

CONVENTION 2010

06.2010



INWA Annual Convention 2010 Celebrating Nordic Walking, past, present & future

Thursday 23 – Sunday 26 September 2010
Otepaa, Estonia & Riga, Latvia



**International Nordic Walking
Federation (INWA)**

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"Every step counts"

- International Keynote speakers
- Launch of the new INWA 10 step methodology
- Technical workshops
- Product clinics
- Networking

A unique opportunity to network with Nordic Walking countries from across the world – share, learn, experience, develop, discuss & celebrate.

Partners of INWA:



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CONVENTION 2010

'Celebrating Nordic Walking, past, present & future'

The Annual INWA convention is a unique opportunity to meet Nordic walking professionals from around the world & to learn from top educators in the field of sports, science & Nordic Walking. This year also marks the 10-year anniversary of INWA and the Convention will celebrate this with a special Gala evening and reflections on the last 10 years.

Over the last 12 months, INWA has been working to review its educational materials. At the convention we will be launching the new Instructor Manual and the new 10 step methodology. Lectures will explain the theory and science behind the new approach, and practical workshops will equip you with skills to deliver this new material.

KEY THEMES & SPEAKERS



Mati Alaver

Head coach of Estonian Cross Country Skiing

Mati Alver has been the Head Coach of Estonian Cross Country skiing team since 1980. Personal coach of two times olympic champion and one time silver medalist Andrus Veerpalu and olympic bronze medalist Jaak Mae. Nominated as best coach in Estonia in 1999, 2001, 2002, 2003 and 2009. Currently lives in Tartu, Estonia. Nickname in Estonian media is "professor of skiing".

Mati will talk on the use of Nordic walking by cross-country skiers for summer training. This is followed by a practical workshop.



Tom Rutlin

Pole Walking Pioneer & CEO and Founder of Exerstrider

Tom Rutlin is a 63 year old pole walking pioneer from the USA who has been regularly walking with poles since 1985. In 1988 he introduced the world's first specially designed fitness walking poles as well as his pole walking techniques, under the brand name "Exerstrider". For more than a third of his life he has been the most passionate of campaigners for the activity that we know today as Nordic Walking. He's been equally passionate about promoting both the public health potential of Nordic Walking, and promoting greater cooperation among all those within the

Nordic Walking community for the purpose of creating greater awareness of and participation in Nordic walking around the globe. Tom is a former Professional Ski Instructors of America certified Nordic ski instructor.



Malin Svensson

Malin Svensson, an International Fitness Coach/Author/Speaker, is the leading authority in Nordic Walking in North America. She brought the educational concept to America in 2002.

Originally from Sweden, Malin Svensson came to the United States in 1989 with a Masters Degree in Physical Education. A former nationally ranked track and field athlete with 20 years experience in the health and fitness

industry, Malin is co-founder of Nordic Walking North America & a member of the INWA Educational Committee.

Malin will present a workshop on the relationship between the upper and lower body when Nordic Walking. Tying into the key theme of walking-posture-pole technique.



Tiina Arrankoski

Tiina has a Masters Degree in Sports Sciences and Physical Education (University of Jyväskylä, Finland), as well as being a leading Nordic Walking Educator, she is an Instructor of Method Putkisto, MPPilates and Peak Pilates, and Master Trainer of Gymstick Nordic Walking. Tiina has Over 20 years' experience of teaching in the fitness world including aerobics, step aerobics, jazz dance etc.

Tiina's knowledge of posture in walking is extensive and she will be sharing this in her interactive workshop, 'Pull yourself up to rotate'.



Greg Zurek

Greg has a Doctoral Degree in Physical Education (1997, University of Physical Education in Wroclaw, Poland). He is a National Coach of INWA since 2008 and has presented at two INWA conventions (Netherlands and Germany). He works at the University of Physical Education in Wroclaw (Poland); has written over 50 scientific papers and books.

Greg is a key member of both the Educational and Scientific Committees of INWA.

Workshop sessions

Three practical workshop sessions will run throughout the convention. All delegates will have the chance to attend all three workshops:

What to Teach & How to Teach

Update of the 10 steps. In this session we aim to (a) include in the 10 steps the three basic concepts: walking – posture – pole technique and (b) unify the teaching method.

Pull yourself up to rotate

A practical lesson on the relationship between posture and Nordic Walking

Nordic Walking – A Lower & Upperbody Workout

A dynamic session looking at the key concepts of Nordic Walking, walking – posture – pole technique

THE PROGRAMME

Please arrange your flights to be able to take advantage of the free bus transfer from Riga Airport to Otepaa. You need to have cleared customs and be ready for collection no later than 12:00 noon.

Day 1	Time	Event
23.9.10 Thursday	12:00 noon	Bus leaves Riga for Otepaa
	4:00 pm - 6:30pm	Annual General Meeting For member country representatives only
	7:00pm	Official opening of convention Aki Karihtala – President of INWA Estonian Minister for Sport General Secretary Olympic Committee
	8:00pm	Dinner
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Day 2		
24.9.10 Friday	8:00am - 8:45am	Mass Nordic walk
	9:30am	Welcome & outline for the day
	9:40am – 10:40am	Keynote speaker: Mati Alaver 'Back to the future - X-country skiers' training in summertime'
	10:40am - 11:00am	'Description of Nordic Walking – this is what we teach' A presentation by the INWA Educational Committee
	11:00am – 11:15am	<i>Coffee break</i>
	11:15am – 12:45am	Practical session with Mati Alaver
	1:00pm – 2:00pm	<i>Lunch</i>
	2:00pm – 3:00pm	Speaker 4 – Tiina Arrankoski & Greg Zurek 'Applied Biomechanics of Walking as the basis for the new 10 steps'
	3:00pm – 4:30pm	Workshop session I:
	4:30 – 5:00pm	Q&A session to the Educational Committee
	5:30pm – 6:30pm	Optional activity
	7:00pm	Dinner & social

Day 3

24.9.10 Saturday	8:30am – 8:40am	Outline for the day
	8:40am – 9:00am	Speaker 4: Tiina Arrankoski 'The story of Nordic Walking' Tina shares her extensive research into the history of Nordic walking
	9:00am – 10:30	Workshop session 3
	10:45am – 12:15am	Workshop session 4
	12:15am – 12:45am	Speaker 4: Exel Sports Brands – pole technology
	1:00 pm	Coach leaves for Riga with packed lunch on coach
	4:30pm	Arrive Riga, check-in & relax
	7:00pm	10 Year Gala Celebration

Day 4

25.9.10 Sunday	9:30am – 9:45am	Welcome from Riga representatives
	9:45am - 10:45am	Keynote speaker: Tom Rutlin
	10:45am – 11:05am	Speaker: Malin Svensson Nordic Walking in North America – a partnership approach
	11.05am - 11.25am	Break
	11.30am - 12.pm	Facilitated workshop - sharing 10 years of INWA, looking to the future
	12:45pm – 1:00pm	Closing comments

WHO SHOULD ATTEND

Nordic Walking National Coaches, Nordic Walking Instructors, National Nordic Walking Federation members.

THE VENUES

This year's convention is split over two neighbouring countries. The first part of the convention is in the former Olympic training centre of Tehvandi in Estonia. For our 10 year gala dinner celebrations and the last day of the convention we move back to Riga to the Islande Hotel.

The Convention Centre in Otepaa



Tehvandi Sport Center is located on the boundary of Otepää, the Winter Capital of Estonia. Good facilities for sports amid beautiful scenery have made Tehvandi Sport Center a favourite place both for athletes and tourists. For more information on the venue please visit www.tehvandi.ee

Islande Hotel in Riga



Islande Hotel was opened on March 2006 and it offers all facilities and services which might be expected in a four star hotel. The hotel is located in Kipsala, in the center of Riga – a 10 minutes walk from the Old City. For more information on the venue please visit www.islandehotel.lv

COSTS & BOOKING

Delegate Fees

€300 INWA members

Early Booking Offer

Book and pay for your convention place before the 30 July 2010 and **save €25**

Accommodation fees are payable directly to the venues on departure. Accommodation costs for the duration of the convention are:

Otepaa

Single room €89

Double room €68 per person

This includes 2 nights B&B, 2x evening meals and lunches.

Riga

Single room €75

Double room €55 per person

This includes 1 night B&B, plus Gala meal on Saturday night

For those who wish to stay on in Riga to explore this beautiful city, then the Hotel is offering a special delegate rate for Sunday night

To book your place(s) please email office@INWA-nordicwalking.com for a booking form and payment details.