

Days of Fundamentals

The Flemish Federation for Sport Psychology celebrates its 25th Year Anniversary with a special two day congress entitled "Days of Fundamentals in Sport Psychology".

We would like to welcome you to our congress which will be held in Ghent on the 21st and 22nd of September, 2012. The program contains symposia, round tables, workshops and a poster session. Belgian and international speakers will be giving presentations and workshops. During these two days we will update you on the latest theory and practical tools regarding motivation, concentration, emotional control, communication and team cohesion. Master students, doctoral students, applied sport psychologists and federations can share their work during the poster session.

We are looking forward to meeting you at this unique event!



WVSP 25 YEAR CONGRESS

BLOSO Sportverblijf Blaarmeersen
Ghent 21-22 September 2012



BLOSO
Expertenplatform
Sportpsychologie



Kine-Aqua



[days of fundamentals in sport psychology]

Something about Ghent and the BLOSO Sport Hotel

Ghent is a historic city, yet at the same time a contemporary one. The modern daily life of the city's active inhabitants plays itself out against a gorgeous historical backdrop. In Ghent, they live, work and enjoy life over and over again each day. You can stroll through the traffic-free streets of the city centre. Take some photos of the three towers, as so many have before, but just a little differently. Or have a drink along the distinctive Graslei at the riverside of the Lys and amongst stylish houses with medieval facades. The sun is reflected in the many waterways and the city is alive and bids you welcome. More information about Ghent: www.visitgent.be

How to get there?

by air

Belgium is easily reached by air via the national Airport in Brussels (Zaventem) or Brussels South (Charleroi). Trains will take you directly from the Zaventem airport to Ghent Sint-Pieters Station. From the Charleroi airport, busses take you to the capital where you can continue your journey to Ghent with the train. A third possibility is to take the airplane to Lille Airport from where you can take the train either straight to Ghent or via Brussels to Ghent. Do check out low budget airlines such as EasyJet or Ryanair and Brussels Airlines as they offer good deals on flights to Belgium.

by car

Take the E40 highway direction "Brugge/ Oostende" and take the exit 14 "EXPO". Pass by the Holiday Inn Hotel and the Expo and proceed to the bridge over the canal towards the road "R4", follow the direction "Eeklo, Zelzate". After you have crossed the bridge, follow the signs to "Eeklo" and continue for 2,8 kilometers. Take the exit direction "Blaarmeersen". The "Topsportal Vlaanderen" and the BLOSO Sport Hotel will be just at your right at the entrance of the recreation domain "Blaarmeersen".

by public transportation

Take the train to Ghent Sint-Pieters station. At bus platform 6 you can take busses 41, 42, 43 or 44 direction Blaarmeersen. At the Sport Hotel, you can also take busses 38 or 39 directly towards the city centre.

Call for papers

The Flemish Federation for Sport Psychology (VVSP) invites you to share your work with other specialists in sport psychology. You will have the opportunity to share your latest findings or insights in the research, practice or education of sports psychology. We also welcome abstracts explaining your federation, university department, or practice work. Don't hesitate to have a first-time poster experience! Please find the abstract document on our website and send your abstracts to Caroline Jannes (cjannes@netscape.net).

Hotel

We offer you the possibility to stay at the BLOSO Sport Hotel. There are four rooms with each four beds at a very good price compared to other hotels in the city. The BLOSO Sport Hotel follows principles comparable to youth hostels: there is a chance you will have to share the room with strangers, and you need to take some bath towels with you.

The "BLOSO Sport Hotel Ghent" is a polyvalent building with rooms for meetings, a cafeteria and a hostel section. The Sport Hotel is located in a green and sporty environment called the Blaarmeersen. The historical centre of Ghent is very nearby and busses will take you there.

Address: Zuiderlaan 14, 9000 Ghent, Belgium

Dinner 'VVSouPeren'

We also would like to invite you to the diner "VVSouPeren" on Friday evening (21st of September) at 19:30. The diner will cost € 35 (drinks not included).

Registration

Surf to www.vvsp.be and proceed by clicking on the registration form. We will email you to confirm your registration once we have received all information. Your registration will be considered definite once we have received your payment. Please transfer the total amount to account number IBAN: BE68 7340 0552 1834 and BIC: KREDBEBB and write "VVSP 25 years - Your Name" as your message.

Congress fees

	One day	Two days
VVSP Member	25 €	50 €
VSPN Member	50 €	100 €
Student	40 €	80 €
Other	80 €	150 €

08:30	Welcome!	
09:15	Opening	Bert De Cuyper
10:00	Commitment	Catarina De Sousa, Jeroen Meganck and Maarten Van Steenkiste
11:30	Coffee break	
11:45	The present and future of Sport Psychology	Bert De Cuyper, Paul Wylleman, Els Snauwaert, Jos Schouterden and Frans Van den Wijngaert
12:45	Lunch	
13:45	Control	Nikos Zourbanos, Nicole Vandeweghe and Mark Schuls
15:15	Coffee break	
15:45	Communication and Cohesion	Rudy Heylen and Katrien Fransen
18:00	Poster session	
19:30	Dinner 'VVSouPeren'	

Day 2 / 22 September 2012

09:30	Concentration	Xavier Sanchez, Bachir Zoudji and Mauro Murgia
11:00	Coffee break	
11:15	Workshops Round 1	Els Snauwaert – <i>Sport Psychology Tools</i> Ignace Barroo and Bart Van Laethem – <i>From problem - oriented to solution - oriented coaching</i> Mark Schuls – <i>Providing mental training in different kinds of sports</i> Marjorie Bernier – <i>Mindfulness in sport</i> Joep Teeken – <i>Practice of goal setting theory</i>
12:45	Lunch	
13:45	Workshops Round 2	
15:15	Coffee break	
15:30	Workshops Round 3	
17:00	Closing remarks	Bert De Cuyper