

# TOP SPORT VRHUNSKI ŠPORT

*Find your smile!  
Najdi svoj nasmehek!*



**Petra Majdič**

crosscountry champion / vrhunska tekačica na smučeh

*"Rogla has been the venue for my preparations for many years now. The excellent training conditions represent an important contribution to my achievements."*

*"Na Rogli se pripravljam že več let zapored. Odlični pogoji za trening so tudi pomembno prispevali k mojim uspehom."*

In our 30 years of active work Unitor's centres Rogla and Zreče have hosted many European and World Champions and also Olympic Medalists. A lot of them were our guests during the days when they were still competing in the younger categories. Today we are extremely proud to see them coming back as successful sportsmen and sportswomen.

V Unitorjevih centrih Rogla in Terme Zreče smo v 30 letih delovanja gostili številne evropske in svetovne prvake ter olimpijske zmagovalce. Mnogi med njimi so bili naši gostje v času, ko so tekmovali v mlajših kategorijah. Danes smo zelo ponosni, ko se k nam vračajo kot uspešni športniki in športnice.

Radoslav Nesterovič  
NBA basketball player / NBA košarkar

# TRUSTWORTHY / ZAUPANJA VREDNI



## Basketball / košarka:

Radoslav Nesterovič – NBA player, Slovenian national basketball team, Serbian national basketball team, Qatar national basketball team, BC Olimpija (SLO), BC Panathinaikos (GR), BC Olympiacos (GR), BC Paok (GR), BC Ural Great (RUS), BC Khimki (RUS), BC Tofas (TUR), BC Turk Telekom (TUR), BC Fenerbahce (TUR), BC EWE Oldenburg (D), BC Hapoel Jeruzalem (ISR), BC Maccabi Tel Aviv (ISR), BC Aris (GRE), BC Telekom Bonn (D), BC Split (HR), BC Cibona (HR), BC Crvena Zvezda (HR), BC Bosna (BIH).

## Handball / rokomet:

HC Pivovarna Lasko, HC Gorenje Velenje, HC Krim (SLO), HC Podravka (HR), HC Veszprem (H), HC Generali (I), HC Zagreb, HB Cimos Koper, HC Schaffhausen, Slovenian National Handball Team, Egyptian National Handball Team, Tunisian National Handball Team, Qatar National Handball team, Croatian National Handball team, Hungarian National Handball team.

## Football / nogomet:

FC Panathinaikos (GR), FC Veria (GR), FC Aris (GR), FC Ael Limmasol (CYP), FC Red Star (SRB), FC Partizan (SRB), FC Buducnost (SRB), FC Dinamo (CHR), Hajduk (HR), Slovenian National Team, FC Maribor (SLO), FC Domžale

(SLO), FC Shinik (RUS), FC Himki (RUS), Oman football federation, FC Slaven Belupo (HR), FC Rijeka (HR), FC Varteks (HR), FC Zagreb (HR).

## Olympic and other winners / olimpijski in ostali zmagovalci:

Croatian national handball team (gold medal), Hungarian national handball team, HC Krim, HC Pivovarna Laško, HC Zagreb, ULEB Euroleague winners; Macabi, Cibona, Split, Bosna, Panathinaikos, Champions league; Panathinaikos, Tennis Wimbledon: Goran Ivanišević, Tennis Grand Slam: Monika Seleš.

## Others / ostalo:

Tennis; Mario Ančić, Jelena Dokić, Athletics; Miro Vodovnik, Helena Javornik, Slovenian national Cross-country team, Poland national Cross-country team, Czech national Cross-country team, Slovenian national ski team, Croatian national ski team, Serbian rowing Federation, Croatian rowing Federation, Mirko Filipović – CroCop, Slovenias taekwondo federation, Olympic comitee of Serbia, Czech athletics federation, NFC Iceland, Serbian Volleyball federation, VC Zagreb.





# ROGLA SPORT CENTRE / SPORTNI CENTER



Rogla Sports Centre, situated at 1517 m above sea level, is a popular destination for the preparations of sportsmen, not only in winter time, but also in the summer.

## A SPORTS CENTRE WITH TRADITION

Various sports teams choose Rogla for their training. Moreover, they also find it a suitable place for gathering energy before entering any important sports events or competitions.

Rogla offers peace, intact nature, air filled with oxygen and great climatic conditions. These factors present the main reason why Rogla is a verified climatic resort.



## SIMULATION OF ALTITUDE CONDITIONS IN "ALTITUDE ROOMS"

Rooms that can be found in the Rogla Sports Centre are equipped with special devices which modify the air pressure and, thus, the percentage of oxygen in the air. Through computer monitoring one can simulate various heights above sea level and, by that, also the concentration of oxygen. Training and living in these altitude rooms causes a rise in the number of erythrocytes (red blood cells) in the blood. Consequently, this improves the delivery of oxygen to the muscles. The results of training and living in these rooms can be seen as early as after a couple consecutive visits.

**Športni center Rogla, na nadmorski višini 1517 metrov, je priljubljena destinacija za priprave vrhunskih športnikov tako v poletnem kot tudi v zimskem času.**

## ŠPORTNI CENTER S TRADICIJO

Številne vrhunske ekipe izberejo Roglo kot kraj za vadbo in nabiranje energije pred pomembnimi športnimi dogodki in tekmovanji.

Rogla ponuja mir, neokrnjeno naravo, zrak bogat s kisikom in ugodno klimo. Vse našteto je razlog, da je Rogla verficirano klimatsko zdravilišče.

## SIMULACIJA VIŠINSKIH RAZMER V "VIŠINSKIH SOBAM"

Sobe, ki se nahajajo v športnem centru Rogla, so opremljene z napravami, ki spreminjajo zračni pritisk in s tem vsebnost kisika v zraku. Preko računalniškega upravljanja je tako mogoče simulirati različno nadmorsko višino in s tem koncentracijo kisika. S treningom in bivanjem v teh višinskih sobah se dviguje število eritrocitov (rdečih krvnih teles) v krvi in s tem izboljšuje prenos kisika v mišice. Rezultati vadbe in bivanja v teh višinskih sobah se kažejo po zaporednem nekajdnevnem koriščenju te sobe.



# TERME ZREČE SPORT AND SPA CENTRE / SPORTNI IN SPA CENTER



V Termah Zreče smo zelo ponosni, da gostimo veliko število športnih ekip, ki se nam vedno znova vračajo.

At Terme Zreče we are extremely proud to be hosting a great number of sports teams that have through the years become our regular guests.



## ŠPORTNI IN SPA CENTER ZREČE

Mirno in prijetno okolje, prijazno osebje, kvalitetna namestitvena in športna infrastruktura, možnost zdravstvenih storitev ter bogata dodatna ponudba so naše primerjalne prednosti.

## Naravna izvirska voda Rogla

Za zdravje in dobro počutje priporočamo pitje naravne izvirske vode Rogla, ki jo črpamo iz izvira Zverovje v gozdnem okolju na obronku Konjiške gore. Uravnoteženost z minerali daje vodi polnost in neizmerno svežino.

## SPORT AND SPA CENTRE ZREČE

A peaceful and pleasant environment, hospitable employees, accommodation and sports infrastructure of great quality, the possibility of health care services and opulent additional facilities are only a few of our advantages.



## NATURAL SPRING WATER ROGLA

For health and wellbeing we recommend drinking the natural spring water Rogla which is pumped from the spring Zverovje in the forest environment on the slope of the Konjiška gora Mountain. Balance with minerals gives fullness and immense freshness to the water.





# SPORT & HEALTH / SPORT IN ZDRAVSTVO



Unitur enables high quality rehabilitation or estimation of the current physical state of every individual sportsman.

The Rehabilitation Centre offers professional specialised help and diagnostics (magnetic resonance, etc.) and a complete spectrum of rehabilitation that consists of:

## HYDROTHERAPY

Exercises in the pools and bath tubs, pearl and herbal baths, underwater massage, four cell galvanic baths, cooling baths, Kneipp's path, water aerobics, peat baths.

## MECHANOTHERAPY

Massages: hand, lymph, reflex, shiatsu, tui-na, aromatherapy, ayurvedic massage, clinical aromatherapy and Thai therapy. Hypobaric therapy, ultrasound and extensions.

## THERMOTHERAPY

Peloid therapy (fango, peat, ice), crio bandages, paraffin wax, thermopack, hay bandages.

## ELECTROTHERAPY

Pain relieving electrotherapy, electro stimulations, magnetic field, laser.

## KINESIOTHERAPY

Exercising, mobilisation of joints, cyriax therapy, fitness, isokinetic testing of endurance and strength of muscles. Cyriax treatment-manual orthopaedic therapy, perfect for various sports injuries.

## HYPOBARIC THERAPY

For immediate regeneration after exhausting training sessions or with swellings.

V Uniturju vam, z individualno obravnavo, omogočamo vrhunsko rehabilitacijo športnikov oziroma ocenitev njihovega trenutnega fizičnega stanja.

Rehabilitacijski center nudi strokovno specialistično pomoč in diagnostiko (specialistična ortopedska ambulanta, kardiološka, ultrazvočna diagnostika, magnetna resonanca, izokinetika ...) ter kompleten spekter rehabilitacije

## HIDROTHERAPIJA

Vaje v bazenih, vaje v kadeh, kopeli (biserne in zeliščne), podvodna masaža, štiri celične galvanske kopeli, ohlajevalne kopeli, Kneippova pot, vodna aerobika, šotne kopeli.

## MECHANOTERAPIJA

Masaže: ročna, limfna, refleksna, shiatsu, tui-na, aroma terapija, Ayurvedska masaža, klinična aromaterapija in tajska terapija. Hidrobarična terapija, ultrazvok in ekstenzije.

## TERMOTERAPIJA

Peloidna terapija (fango, šota, led), krio-obloge, parafin, termopak, senene obloge.

## ELEKTROTHERAPIJA

Protibolečinska elektroterapija, elektro stimulacije, magnetno polje, laser.

## KINEZITERAPIJA

Razgibavanje, mobilizacija sklepov, fitnes, izokinetično testiranje vzdržljivosti in moči mišic, Cyriax obravnava - manualna ortopedska terapija namenjena različnim športnim poškodbam, Trigger terapija, Mulligan terapija, proprioceptivne tehnike.

## HIPOBARIČNA TERAPIJA

Za takojšnjo regeneracijo po napornih treningih ali pri oteklinah.



## Kardiološki pregled

### ANAMNEZA

Temeljita analiza vseh dejavnikov tveganja za koronarno bolezen.

### KARDIO – INTERNISTIČNI PREGLED

Pregledi srca in pljuč.

### OSNOVNA

#### ANTROPOMETRIJA

Index telesne teže, meritev obsega pasu, razmerje pas/boki.

### ANALIZA SESTAVE TELESNIH TKIV (DXA)

Aparat s pomočjo različne absorpcije TRG žarkov, ki je glede na sestavo tkiv različna, natančno izmeri količinski del v gramih predstavlja kostni del, mehki deli in maščevje celotnega telesa ter v trebušni regiji.

### LABORATORIJSKI TESTI

- Celovita laboratorijska diagnostika  
Kompletna krvna slika, elektrociti, retenti, sečna kislina, jetrni testi.
- Klasični dejavniki tveganja za arterijsko bolezen  
LDL holesterol, HDL holesterol, trigliceridi.

### PREGLED OSTALIH DEJAVNIKOV TVEGANJA

- Elektrokardiogram v mirovanju
- Spirometrija  
Lung function testing.
- Obremenitveno testiranje (Bruce-ov protokol)

Celotna ocena aerobne zmogljivosti, gibanja krvnega tlaka in srčnega pulsa in ugotavljanje motenj v prekrvavitvi srčne mišice.

## Cardiological examination

### ANAMNESIS

A thorough analysis of all coronary disease risk factors.

### CARDIO – INTERNIST EXAMINATION

Heart and lungs examination.

### BASIC ANTROPOMETRY

Body weight index, measurement of waist size, waist/hips ratio.

### BODY TISSUE STRUCTURE ANALYSIS (DXA)

A special device which makes precise measurements with the help of various TRG rays absorption. It presents the ratio between the skeleton, soft tissues and fat in the entire body and also in the abdominal area. The measurements are given in grams.

### LABORATORY TESTINGS

- Complete laboratory diagnostics  
Complete blood image, electrolytes, uric acids, liver testings.
- Classic artery disease risk factors  
LDL cholesterol, HDL cholesterol, triglycerides

### EXAMINATION OF OTHER RISK FACTORS

- Static electrocardiogram
- Spirometry  
Lung function testing.
- Stress testing (bruce protocol)

Total estimation of aerobical capability, blood pressure and heart beat movement. Discovery of disturbances in the myocardial blood flow.



# INSTITUTE OF SPORT WITH FACULTY OF SPORTS/ INŠTITUT ZA ŠPORT FAKULTETE ZA ŠPORT



In order to ensure the best possible conditions of the training process, Unior Tourism, besides providing the training facilities and the accommodation facilities, also provides an offer of various tests and monitoring of the top athletes.

## PROFESSIONAL PROGRAM

The Programme is carried out in cooperation with the experts from the Institute of Sports, which operates within the framework of the Faculty of Sports in Ljubljana. The measurements and studies can thus be performed both in our centres on Rogla and in Zreče or at the Head Office of the Institute of Sports in Ljubljana. The most up-to-date scientific findings and equipment add value to the training process of all athletes and sports teams.

Our services which are offered in cooperation with the Institute of Sports:

- Services of the Laboratory of Biodynamics of Physical Activity;
- Services of the Laboratory of Sports Physiology;
- Services of the Laboratory for Momentum Behaviour;
- Services of the Laboratory of Biomechanics;
- Services of the Laboratory of Kinesiology;
- Services of the Laboratory of Psycho-Diagnostics;
- Services of the Laboratory for Sports Medical Diagnosis and Nutrition.

V skrbni za vrhunske pogoje  
trenažnega procesa v Unior  
Turizmu, ob objektih za trening  
in namestitvenih kapacitetah,  
skrbimo tudi za ponudbo testi-  
ranj in spremljanja vrhunskih  
športnikov.

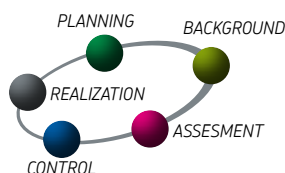
## STROKOVNI PROGRAM

Program izvajamo v sodelovanju s strokovnjaki Inštituta za šport, ki deluje v okviru Fakultete za šport iz Ljubljane. Meritve in raziskave nudimo tako v naših centrih na Rogli in v Termah Zreče kot tudi na sedežu Inštituta za šport v Ljubljani. Z naj-sodobnejšimi znanstvenimi spoznanji in opremo zagotavljamo dodano vrednost v trenažnem procesu vseh športnikov in športnih ekip.

## STORITVE

Storitve, ki jih ponujamo v sodelova-  
nju z Inštitutom za šport:

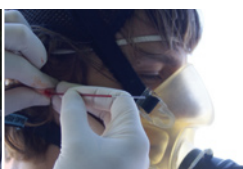
- Storitve laboratorija za biodinamiko telesnega napora
- Storitve laboratorija za fiziologijo športa
- Storitve laboratorija za gibalno obnašanje
- Storitve laboratorija za biomehaniko
- Storitve laboratorija za kineziologijo
- Storitve laboratorija za psihodiagnostiko
- Storitve laboratorija za športno medicinsko diagnostiko in nutritivno



The analysis of training process during  
planning and control are very important  
activities.

Analiza procesa treninga je, v času načrtovanja in  
nadzora, zelo pomembna dejavnost.





Slovenski športniki, dobitniki olimpijskih odličij, ki so se pripravljali na Rogli.

Nareks Petra - judo  
Žolnir Urška - judo  
Čop Iztok - veslanje  
Špik Luka - veslanje  
Majdič Petra - smučarski teki

Slovenian athletes, Olympic medal winners, who were preparing on Rogla.



Nareks Petra  
Judo



Žolnir Urška  
Judo



Špik Luka  
Rowing



Čop Iztok  
Rowing



Majdič Petra  
Cross-country skiing

Univerza v Ljubljani  
Center za univerzitetni šport



# DO YOU NEED EVEN MORE? / POTREBUJETE SE VEČ?



## SPORT HALL

Location: Slovenske Konjice  
Distance: 5 km from Zreče  
Sport: Handball, Basketball, Volleyball court



## GOLF COURT "ZLATI GRIČ"

Location: Slovenske Konjice  
Distance: 5 km from Zreče  
Description: 9 holes



## FOOTBALL FIELD

Location: Slovenske Konjice  
Distance: 5 km from Zreče  
Description: Dressing room

## Športna dvorana

Mesto: Slovenske Konjice  
Oddaljenost: 5 km iz Zreč  
Aktivnosti: rokomet, košarka, igrišče za odbojko

## Golf igrišče "Zlati grič"

Mesto: Slovenske Konjice  
Oddaljenost: 5 km iz Zreč  
Opis: 9 lukenj

## Nogometno igrišče

Mesto: Slovenske Konjice  
Oddaljenost: 5 km iz Zreč  
Opis: urejena slačilnica





### Športna dvorana

Mesto: Oplotnica  
Oddaljenost: 5 km iz Zreč  
Aktivnosti: roket, košarka,  
igrišče za odbojko

### V krogu 20 km

10 nogometnih igrišč,  
10 športnih hal ...

### Za vas organiziramo

- Organiziramo transferje
- Pripravimo potrebne dokumente ter pisma s povabilom
- Organiziramo vse potrebno za prijateljska srečanja (sodnike, ipd.) ...

### SPORT HALL

Location: Oplotnica  
Distance: 5 km from Zreče  
Sport: Handball, Basketball,  
Volleyball court



### IN CIRCLE OF 20 KM

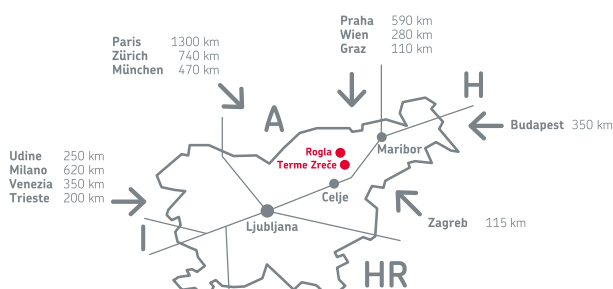
10 football fields,  
10 sports halls ...



### ORGANIZING

- Organizing transfers
- Preparing necessary documents for invitation letters
- Organizing all the necessary for friendly matches (referees ...)





**Unitur**

HOTELS & RESORTS

*Find your smile!*  
*Najdi svoj nasmehek!*

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