



MASTERS AND MENTORS | 2009

MEANINGS AND METHODS IN
OLDER ADULTS' SPORTING ACTIVITIES

AUGUST 9TH – 12TH SIBELIUS HALL, LAHTI, FINLAND



LAHTI
SCIENCE AND BUSINESS PARK

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OLDER ADULTS' SPORTING ACTIVITIES

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Welcome to the first International Masters and Mentors 2009 - Meanings and Methods in Older Adults' Sporting Activities Conference in Lahti!



The main themes of the Conference are ageing and sports – motivation, meanings and issues related to training. The keynote speakers of the Conference are Professor Bradley Young from the University of Ottawa, Professor Antti Karisto from the University of Helsinki, Dr Mirja Hirvensalo from the University of Jyväskylä, and Professor Jim Denison from the University of Alberta. The main focus of the Masters and Mentors 2009 Conference is on innovativeness which, for instance, is manifested in innovation sessions that present and develop good practices and innovations in association with the main themes.

The City of Lahti, located near the Helsinki metropolitan area, is a rapidly growing city with excellent traffic connections. Lahti is also a well-known city of different kinds of physical activities, sport and culture that has hosted a number of international sporting events. The Masters and Mentors 2009 Conference is organised in connection with the World Masters Athletics Championships Stadia 2009 in Lahti, and will begin immediately after the games have ended.

The aim of the Conference is to bring together researchers, developers, professionals and other people who are interested in the interplay of ageing and exercise. The Conference is also suitable as further and advanced training for specialists, students and professionals and for anyone interested in the field.

We look forward to meeting you in Lahti!

**More information about
the Conference, please visit:
www.mastersmentors09.com**

Important dates

- Early registration by 31 May 2009
- Late registration from 1 June 2009
- Abstract submission date by 27 February 2009

Preliminary Programme

August 9th | Sunday

15.00 - 15.15	Opening ceremony <i>Mr. Ilkka Viljanen, Member of Finnish Parliament (Chairman of arrangement committee)</i> <i>Arto Tiihonen PhD, Line Manager, The Age Institute (Chairman of scientific committee)</i>
15.15 - 15.30	Opening Speech
15.30 - 16.15	Keynote Speech: Sports and Urban Culture - Reflections from Lahti <i>Professor Antti Karisto, PhD, Department of Social Policy, University of Helsinki</i>
18.00 - 18.30	Meetings of symposiums and innovation session group chairmen
18.30 - 19.00	Meetings of symposiums and innovation session groups
19.00 - 21.00	Get together - cocktails

August 10th | Monday

9.00 - 9.15	Opening speech
9.15 - 10.00	Keynote Speech: Psycho-social Perspectives on Commitment, Maintenance and Performance in Masters Sport <i>Professor Bradley W. Young, PhD, School of Human Kinetics, University of Ottawa</i>
10.15 - 12.15	Symposiums 1-4
12.00 - 13.15	Lunch
13.15 - 14.30	Keynote Speech: Counselling Older Adults to Sport Activities (preliminary title) <i>Mirja Hirvensalo, PhD, Department of Sport Sciences and Finnish Centre for Interdisciplinary Gerontology, University of Jyväskylä</i>
14.30 - 15.30	Coffee and additional program
15.30 - 17.30	Symposiums 5-7
19.00 - 22.00	Conference Dinner

August 11th | Tuesday

9.00 - 9.15	Opening speech
9.30 - 12.00	Innovation sessions 1-6
12.00 - 13.15	Coffee and additional program
13.15 - 14.15	Keynote Speech: Planning, Practice and Performance in Sport: Coaching Athletes through the Ages <i>Professor Jim Denison, Dr., Faculty of Physical Education and Recreation, University of Alberta</i>
14.15 - 15.15	Coffee
16.00 - 22.00	Social programmes

August 12th | Wednesday

9.00 - 9.30	Opening speech
9.30 - 11.00	Summaries of symposiums and innovation sessions Chairmen for the Symposiums and Sessions
11.00 - 11.30	Panel Discussion Keynote Speakers, Chairmen, Others
11.30 - 12.30	Lunch
13.00 - 14.30	Closing Ceremony
16.00 -	Post congress tours

Registration and information will be open every day during the conference (open daily one (1) hour before the programme starts and to the end of daily programme).



Please register using the online form:
www.mastersmentors09.com

We have an on-line registration system operated by TAVI Congress Bureau.
All reservations (incl. social programme and hotel) should be made on the same registration form, also the programme that is included in the registration fee.
If you have any questions concerning the registration form or procedure, please contact TAVI Congress Bureau at MMconf09@tavicon.fi or +358 3 233 0450.

Conference organizer, Sponsoring Opportunities, Press

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Practical arrangements

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