You are able to register for the conference in several different categories and take advantage from the early registration fees before September 15th.

**REGISTRATION FEES AND CATEGORIES (VAT INCLUDED)**

- Congress Bag
- Attendance Certificate

**Registration Fee Includes**

- n.1 Access to Buffet lunch (Only Standard or Member Registration. Students can add the service at €25 during registration)
- n.2 coffee Break
- Access to the European Journal of Translational Science Special Issue (Conference Abstract Book)

**Registration available online to be paid by credit card (Visa, Mastercard) or bank transfer at:**

**PAYING METHOD**

- **IBAN:** IT53P0200812730000040843131
- **SWIFT:** UNCRITM1DH9

**UNICREDIT BANCA**

**REFERENCE:** ISF Madrid 2019 + Name

**CANCELLATION POLICY**

For written cancellations received before 31st August 2019 the cancellation fee is 50%. Thereafter no refund will be paid on the registration fees.

**STANDARD**

- Before 15/9: €300
- After 15/9: €350

**MEMBER**

- Before 15/9: €220
- After 15/9: €270

**STUDENT**

- Before 15/9: €110
- After 15/9: €160

**Students Registration does not include access to the lunch buffet**
Dear colleagues,

On behalf of the European Sport Nutrition Society and the Strength & Conditioning Society, we would like to extend a warm welcome to join us at the International Sport Forum on Strength & Conditioning & Nutrition in Madrid from 15-16 November 2019. The conference will take place right in the heart of Spain, surrounded by all the history and magic that this unforgettable city has to offer.

We are confident that you will find the dynamic and up to date scientific programme, delivered by some of the leading exponents and thinkers in sport nutrition, training, rehabilitation and performance, enjoyable and stimulating. Our congress goal is to bring together experts in each field of research and study, and we aim to provide every opportunity for delegates to learn from, and contribute to, the latest developments in Sports Nutrition and Strength and Conditioning science in a stimulating social and professional setting.

We look forward to seeing you there!

---

**Prof. Antonio Paoli MD, BSc, FECSS, FACSM**
- ESNS President
- Full Professor of Exercise and Sport Sciences
- Head, Nutrition and Exercise Physiology Laboratory
- Department of Biomedical Sciences - School of Medicine
- Rector’s Delegate for Sport and Wellness
- University of Padova - Padova (Italy)
- President of the Italian Society of Exercise and Sport Sciences (SISMeS)

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**José Luis Mendoza Pérez**
- Chairman of the Universidad Católica de Murcia
- Member of the Spanish Olympic Committee

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**Prof. Pedro Emilio Alcaraz, PhD**
- SCS President
- Full Professor in Strength Training, Faculty of Sport Sciences
- Head of UCAM Research Center for High Performance Sport
- Universidad Católica San Antonio de Murcia
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WELCOME TO INTERNATIONAL SPORT FORUM
MADRID 2019

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Prof. Pedro Emilio Alcaraz, PhD
- SCS Vice President
- Full Professor of Exercise and Sport Sciences
- Head, Strength and Conditioning Laboratory
- Department of Biomedical Sciences - School of Medicine
- European Sport Nutrition Society
Title: High Performance Sport: an integrative Approach
Speaker: Stu Phillips (CAN)
Speaker: John Hawley
Speaker: James Betts (UK)

13.00 - 13.15
Break

14.45 - 15.45
Chairs: Elena Volpi (USA); Antonio Paoli (ITA)

Title: Training and Nutrition for Glycogen optimization

15.45 - 16.45
Chairs: Antonio Paoli (ITA), Pedro E. Alcaraz (SPA)

17.00 - 18.00
Chairs: Adam Zajac (POL), M.A. Lizarraga (ESP)

Speakers: G. Haff (AUS) vs. J. Loenneke (USA)

ESNS President, D. Antonio Paoli

Title: Training Periodization for Strength and Power Hypertrophy (Face to Face)

13.15 - 14.15
Chairs: Pete Pompei (ITA), Truls Raastad (NOR)

Title: Hormones, strength training and nutrition: an overview (Face to Face)

12.00 - 13.00
Chair: Pedro E. Alcaraz (ESP), Antonio Paoli (ITA)

16.45 - 17.00
Break

SCS President, D. Pedro E. Alcaraz

Title: Ergogenic aids for performance
Speaker: Ron Maughan (UK)

Title: Protein for Athletes: State of the art

14.15 - 14.45
Coffee Break + Poster Session I

18.00 - 19.00
Chair: Elena Volpi (USA), Antonio Paoli (ITA)

19.00 - 20.30
Finalist Oral Communication (SCS – ESNS)

10.00 - 11.30
Registration Open

11.30 - 12.00
Opening Ceremony with welcome from Spanish Olympic Committee President, D. Alejandro Blanco
UCAM President, D. José Luis Mendoza Pérez

17.00 - 18.15

11.15 - 11.45

12.45 - 13.15

11.45 - 12.45

13.15 - 14.15

15.30 - 16.00

16.00 - 17.00

14.15 - 15.30

19.15 - 20.00

09.00 - 10.00

10.00 - 11.15

Sponsored workshop

Workshop SCS
Invited sessions
Topic: Establishing the Academic Training for the Strength and Conditioning Coach: A brain storm
Chris Bishop (UKSA - UK)
Francesco Cuzzolin (EPCSA – ITA)

Break + Poster Session II
Chair: Pedro E. Alcaraz (SCS – SPA)
David García López (NSCA - SPA)

Oral Communication Strength & Conditioning Workshop SCS
Mikel Izquierdo (SPA):
Utilization of strength and endurance training for fitness and health: Strategies to optimize Concurrent adaptations.

Oral Communication Strength & Conditioning
Invited sessions
Tony Bazevich (AUS)
Topic: The role of the Strength and Conditioning Coach in the real world
Chair: Fransc Cos (SPA)
Julio Calleja (SPA)

Adam Petway (USA)
Topic: The Role of Head of Performance TBC
Martin Buchheit (FRA)
Duccio Ferrari Bravo (ITA)
Antonio Gómez (SPA)

Break + Poster Session IV

Oral Communication Strength & Conditioning Invited sessions
Igor Jukic (CRO)
Topic: Sport Nutrition for Endurance Athletes
Carbohhydrate dependence during prolonged endurance exercise, Fluid intake in Ultra marathoners
Beat Knechte (CHE)
Chair: Nicola Sponsiello (ITA)
Jonh Hawley (AUS)

Oral Communication: Sport Nutrition
Polyphenols for endurance, Jose A. Calbet (ESP)

Pre sleep meal for athletes, Jorn Trommelen (NLD)

Invited sessions
Topic: Nutrition Recovery for Athletes
Chair: S. Sponsored workshop
Milk for the recovery, Lewis James (GBR)

Workshop ESNS
Antioxidants and vitamins to attenuate post exercise muscle damage: facts or fallacies?

Coffee Break + Poster Session III

Break + Poster Session II

Chair:
Matteo Pincella (ITA), Ian Rollo (UK)

Practical nutritional approach for top soccer players, M.A. Lizarraga (ESP)

Oral Communication: Sport Nutrition
Nutrition in Olympic team sports.

Invited sessions
Oral Communication: Sport Nutrition
Igor Jukic (CRO)

Match day nutrition for football, Ian Rollo (UK)

Workshop ESNS
Mireia Porta (SPA):
Strength and Conditioning Conference
Sport Nutrition Conference

Conference Closing + Awards

11.45 - 12.45

12.45 - 13.15

13.15 - 14.15

15.30 - 16.00

16.00 - 17.00

17.00 - 18.15

14.15 - 15.30

11.15 - 11.45

18.15 - 19:15

19.15 - 20.00

09.00 - 10.00

10.00 - 11.15

12.00 - 13.00
### Saturday 16th November

#### Strength and Conditioning Conference

- **09.00 - 10.00** Oral Communication Strength & Conditioning
- **10.00 - 11.15** Invited sessions  
  **Topic: Establishing the Academic Training for the Strength and Conditioning Coach: A brain storm**  
  Chair: Pedro E. Alcaraz (SCS – SPA)  
  Chris Bishop (UKSA - UK)  
  Francesco Cuzzolin (EPCSA – ITA)  
  David García López (NSCA - SPA)
- **11.15 - 11.45** Break + Poster Session II
- **11.45 - 12.45** Workshop SCS  
  **Mikel Izquierdo (SPA):** Utilization of strength and endurance training for fitness and health: Strategies to optimize Concurrent adaptations.
- **12.45 - 13.15** Coffee Break + Poster Session III
- **13.15 - 14.15** Oral Communication Strength & Conditioning
- **14.15 - 15.30** Invited sessions  
  **Topic: The Role of Head of Performance**  
  Chair: Francesc Cos (SPA)  
  TBC Martin Buchheit (FRA)  
  Igor Jukic (CRO)  
  Tony Bazevich (AUS)
- **15.30 - 16.00** Break + Poster Session IV
- **16.00 - 17.00** Oral Communication Strength & Conditioning
- **17.00 - 18.15** Invited sessions  
  **Topic: The role of the Strength and Conditioning Coach in the real world**  
  Chair: Julio Calleja (SPA)  
  Duccio Ferrari Bravo (ITA)  
  Antonio Gómez (SPA)  
  Adam Petway (USA)
- **18.15 - 19:15** Workshop SCS
  Sponsored workshop
- **19.15 - 20.00** Conference Closing + Awards

#### Sport Nutrition Conference

- **09.00 - 10.00** Oral Communication: Sport Nutrition
- **10.00 - 11.15** Invited sessions  
  **Topic: Sport Nutrition for Endurance Athletes**  
  Chair: Nicola Sponsiello (ITA)  
  Carbohydrate dependence during prolonged endurance exercise, Jonah Hawley (AUS)  
  Fluid intake in Ultra marathoners, Beat Knechte (CHE)  
  Polyphenols for endurance, Jose A. Calbet (ESP)
- **11.15 - 11.45** Break + Poster Session II
- **11.45 - 12.45** Workshop ESNS  
  **Mireia Porta (SPA):** Nutrition in Olympic team sports.
- **12.45 - 13.15** Coffee Break + Poster Session III
- **13.15 - 14.15** Oral Communication: Sport Nutrition
- **14.15 - 15.30** Invited sessions  
  **Topic: Team Sports and Nutrition Management**  
  Chair: Matteo Pincella (ITA), Ian Rollo (UK)  
  Practical nutritional approach for top soccer players, M.A. Lizarraga (ESP)  
  The NBA world, Kristen Andrews (USA)  
  Match day nutrition for football, Ian Rollo (UK)
- **15.30 - 16.00** Break + Poster Session IV
- **16.00 - 17.00** Oral Communication: Sport Nutrition
- **17.00 - 18.15** Invited sessions  
  **Topic: Nutrition Recovery for Athletes**  
  Chair:  
  Pre sleep meal for athletes, Jorn Trommelen (NLD)  
  Milk for the recovery, Lewis James (GBR)  
  Antioxidants and vitamins to attenuate post exercise muscle damage: facts or fallacies?
- **18.15 - 19:15** Workshop ESNS
  Sponsored workshop
- **19.15 - 20.00** Conference Closing + Awards
ABSTRACT

Abstract submission will open on May 15th at 23:59 Central European Time (CET). Abstract submission is free of charge. After undergoing the reviewing process, all authors will be informed about the acceptance of their submission on September 1st 2019. All accepted abstracts will be divided into “Oral presentation” or “conventional poster Presentation” by the scientific evaluating committee. All accepted participants must register for the conference.

GOOD REASONS TO SUBMIT YOUR ABSTRACT:

• be part of the International Sport Forum on Strength, Conditioning and Nutrition
• earn international recognition for the work you do
• boost your career while participating in the ESNS and SCS Young Investigators Award
• receive the feedback that helps you progress
• make the connections you need

PRESENTATION

Authors are free to choose between oral presentation or conventional poster presentation as format while submitting in one of the following disciplinary fields and perspectives represented in the scientific programme:

<table>
<thead>
<tr>
<th>Strength &amp; Conditioning</th>
<th>Sport Nutrition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neuromuscular basis of strength and fitness</td>
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<tr>
<td>Exercise physiology</td>
<td>Team Sport and Nutrition Management</td>
</tr>
<tr>
<td>Biomechanics and motion analysis</td>
<td>Nutrition and supplementation recovery for athletes</td>
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<tr>
<td>Strength and Conditioning in Team Sports</td>
<td></td>
</tr>
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According to the covered area, the abstracts will be distributed into the scientific programme. The Reviewing Board will evaluate each of the submitted works and which will be put in the Oral presentation section and which will be presented as Poster. Detailed information about Poster and Oral sessions will be issued after acceptance.

SUBMISSION

Abstract submission is free of charge. After undergoing the reviewing process, all authors will be informed about the acceptance of their submission on 1st September 2019. All presenting authors attending must be registered. Registration fee must be paid by 15th September 2019 at the latest to secure the presentation during the congress and the publication.

Before submitting your abstract please take note of all requirements and limitations of the format explained in the guidelines.

SUBMISSION CLOSE ON: 15th JULY 2019
ABOUT

Madrid is the capital of Spain and the largest municipality in both the Community of Madrid and Spain as a whole. The city has almost 3.2 million inhabitants and a metropolitan area population of approximately 6.5 million. It is the third-largest city in the European Union (EU), smaller than only London and Berlin, and its monocentric metropolitan area is the third-largest in the EU, smaller only than those of London and Paris.

Madrid lies on the River Manzanares in the center of both the country and the Community of Madrid (which comprises the city of Madrid, its conurbation and extended suburbs and villages); this community is bordered by the autonomous communities of Castile and León and Castile-La Mancha. As the capital city of Spain, seat of government, and residence of the Spanish monarch, Madrid is also the political, economic and cultural centre of the country.

The Madrid urban agglomeration has the third-largest GPD in the European Union and its influence in politics, education, entertainment, environment, media, fashion, science, culture, and the arts all contribute to its status as one of the world’s major global cities. Madrid is home to two world-famous football clubs, Real Madrid and Atlético de Madrid. Due to its economic output, high standard of living, and market size, Madrid is considered the leading economic hub of the Iberian Peninsula and of Southern Europe. Madrid is also the 10th most liveable city in the world according to Monocle magazine, in its 2017 index.

While Madrid possesses modern infrastructure, it has preserved the look and feel of many of its historic neighborhoods and streets. Its landmarks include the Royal Palace of Madrid; the Royal Theatre with its restored 1850 Opera House; the Buen Retiro Park, founded in 1631; the 19th-century National Library building (founded in 1712) containing some of Spain’s historical archives; a large number of national museums, and the Golden Triangle of Art, located along the Paseo del Prado and comprising three art museums: Prado Museum, the Reina Sofia Museum, a museum of modern art, and the Thyssen-Bornemisza Museum, which complements the holdings of the other two museums. Cibeles Palace and Fountain have become one of the monument symbols of the city.

CONFERENCE VENUE

ESTADIO WANDE METROPOLITANO
Auditorium - Southeast Entrance
Av. de Luis Aragonés, 4, 28022 Madrid, Spain

We recommend you use the Madrid subway, since it’s the best way to get to the stadium. The closest subway stop is Lines 7’s ‘Estadio Metropolitano’.

You can also take Line 2 and get off at ‘Las Rosas’ or Line 5 to ‘Canillejas’, both are about 15 minutes walking distance from the stadium. If you’re coming with your car on the M-40, you should exit on Arcentales. The parking lots in the Wanda Metropolitano are strictly for those who reserved a spot. Please don’t show up with a car if you don’t have a parking pass. Closest Parking is Park South.

TRAVEL INFO
The capital is connected by air to the main European and American cities, and by road and train to all Spanish cities. The buses and metro run regularly and are highly reliable.

BY PLANE
Barajas Airport (with 4 Terminals at different distances from the city centre) is located 15 minutes by light train from the city centre and the two main train stations, Atocha and Chamartín, are situated on both ends of the Castellana. There is also a large taxi fleet, whose prices are also very reasonable. The journey from Barajas airport to the city centre comes to around 30€.

BY CAR
You are also able to reach Madrid by car.

PUBLIC TRANSPORTATION
Madrid’s underground system is in fact one of the longest in the world. Madrid public transportation is clean, fast, safe, extensive and efficient.

There are also tourist passes for unlimited usage during 1, 2, 3, 5 or 7 days. You can buy single tickets on buses (cash) or at machines in metro stations (cash or c/c). The same 10-trip ticket (available at metro stations) may be used on the metro system and busses.
REGISTRATION

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REGISTRATION FEES AND CATEGORIES (VAT INCLUDED)

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Unicredit Banca
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