

Topics and lecturers

- 14.04.2014. - Lecture on "The Stages in exercises and loads in order to prevent injuries in young athletes-jumpers". Lecturer Michal Pogany. Place lecture hotel "Zagreb", Duilovo.



Mgr MICHAL POGÁNY – Training Expert, coordinator for Hungary, Slovakia and Czech Republic

Michal Pogany (1961), Slovak by origin, lives in Brno, Czech Republic. Graduated in 1985 at Comenius University in Bratislava – Faculty of Sport.

- 1986 – 2001 – head coach in primary sport school in Dunajská Streda – Hungarian teaching language

- 1989 – 1992 – Czechoslovak National coach for high jump – women

- 1996 – 2007 – Slovak National coach for jumping events

- from 1989 -2013 his athletes participated every single year at the European and World Junior Championship, World Championship – U 17, European Championships U 22, European championship, World Championship and Olympic Games

- 1982 – 1985 – He represented Czechoslovakia in High Jump

- 1983 – Slovak record holder in High jump - 2.21 m

- He also played the premier leagues – basketball, handball, volleyball.

For the past 15 years he has been working as a stretching and conditioning trainer for tennis, football, ice hockey, Czech national volleyball women team, Czech national basketball men team - U19.

- Selected achievements of his athletes:

HAJNALKA VÉGHOVÁ /junior / – high jump - 1.86 m : Silver - Družba 1990, Bronze - Družba 1989, 5th - JWCH - 1990

ŠÁRKA KAŠPÁRKOVÁ - triple jump – 15,20 m : Gold - WCH 1997, GOOD WILL GAMES 1998, UNIVERSIADE 1995, SILVER - ECH 1996,1998, Bronze - OG 1996, IWCH 1997, 1999

ZUZANA HLAVOŇOVÁ-KOVÁČIKOVÁ – high jump – 200 cm : silver- Indoor WCH 1999, Indoor ECH 2000, 4th WCH 1999, finalist OG 2000

RENÁTA MEDGYESOVÁ / junior / – high jump – silver WCH-1999 U 17, 5th WCH 1999 U 17 triple jump, JWCH 2002

ROMAN NOVOTNÝ – long jump – 821 cm- finalist OG 2008, ECH 2010, IWCH 2011

BARBORA LALÁKOVÁ – high jump – 199 cm – Czech indoor record holder

In addition to the above, he has trained 21 athletes who represented Slovakia and Czech Republic in Junior and Senior categories.

He is the only Slovak athletic trainer with the title of Mister of the World.

- 15.04.2014. - Lecture on "Injuries of overtraining in young athletes." Lecturer dr. Aleksandar Vujičić. Place lecture at the hotel "Zagreb", Duilovo.

- 17.04.2014. - Lecture on "Doping in sport". Lecturer dr. Aleksandar Vujičić. Place lecture at the hotel "Zagreb", Duilovo.



DR VUJIČIĆ ALEKSANDAR

Born 1959.in Sarajevo. , elementary and middle school finished in Bar, Montenegro. Medical University finished 1984. in Novi Sad, and specialization in orthopedic and traumatology 1994 in Belgrade, post graduated 1998 in sport medicine.

From 1975-1986 active athlete-middle distance runner, Montenegrin record 800m holder 1984-1996. 1989. starting cooperation with Yugoslav Athletic Federation as medical doctor.

From 1994- 2006 president of medical and anti-doping commission of Yugoslav Athletic Federation team doctor of Yugoslav Athletic Federation, from 2001 member of medical department Yugoslav Olympic Committee.

1998 in Belgrade and 2004 in Novi Sad organizer and responsible for medical assistance and doping control on European cup –second league.

From 2006. President of medical and anti-doping commission Montenegrin Athletic Federation

From 2006 -2010 vice president Montenegrin Athletic federation, and from 2010 member in board of directors Montenegrin Athletic federation.

From 2009.DCD EAA(anti-doping delegate EAA, repeated election 2013)

From 2013 . Member of Montenegrin National anti-doping Agency.

Living and working in orthopedic practice General Hospital in Bar, Montenegro, married, two boys.

- 16.04.2014. - Lecture on "General and specific factors in the prevention of injuries in young athletes." Lecturer prof. Joško Vlašić. Place the lecture hall "Joker".



Joško Vlašić (born 1956) graduated in Zagreb at the Faculty of Kinesiology.

He has made his first and last active sporting career steps at the Athletic Sporting Club "ASK" Split. He won over 30 Croatian champion titles in many athletics disciplines.

Five years in the row (1979 – 1983) he was the champion of ex-Yugoslavia in decathlon, bronze medallist at the Mediterranean Games in Split, gold medallist at the Mediterranean Games in Casablanca, record holder of ex-Yugoslavia and still the record holder of Croatia.

In 1983 he was the Croatian Athlete of the Year, and Split's best sportsman.

From 1994 to 2001 he was professional trainer at his parent club ASK Split, and later on in a couple of primary and secondary schools in Split. He was also fitness trainer of Basketball Club "Split – Croatia osiguranje". Since 2006 he is professional athletics trainer at the Croatian Athletics Association.

He trained a lot of successful athletes:

Đulijano Koludra – Croatian record holder at 100 meters sprint (1996),

Jelena Kostanić, - tennis player (1993 - 2000),

Marko Žaja – World and European champion in kick-boxing,

Nikola Vujučić – international basketball player (Vlašić is his personal fitness trainer) who won three European titles (Euroleague) playing for Macabi,

Croatian National Basketball Team.

Vlašić is active as educator at basketball seminars, and guest educator at the Faculty of Kinesiology in Zagreb, where he teaches General Fitness of Athletes. He also educates internationally and writes professional books.

*His daughter **Blanka Vlašić** is also under his training, and she is globally dominating high jump in the last ten years. She won gold medals at world and European championships and Olympics in Osaka (2007), Berlin (2009), Valencia (2008), Doha (2010), Barcelona (2010), silver in Beijing (2008), Deauville (2011), Moscow (2006), etc. She had 11 wins in the competition of Golden League, won the Diamante League (2010), and had the second best result of all times in Stockholm (2007), etc. She's been chosen for the best athlete of the World in 2010 by the World Association of Sports Journalists.*

Joško Vlašić was the best trainer of the year repeatedly by the Croatian Olympic Committee, Croatian Athletics Association and the City of Split. He also got state recognition "dr. Franjo Bučar", and was decorated by the President of the Republic of Croatia.