

**25.**jan.  
2009

UNIQA

IVSI CONGRESS  
Hungary 2009 MátraHU  
EN  
DE

# Congress Letters

## SHORTCUTS

### weather

today: -5 – +4 °C

forecast: -2 – +4 °C

### program

7.00–8.00	breakfast
8.30–8.45	transfer
10.00–10.40	congress opening ceremony
10.45–12.00	demo show (international+hungary)
12.00–13.00	lunch
13.00–15.00	workshop hungary
15.00–15.30	transfer
16.00–16.30	feed back
17.00–18.00	lecture hungary (conference room)
18.00–18.30	delegation leader meeting
18.30–19.30	dinner
20.00–	come together party

### important numbers

#### Transfer, Accommodation:

Rita HORVATH:  
+36-30-2442303

#### SkiPark:

Dániel POLACSKÓ:  
+36-30-2100861

#### Demo, Workshop, Lecture:

Miklós OZSVÁTH:  
+36-30-921085

## LUNCH

is available on the slopes in one of the huts. Lunch tickets are available for 3.000 Ft,- in the registration office.

## SKI DEPOT

will be available during the lunch break at the slope. Please use the designated area. Your accreditation card will be necessary to enter!

**THEY HAVE FINALLY ARRIVED!**

Last April Fritz Mares and Hans Peter Kunz have come to the Mátra. They visited the hotel and the ski slope and they found the place suitable for the conference.

The IVSI Presidency held its meeting in June here and they put it in a written form that in January 2009 the congress will take place here. After this the Hungarian ski instructors enthusiastically started the organisation, searching for sponsors, convinced the local government to support the Hungarian ski instructors to organize this international meeting. Volunteers organised entertainment, professional programme, mobilized ski schools, rental shops, wine cellars.

The ski park was modernized, they built new snow canons and they collected the snow from December on. And of course everyone prayed for a good weather, but unfortunately our prayers were not successful. Wednesday there was a heavy rain, Thursday there was raining again and Friday the fog came. Saturday the weather got a bit better, but they had to prepare the slope with the snow from the snow collected at the slope. The only one, the congress slope.

The volunteers in the hotel packed, prepared the posters and the flags, put out the signs, compared lists, others drove to the airport or to the train station so that all participants can arrive in time.

We hope nature will change his mind and provide some snow for us! Karcsi Gotyár a ski instructor colleague said Saturday afternoon that you can see deep into the forest, the trees are light, which means that the weather is going to turn colder.



The Interski and the IVSI presidency had its meeting on the 0. day of the congress.

The main topic of the meetings was the preparation of the INTERSKI General Assembly to be organized in St. Anton am Arlberg 18-22 April 2009. The Presidency decided here about the proposed topics of the programme at the INTERSKI Congress of 18-22 April 2009, St. Anton am Arlberg.

One of the biggest innovations of the 2011 congress is that the workshops and presentations of the nations have to fit into the earlier decided topics.

The presidency proposes 6 such topics for the assembly which decides later which of these will be congress topic.

These topics are the following:

*Snow sports for all ages; Snow sports in nature/climate; Snow sports and educational aspects/developments; Snow sports and equipment; Snow sports and the economy; Snow sports and emotion.*

The INTERSKI Presidency used of course the coffee break to watch also the downhill race of Kitzbühel.



27. January

Eger is famous for its vine-culture, exceptional historical monuments and its natural values. It lies in the valley of the Eger Stream, in the hill-country, which extends over the western foot of the Bükk Mountains. This town is the capital of Heves County, and the town center is one of the nicest preserved baroque town centers of Hungary. The most famous wine of the region is the Eger Bull's Blood or in Hungarian, the "Egri bikavér". Eger is awarded the rank "city of grape and wine".

#### From the program:

- Sport Museum
- Reception with buffet in the City Hall
- Visiting the Castle, historical show
- Vine tasting and dinner



Price: 12.000 Ft

27. January

Some fall in love with the city at first sight, others are won over only after a longer period of discovery; but all agree that it is one of the most beautiful locations in the world. The metropolis with a population of two million is bisected by the mighty flow of the Danube with hills and valleys on the Buda side and the flat, low-lying Pest on the other. The riverside panorama has been declared a World Heritage site by UNESCO.

#### From the program:

- Gundel Restaurant
- City tour (Hero's Square, Castle District, Royal Palace, Matthias Church)
- Visiting the Hungarian Parliament
- Farwell dinner



Price: 16.000 Ft

29. January

Those who visit Gyöngyös will find themselves in a charming, hospitable town rightly famous for its wine, monuments, and cultural events. Gyöngyös is awarded the rank "city of grape and wine". The city owns an agricultural college that deals with grapes' cross breeding. The most famous and popular local white grape is called the Zenit. This Zenit made local wine is a semi-dry or dry which is typical of Gyöngyös region.

Price: 2.000 Ft



Registration for the excursions in the conference office by  
 Sunday 21.00 | Sunday 21.00 | Wednesday 21.00

## WKS -- BABOS SÁNDOR THE ROLE AND DEVELOPMENT OF MUSCLE TONE IN CHILDREN SKI INSTRUCTING.

From the main skiing elements the most important one is the balance which has to be performed during gliding.

It often happens with beginners that in case of an off-balance situation they react with a lose hold of the muscle tone.

The reason why this happens could be underdeveloped muscle but most of the times it is the lack of regulation and coordination of the muscle tone that is not adequately coordinated by the central nervous system. This phenomenon can arise for children because of the very young age. Notwithstanding, many children come for ski instructing due to the press of parents.

To develop the correct and adequate muscle tone necessary for skiing special exercises, equipments and special assistance are needed.

During the workshop I will present these playful exercises and equipments with the contribution of children starting from the beginning of the ski syllabus to parallel skiing, specially touching the incorrect and correct ways of assistance.

## LECTURE+WKS -- OZSVÁTH MIKLÓS BE COOL – COUNTERPOINTS AS FOCUS IN THE HUNGARIAN SKI EDUCATION

It exists several, very different ski technique mistake. However, in the past few years we can witness, that vast part of the mistakes has a common feature: the monotony. Monotony in the sense, that the skier is skiing with a relatively permanent strain of muscles. This means, that there is strain also in those areas of the body where it should be relaxed, so there is not enough strain in the muscles where it would be absolutely necessary.

The key of the right ski technique is that the skier has the right position at the beginning of the curve. The right position is developed mainly by the physical powers at the change of edge. That's why it is important to leave physics work.

The unnecessary strain of muscle at the change of edge prohibits the hip to swing over the skies. It is very difficult – almost impossible - to set the hip in a particular position at the change of the edge. However, if we relax at the end of the curve, the hip swings automatically over the skies into the right position thanks to the occurrence of certain powers. Consequently, the unnecessary strain of muscles hinders the right posture. If the right position is not found at the change of edge, it won't be right at the end of the curve either. The wrong steering out endangers the success of the next change of edge.

After the change of edge, in the new curve, the powers arising from the round movement appear again. The strain of the muscles has to orientate to the powers arising in the curve. The skier, who permanently has the same strain, uses a smaller strain than needed in this period, so he most likely gets drifted out.

The contrast of the strain and relaxation has always to be present at skiing. This gives the basis for the right technique, the style, the lightness and the harmony. This way, skiing is less exhausting, as there is a period of relaxation at each curve. Skiing gets safer, the risk of injury gets smaller.

## LECTURE -- LACZA ZSOMI WHAT DOES A SKI INSTRUCTOR NEED FOR TREATING INJURIES? NOT A FIRST AID KIT.

There are several well-known problems which frequently arise during a ski trip especially among large groups of less experienced skiers. Years of experience on the slopes provides answers to most of these problems and lot of instructors have a limited supply of medical gear to take care of lesser injuries. The main reason for this is that these kits are designed for acute injuries such as severe bleeding and not for common problems such as severe sunburns. Therefore, ski instructors and guides need a very different skill set than what is provided in a regular first aid course or what is supported by a first aid kit. The aim of the present study is to present simple decision making diagrams which help instructors to answer the first questions: is it serious? Shall I call the rescue or is it enough to go to the doctor later? can the seemingly injured ski later today? It is also of special importance how to support chronic injuries and prepare for a ski trip if you have lower back pain, heel-spikes or a painful knee joint.

## LECTURE -- DR. DOSEK ÁGOSTON SKI SPORT AND ENVIRONMENT

Human activity has always left traces on the environment. These traces, the results of human civilization, have been mostly evaluated as positive. Although human beings are still relatively defenseless in nature, human intervention is endangering the future of our planet.

The ski sport and ski business are evaluated by green movements as a large impact on the Earth!

Civilization has accelerated the time wheel to a speed that produces the changes of a thousand years very fast. Our environment is loaded with the obvious signs of crisis. Lifestyles have also undergone changes in this transformed environment as a result of human needs and not always for the benefit of humankind.

People are motivated for skiing and for other winter activities! The popularity of these activities is increasing, and new styles appear frequently. Free style skiing, back country skiing, ski tours, the new school. Human beings evolved away from the original, natural environment can find roots outdoors again. The traditional branches of outdoor sports and the new challenges, influence the visited natural surrounding, and often leave a trace behind. Athletes can be accused of destroying and polluting their environment, disturbing the habitat of certain flora and fauna species, and sometimes of an unnecessarily large consumption of resources. Thus the aim of those interested in exploiting these areas for sports and those arguing for its defense are often contradictory.

It is obvious that the role of sport in developing personality and level of lifestyle is becoming more and more important. Besides that the defense, the protection, and the improvement of the environment's state is a challenging duty. Results can be reached only with wide cooperation

A ski instructor can be part of this cooperation only if he/she considers the body, cultural, and environmental viewpoints with equal importance, while improving living standards.

## INFOS

## cash point/ATM

Mátraszentimre, Rákóczi út 16.

## petrol station

Gyöngyös, Alkotmány út  
Parádfürdő, Kossuth út

## pharmacy

Mátraszentimre, Deák Ferenc út 13.  
Tel.: +36-37-376-410

## doctor

Dr. Zorkóczy Ferenc  
Tel.: +36-37-376419

## hospital

Gyöngyös, Dózsa György út 22.

## post office

Mátraszentimre, Deák F. u. 1.  
Mon-Fri 8.00-15.30

## shop

Fagyöngy ABC  
Mátraszentimre, Deák F. út 1.  
Tel: +36-37-376-580  
Open: weekdays: 8.00-16.00  
saturday, sunday: 8.00-12.00

## holy mass (sunday)

Mátraszentimre 9.00  
Három falu temploma 11.00  
Fallóskút Mária chapel 12.00  
Galyatető 15.00

## emergency number

112

## ORGANISATION

Main Patron dr. István Gyenesi Ministry of the Local Government				
Honorary Board				
Norbert Barthle IVSI President	Erich Melmer INTERSKI President	Dr. Iván Róna Hungarian Tourism Genereral Manager	Tamás Sós Heves County Government President	Fritz Mares INTERSKI General Secretary
András Stuller Mátraszentimre Mayor	György Hiesz Gyöngyös Mayor	László Habis Eger Mayor	Mrs. Ildikó Kővári & János Kerese SMSZ former President	Pál Ertl Uniqa Main Supporter
Board				
Imre Kőrösi Mátraszentistván Sipark	Hans Peter Kunz IVSI Vice-President	Dr. Katalin Egri SMSZ President		
SMSZ Organising Committee				
President of the organising committee, Finance, Support Dr. Katalin Egri	Office, accommodation, transfer Rita Horváth	Delegation staff leader Dániel Polacskó	Program: Miklós Ozsváth Animator: Gyöngyvér Lacza Sipark: Gergő Kőrösi	Press Ágnes Halmos

## OPENING

- 8.30 ■ transfer
- 9.30 ■ Skipark parking place  
■ Ski down to the depot  
■ Walk to the lower terrace
- 10.00 **Ceremonial opening:**  
■ Marching in (Austria, Belgium, France, Germany, Great Britain, Netherlands, Japan, Poland, Sweden, Switzerland, Hungary)
- Greetings  
■ Arriving of the national flags  
■ Hungarian opening (Austria, France, Germany, Poland)  
■ Hungarian demo show (Skischools, Telemark, Snowboard, Skiinstructors)



Önkormányzati Minisztérium  
Sport Szakállamtitkárság



hungary.com



www.sunkid.at



SKI OUTLET	FUNDANGO www.fundangosports.com	BEFLEX www.beflex.hu	enig DESIGN	Mátraszentimre	Heves megye	Eger	Gyöngyös	MBT The anti-shoe.
LEKI	ASTACUS KFT		Dallmayr www.dallmayr.hu	BOCK	Carlsberg	MÁTRAVILÁG	wanzi	Dr. Kelen
eclipse.	GÁLYA	Xcopy	TFTI	KLARÉL	SZÉCHÉNYI	SI JELŐK		SIJELŐK.HU SIJELŐK-VEZETŐK