leipzig, Magdeburg (A2, A9)

- A10: Take the Turn off Number 16 (Dreieck Nuthetal) onto the A115 in direction „Berlin Zentrum/Berlin-Zehlendorf“. Follow the road for 28 km.
- At „Dreieck Funktum“ (Turnoff Number 1) take the A100 in direction "Hamburg"/"Flughafen Tegel". Follow "Seestraße" in direction "Berlin Mitte"/"Tiergarten".
- Turn right and stay for about 6 km on "Müllerstraße", "Chausseestraße" and "Friedrichstraße".
- Turn left on "Friedrichstraße" onto "Unter den Linden", which will lead you to "Karl-Liebknecht-Straße" and directly to the hotel, which will be on your right hand side.
- The underground parking "Q-Park" is just in front of the hotel.

From Dresden (A13)

- At "Schönefelder Kreuz" follow the A113 (about 20 km) towards "Dreieck Neukölln".
- Follow the A100 for about 4.4 km.
- Take Exit 20 at "Tempelhofer Damm" and continue on the B96 in direction "Kreuzberg".
- Stay on that road and follow "Wilhelmstraße" for about 1 km before turning right into "Kochstraße".
- Turn Left into "Friedrichstraße" and follow this road for 1 km.
- Turn Right onto "Unter den Linden", which will lead you to "Karl-Liebknecht-Straße" and to the hotel on your right hand side.
- The underground parking "Q-Park" is just in front of the hotel.



World Rowing Sports Medicine and Science Conference 2018
Berlin, Germany
November 21-23, 2018



Notes



**Division of Sports and Rehabilitation Medicine |
University of Ulm, Germany**

www.uniklinik-ulm.de/sportmedizin



**German Rowing Federation |
Deutscher Ruderverband, Germany**

www.rudern.de/



FISA World Rowing Federation

www.worldrowing.com/

