



20 Americas 14 Continental Forum

Altitude Training

Coldeportes' High Performance Center

October 29th - November 1st

Bogotá - Colombia

Forum's Final Report



For more information contact
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2014 ASPC Americas Continental Forum – Final Report

To: Association of Sport Performance Centers –ASPC-

From: Coldeportes’ High Performance Center - Colombia

Date: February 28, 2015

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1. Executive Summary

The Association of Sport Performance Centers –ASPC- and The Department of Sport, Recreation, Physical Activity and the Use of free time –COLDEPORTES- hosted the third America´s Continental Forum from October 29th, through November 1st, 2014 in Bogotá, the capital of Colombia, at the High Performance Center, located at 2.620 meter above sea level (8.600 feet).

The Government of Colombia through the Sports Ministry (Coldeportes) fully committed to host this Continental Forum, from the moment Colombia was postulated, at the VIII International Forum on Elite Sport held in Rio de Janeiro, Brazil in August of 2013.

Hosting this Continental Forum was part of the Coldeportes´ strategy to achieve the goals of the Development National Plan, one of its mission lines of action is to prioritize programs and projects related to the positioning and leadership to warrant that Colombian Olympic and Paralympic athletes have the best possible opportunities and experiences for their preparation in the lead up to the 2015 Pan/Para Pan American Games and 2016 Olympic and Paralympic Games.

The main theme of the Forum, '**Altitude Training**', offered an environment for professional development to share and spread the results of investigations and best practices among academics, scientist and high performance sport center leaders from North, South, Central Americas and the Caribbean countries; and a couple of European Countries that showed up, interested on the topic of the Forum.

The III Continental Forum represented an opportunity for delegates and participants to recognize Colombia as a leader in altitude training. For more than 20 years, there has been a significant scientific and academic development in altitude training that need to be confronted with other experiences around the world. In that sense, it was proposed to have a rich academic discussion from two prospectives: on one hand, how to train when you have to compete in altitude, and on the other, how to train in altitude to improve the performance at sea level.

Over the three days of the Forum, delegates had the opportunity to learn from inspiring national and international keynote speakers, as well as to share learnings and best practices amongst each other. There was a strong turnout of **82 participants**; 30 of them international delegates coming from 16 different countries.



The Forum was a **Sustainable Event** in many details, as we acknowledge our responsibility to contribute to raise awareness and promote the importance of sustainable development in sport. For instance, all the paper material used was produced 100% from sugarcane fiber and completely bleached free.



2. Forum Overview:

Name of the Event: III ASPC Americas Continental Forum
Dates: October 29th to November 1st, 2014
Venue: Coldeportes´ High Performance Center, Bogotá
Location: Bogotá, Colombia
Forum Main Theme: Altitude Training
No. of Participants: 82 (30 international delegates from 16 countries)
Host Forum Main Hotel: Capital Center Hotel (Calle 25B # 69-50);
Alternative Hotel: *Tryp Embajada* Hotel
Organization partner: Greater Bogotá Convention Bureau
Targeted Audience: HP Training Centers, Coaches, Athletes, NOCs, Sport National Federations and Sport Institutes, selected researchers and academics from several Colombian Universities,



3. Forum Promotion:

The 2014 ASPC Americas Continental Forum was promoted in the ASPC's website through the Spring's Update Newsletter along with the European Forum held in Pependal, Netherlands.

Locally, the Forum was promoted through the Coldeportes's different platforms and social networks including the Coldeportes' web page, TV institutional program, Facebook, twitter, and several press releases.

The Forum was also promoted in several radio and TV local stations in Bogotá; like the *El Tiempo* TV Channel and *Antena2* radio station.

Flyers were also distributed at several academic events held in Colombia during the previous six months of the Forum.



Association of Sport Performance Centers
ASPC

ASPC Update

Spring 2014

2014 ASPC EUROPEAN FORUM PAPENDAL, NETHERLANDS

From September 22-24, High Performance Centers are invited to the European Forum 2014 in Pependal, the Netherlands. Pependal is a relatively young High Performance Center – the first full-time program, handball academy, started training at Pependal in 2005. Since then, Pependal has grown to over 300 full-time athletes. With 22 building projects over the last eight years, the amount of sport-related facilities increased tremendously. This major development makes Pependal a great host for the European Forum 2014.

The Forum 2014 at Pependal provides not only a platform where Performance Centers can exchange knowledge and experiences, but this year's Forum also focuses on the implementation of cooperation between Centers, listening to each other's approach and working methods, and having interactive sessions with discussions and agreements.

Are you ready to take the cooperation with other Training Centers to the next level? Make sure you do not miss the European Forum 2014. More information and the link for registration is coming soon by email.

2014 ASPC AMERICAS FORUM BOGOTA, COLOMBIA

The Department of Sport, Recreation, Physical Activity and use of free time (COLDEPORTES) and the High Performance Center of Coldeportes will host the 2014 Americas Continental Forum from October 29 – November 1 at the High Performance Center in Bogotá, Colombia.

The main theme of the Forum will be 'Altitude Training.' The Forum will feature an environment for the exchange of knowledge and professional development to High Performance sport center leaders. Over the three days of the Forum, delegates will have the opportunity to learn from inspiring national and international speakers, as well as to share learnings and best practices amongst each other. Participants will include delegates and sport leaders from High Performance Training Centers, National Olympic Committees and Colombian Universities and representatives of many continental countries.

Keynote speakers will discuss topics related to training in altitude, shaping and management of High Performance Sport Centers, strengthening governance and leadership skills.

GET READY FOR FORUM 2015!

DRD
Movimiento Contigo

The 2015 ASPC Forum will take place on the Star Island - Puerto Rico!

The capital of the Puerto Rico, San Juan, will be the host city for the week-long meetings that will be held at the Puerto Rico Convention District. Jaime Lamboy, forum host for Puerto Rico, has already completed most of the obligations laid out for the event: opening and closing receptions are planned, transportation is ready to go and the budget is set. The closing banquet will be held at the Bacardi Company.

Details for the 2015 Forum, including dates, topics & speakers for each conference, translation and the website will be finalized in the upcoming months.

We appreciate all the hard work Jaime and the rest of the organizing committee have put into planning the 2015 Puerto Rico Forum. Please plan to attend!



ASPC **coldeportes** **III Americas Continental Forum**
Bogotá, COLOMBIA
October 29 – November 1st

COMUNICADO DE Prensa

Coldeportes lidera III Foro Continental de Centros de Alto Rendimiento Deportivo

Entre el 29 y el 31 de octubre el Centro de Alto Rendimiento de Coldeportes, ubicado en Bogotá, recibirá a expertos nacionales e internacionales que participarán el III Foro Continental de Centros de Alto Rendimiento Deportivo, una oportunidad para el intercambio de conocimiento y buenas prácticas entre todos miembros de la Association of Sport Performance Centers -ASPC.

El tema principal del Foro será el "entrenamiento en altura" y entre los conferencistas internacionales más destacados se encuentran el biomecánico Phil Cheetham y el fisiólogo Randy Wilber, del Comité Olímpico de los Estados Unidos; y por Colombia Edgar Crisnacho, Camilo Poveda, Mauricio Serrato y Juan Carlos Quiceno en representación del Centro de Ciencias del Deporte de Coldeportes.

Igualmente, y gracias a la gestión del director de Coldeportes Andrés Botero Phillipsbourne, miembro del Comité Olímpico Internacional -COI-, estarán presentes Torbjorn Soligard y Robin Mitchell del Departamento Científico y Médico del COI.

A la fecha, y a pesar de ser un Foro Continental, se han inscrito representantes de Instituto de Deportes de Francia -INSEP- y del Centro de Alto Rendimiento de Sant Cugat en Barcelona, España, quienes se han mostrado muy interesados en conocer los desarrollos del entrenamiento deportivo en Colombia que tantos éxitos deportivos ha producido recientemente a nivel internacional.

El evento estará presidido por el director de Coldeportes, en representación del Gobierno Nacional, por Dale Henwood, presidente mundial de la ASPC, Debbie Low, Vicepresidenta Continental, ambos de Canadá y Tracy Lamb, Director del Centro de Entrenamiento Olímpico de en Chula Vista, Estados Unidos.

El objetivo del Foro para Colombia es poder, compartir experiencias e investigaciones relacionadas con el entrenamiento en altura y propiciar el intercambio médico y científico con países con mayor nivel de desarrollo.

Se espera contar con la presencia de cerca de 50 delegados internacionales, además de un selecto grupo de profesionales colombianos.

(Prensa Coldeportes)



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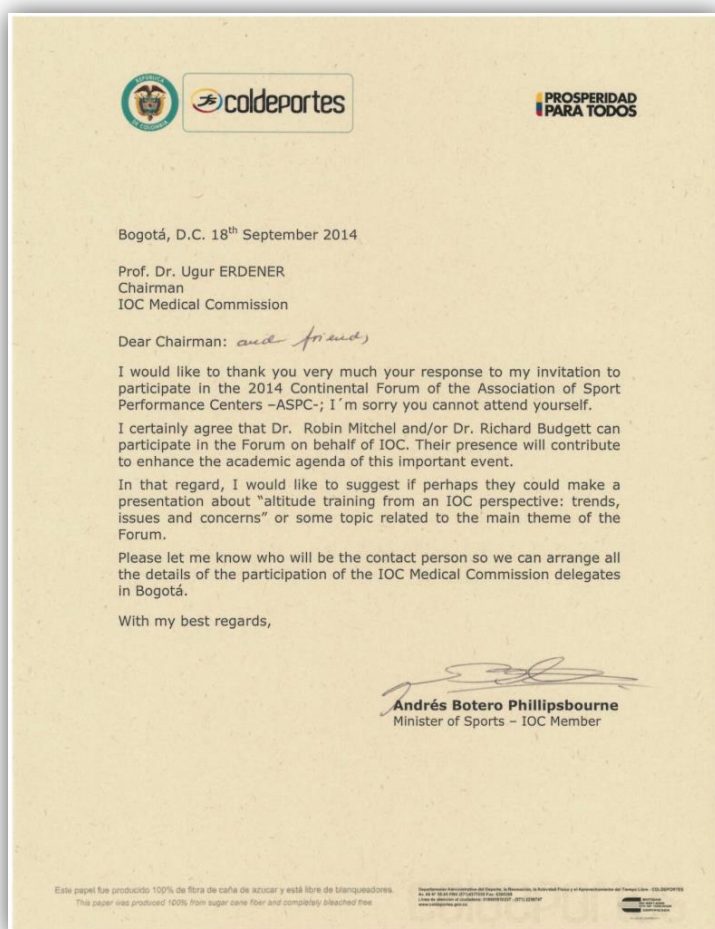


4. Forum Invitations:

Personalized letter signed by the Minister of Sport and IOC Member, Andrés Botero Phillipsbourne were send to the 36 National Olympic Committees and Ministers/Institutes of Sports of the South and Central Americas, and Caribbean countries.

Special invitation was sent by Minister Botero to President of the IOC's Medical Commission, Professor Dr. Ugur Erdener, who designated Dr. Torbjørn Soligard, from the Medical & Scientific department of the International Olympic Committee to attend the Forum.

Locally, personalized invitations were sent to all Presidents of National Sport Federations, all director of National Government Bodies; and selected researchers and academic authorities




5. Keynote speakers and panels:

National and International keynote speakers discussed topics related to training in altitude, trends, concerns and opportunities that altitude training offers to athletes and shared their experiences strengthening further our relationship.



The Forum keynote speakers were:

-  **Andrés Botero P.** Keynote Speaker, Colombian Minister of Sports and IOC Member; made the presentation "Investment speeds up performance"
-  **Dr. Mauricio Serrato, MD.** Keynote Speaker Sports Medicine. Coldeportes' Science Center. Spoke on the topic "Altitude adaptation, results and experiences from the HPC"
-  **Dr. Camilo Poveda MD. Ph.D.** Sport Medicine from Colombia, spoke on the topic "Autonomic modulation and altitude adaptation"
-  **Dr. Randall L. Wilber, Ph.D., FACSM.** Keynote Speaker Senior Sport Physiologist. United States Olympic Committee –USOC- Athlete Performance Lab. Spoke on the topic "Use of Altitude/Hypoxic Training by Olympic Athletes"
-  **Dr. Edgar Cristancho. Ph.D.** Keynote Speaker - Biologist. National University of Colombia, spoke on the topic of "Altitudinal threshold for total hemoglobin mass"
-  **Dr. Daniel Hardelin** - Grand INSEP France - Head of the medical department of the CREPS/ CNEA Font Romeu; made a presentation on the "French approach of altitude training. Presentation, news and prospects"
-  **Dr. Phil Cheetham**, Senior Sport Technologist, Sport Performance Division, Chula Vista US Olympic Training Center, spoke on the topic "Application of Motion Analysis Technology to Olympic Sports";
-  **Dr. Torbjorn Soligard** - IOC Medical and Scientific Department, prepared a presentation on "The protection of athlete health and importance of science to the IOC Medical Commission"; that unfortunately couldn't be presented.
-  **Ing. Natalia Rodríguez**, Biomedical Engineer. Coldeportes' Sport Science Center, spoke on the topic "Biomechanical evaluations: The Colombian experience"

In addition to the keynote speakers, the following five panels were organized:

-  **Panel No. 1** with coaches and athletes who have performed at the highest levels internationally who spoke on the topic "High altitude training and High performance center experiences"; integrated by Carlos M. Oquendo Bronze Olympic medalist BMX – London '12, Moises Fuentes, Double Paralympic medalist Swimming, Beijing and London; José J. Velásquez / Libardo Hoyos C. National coaches, Cycling and Swimming. The panel was moderated by Lics. Tirso Zorro & Leonardo Ruiz, Coldeportes' technical directors of Olympic and Paralympic sports.
-  **Panel No. 2:** Interactive Panel discussion on the topic of "Altitude training: Trends, sense and concerns"; integrated by Dr. Randall L. Wilber, Ph.D. USA; Dr. Daniel Hardelin - Grand INSEP France, Dr. Edgar Cristancho, Ph.D. Colombia, and Dr. Camilo Povea, Colombia. The panel was moderated by Dr. Mauricio Serrato from the Coldeportes' Science Center
-  **Panel No. 3:** Presentations of High Performance Centers: Bogotá's High Performance Center by Carlos E. Villegas; Ecuador Training Centers by Catalina Ontaneda Vivar and US Olympic Training Centre at Chula Vista by Tracy Lamb;
-  **Panel No. 4:** Interactive Panel discussion: "Integrated services through science at HPCs"; by Dr. Phil Cheetham, USOC, Mr. Joseph Escoda - CAR Sant Cugat Barcelona, Ing. Natalia Rodríguez, Colombia. The panel was moderated by Dr. Juan Carlos Quiceno, Director of the Coldeportes' Science Center;
-  **Panel No. 5:** "Setting up and Integrating Support Teams Olympic/Paralympic Athletes" CSC Atlantic; integrated by Michael Bawol, Performance Analysis Specialist, CSC Atlantic, Susan Boegman / Emma McCrudden, CSI Pacific; moderated by Troy Taylor, Director Sport Science & Medicine CSI Ontario, Canada.

Finally, the following presentations on specific topics were made:

-  **TORONTO 2015** Pan/Para Pan Am Games Update by Debbie Low (ASPC Vice President of the Americas Chief Executive Officer Canadian Sport Institute Ontario)
-  **ASPC Update & Forum Conclusions & Declaration** by Dale Henwood, President, APSC



6. The Official program: The following was the final program:



CENTRO DE ALTO RENDIMIENTO
HIGH PERFORMANCE CENTER

III Americas Continental Forum

Bogotá, COLOMBIA

October 29 – November 1st

PROGRAM -

Versión 28-10-2014

Day 0	Tuesday, October 28	
14:00 – 18:00	Arrival of Participants - Registration / Check-in	Capital Hotel
Day 1	Wednesday, October 29	
7:00-9:00	Registration	Capital Hotel
9:30-10:00	Welcome and Opening Ceremony	Dale Henwood -ASPC President; Canadian Sport Institute Calgary Debbie Low -ASPC Americas Vice President; Canadian Sport Institute Ontario Andrés Botero P. – Colombian Minister of Sports, IOC Member
	Coffee break	
10:30-12:00	Panel of athletes and coaches: “High altitude training and High performance center experiences”	Carlos M. Oquendo Bronze Olympic medalist BMX – London ‘12 Moises Fuentes Double Paralympic medalist Swimming José J. Velásquez / Libardo Hoyos C. National coaches Moderated by Tirso Zorro & Leonardo Ruiz Coldeportes
12:00-14:00	Lunch	At Capital Hotel
14:30–16:30	Tour of the “Sports” Zone	By bicycle or/and car: Simon Bolívar’s Metropolitan Park, Coldeportes and Colombian Olympic Committee Headquarters
16:30-17:00	Carbon Offsetting Activity	Coldeportes’ High Performance Center
19:00	Dinner	At Capital Hotel
Day 2	Thursday, October 30	
8:30 – 9:00	“Investment speeds up performance”	Andrés Botero P. Keynote Speaker Colombian Minister of Sports and IOC Member.
9:00 – 9:30	“Altitude adaptation, results and experiences from the HPC”	Dr. Mauricio Serrato , MD. Keynote Speaker Sports Medicine. Coldeportes.
9:30 – 10:00	“Autonomic modulation and altitude adaptation”	Dr. Camilo Poveda MD. Ph.D. Sport Medicine
	Coffee break	
10:30 -11:30	Training Centers: Next Steps - Future and Sustainability	Bogotá High Performance Center - Carlos E. Villegas Ecuador Training Centers – Catalina Ontaneda Vivar US Olympic Training Centre at Chula Vista – Tracy Lamb
11:30 – 12:30	Tour of Coldeportes’ HPC	Guided by HPC Staff
12:30-14:00	Lunch	Coldeportes’ High Performance Center Hotel
14:30–15:30	“Use of Altitude/Hypoxic Training by Olympic Athletes”	Dr. Randall L. Wilber , Ph.D., FACSM. Keynote Speaker Senior Sport Physiologist. USOC Athlete Performance Lab.
15:30-16:00	“Altitudinal threshold for total hemoglobin mass”	Dr. Edgar Cristancho . Ph.D. Keynote Speaker Biologist. National University.

16:00-16:30	“French approach of altitude training. Presentation, news and prospects”	Dr. Daniel Hardelin - Grand INSEP France - Head of the medical department of the CREPS/ CNEA Font Romeu
	Coffee break	
17:00-18:00	Interactive Panel discussion: “Altitude training: Trends, sense and concerns”	Dr. Randall L. Wilber , Ph.D. USA Dr. Daniel Hardelin - Grand INSEP France Dr. Edgar Cristancho , Ph.D. Colombia Dr. Camilo Poveda , Colombia Moderated by Dr. Mauricio Serrato Colombia
19:30	Forum Reception & Dinner	Offered by Coldeportes at Andrés DC
Day 3	Friday, October 31	
8:30-9:30	“Application of Motion Analysis Technology to Olympic Sports”	Dr. Phil Cheetham , Senior Sport Technologist, Sport Performance Division, Chula Vista US Olympic Training Center
9:30-10:00	“The protection of athlete health and importance of science to the IOC Medical Commission”	Dr. Torbjorn Soligard - IOC Medical and Scientific Department
10:00-10:30	“Biomechanical evaluations: The Colombian experience”	Ing. Natalia Rodríguez , Biomedical Engineer. Coldeportes’ Sport Science Center.
	Coffee break	Press Conference A. Botero and ASPC Dignitaries
11:00-12:00	Interactive Panel discussion: “Integrated services through science at HPCs”	Dr. Phil Cheetham , USOC Mr. Joseph Escoda - CAR Sant Cugat Barcelona Ing. Natalia Rodríguez , Colombia Moderated by Dr. Juan Carlos Quiceno Colombia
12:00-13:00	Tour of Sport Science Center and Doping Control Lab	Drs. Juan. C. Quiceno / Mauricio Serrato Dra. Gloria Gallo
13:00-14:00	Lunch	At the Sport Science Center / Hotel
14:30-16:00	“Setting up and Integrating Support Teams Olympic/Paralympic Athletes” CSC Atlantic.	Michael Bawol , Performance Analysis Specialist, CSC Atlantic Susan Boegman / Emma McCrudden , CSI Pacific Moderated by Troy Taylor , Director Sport Science & Medicine CSI Ontario.
	Coffee Break	
16:30-17:00	TORONTO 2015 Pan/Para Pan Am Games Update –	Debbie Low , TO2015 Bid Committee
17:00-17:30	ASPC Update & Forum Conclusions & Declaration	Dale Henwood , President, APSC
	Free evening	
Day 4	Saturday, November 1st.	
7:00-15:00	Tourist/cultural activities At participant’s own cost.	Salt Cathedral of Zipaquirá

7. Forum Preparation:

7.1 Forum Organizing Committee:

The 2014 ASPC Americas Continental Forum Local Organizing Committee was comprised of the following members:

Andrés Botero Phillipsbourne	Colombian Minister of Sports
Baltazar Medina	Colombian Olympic Committee President
Juan Pablo Salazar	Colombian Paralympic Committee President
Carlos Ivan Bermeo A.	Coldeportes´ Positioning and Sport Leadership Dir.
Perla Esther Alvarez C.	Coldeportes´ Tools and Resources Director
Claudia Zuloaga D.	Coldeportes´ International relations Director
Jairo Giraldo J.	Coldeportes´ Communications Director
Carlos Eduardo Villegas E.	Coldeportes´ High Performance Center Director
Adriana Sanabria G.	Coldeportes´ Support

With the support of the ASPC:

Dale Henwood	ASPC President;
Debbie Low	ASPC Vice President for Americas
Tracy Lamb	Olympic Training Centre Chula Vista Director

7.2 Committee Schedule of Meetings:

In the 6 months leading up to the Forum, the Local Organizing and Operational Committees had monthly meetings.

Four Conference Call Meetings with the ASPCs dignitaries were held in the 8 months leading up to the Forum:

- Thursday, December 19th, 2013 at 2pm EST
- Monday, April 7th, 2014 at 5pm EST
- Monday, August 11th, 2014 at 4pm EST
- Tuesday, October 7th, 2014 at 3pm EST

7.3 Forum Local Operational Committee:

The 2014 ASPC Local Operational Committee is comprised of:

Juan Carlos Quiceno N.	Sport Science Center Director
Eduardo González	Colombian Olympic Committee Technical director
Eduardo Montenegro	Colombian Paralympic Committee Technical director
Carlos Eduardo Villegas E	High Performance Center Director
Adriana Sanabria G.	Coldeportes Staff





**PROSPERIDAD
PARA TODOS**

TELEPHONE CONFERENCE CALL MEETING

2014 ASPC Americas Continental Forum – Bogotá, Colombia

Date: Thursday, December 19th, at 2pm EST
Topic: **2014 ASPC Americas Continental Forum – Bogotá, Colombia**
Participants: In Toronto, Canadá: **Debbie** Low – ASPC Vice President of the Americas
Chief Executive Officer Canadian Sport Institute Ontario

*In Calgary, Canada: **Dale** Henwood – ASPC President
President and CEO, Canadian Sport Institute Calgary

In Chula Vista, CA: **Tracy** Lamb – ASPC Treasurer (Past Vice
President for the Americas)
Chula Vista Olympic Training Center – Director

In Bogotá, Colombia: **Andrés** Botero P. – Minister of Sports
Carlos E. Villegas E. High Performance Center Director

* Not confirmed.

FORUM OVERVIEW:

Possible Themes: Altitude Training; Values in Sport; Sports and Environment
Possible Dates: Between July and November 2014 (last week of July??)
Venue: High Performance Center Hotel - Colombian Soccer Federation Hotel
Targeted audience: Leaders from High Performance Center, Sport Institutes, NOCs, Sport Federations and Universities
Participants: 100 participants (50 International and 50 National)
At least 20 countries!!
Schedule: From Wednesday to Sunday or Thursday to Saturday
Registration Fee: USD \$100.00 proposed
Budget: USD \$60.000.00 (Coldeportes)
Subsidies: One delegate from each Bolivarian Country
Leisure activities: We will arrange an optional tourism program for Sunday
Visas: We will provide assistance with delegates obtaining visas
Translation services: Only Spanish-English??

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8. Venues and Logistics:

The 2014 ASPC Americas Continental Forum was held in four venues.

1. The Forum itself was held at the Conference room of the **Coldeportes High Performance Center** –CAR- where all the academic agenda was developed. After analyzing different alternatives outside the Center, it was agreed that event had to be held at the very High Performance Center to promote the Center among delegates.
2. **The Capital Hotel** was selected, among several options, as the main host hotel due to its high standards, convenient location and its proximity to the High Performance Center. As an alternative, the **Tryp Embajada Hotel** was offered to the delegates offering a price per night / per person under U\$100.00.

Both Hotels are 20 min to the Bogotá's El Dorado International airport and 10 minutes to the High Performance Center, which provided an appropriate and convenient environment. Transportation Airport-Hotel-Airport, Breakfast an unlimited internet access was included in the price.

Name	Capital Hotel	Tryp Embajada
Single occupation	U\$ 155.00	U\$ 98.00
Double occupation	U\$ 176.00	U\$ 120.00
		
Address	Calle 25B No. 69A-50	Calle 24 No. 51 - 40

3. **Andrés D.C. Restaurant** a landmark in Bogotá, with a unique atmosphere very original decoration was the venue for the official Forum Reception and Dinner offered by Coldeportes on Thursday, October 30th. The five floors of Andres DC take you from hell to heaven; full of color and "chaos" with the best selection of interaction and local music is played.



Salt Cathedral of Zipaquirá



9. Registration and Fees:

An online Forum registration and Hotel reservation site was created to provide all delegates a free registration platform both, in English and Spanish.

Training Centers who were members of the ASPC were not charged for registrations. For those who were not members of the ASPC but wished to attend the Forum, a Forum registration fee of \$100 USD (to be paid before Oct. 10) was charged; for those paying after October 10th, the fee was \$150 USD.



CENTRO DE ALTO RENDIMIENTO
HIGH PERFORMANCE CENTER

III Americas Continental Forum

Bogotá, COLOMBIA

October 29 – November 1st

REGISTRATION FORM

INFORMACIÓN PERSONAL *Personal information*

Nombres : <i>First Name</i>	Sr. / Sra. / Dr. Mr. / Ms. / Dr.		
Apellidos: <i>Last name:</i>		No de ID. <i>Passport No.</i>	
Organización: <i>Organization:</i>		País: <i>Country:</i>	
Correo electrónico: <i>e-mail</i>		Celular: <i>Mobile:</i>	

INFORMACIÓN DE VIAJE *Travel information*

Vuelo de llegada y hora: <i>Arrival fly and time:</i>		Origen del vuelo: <i>Fly originated in:</i>	
Vuelo de salida: <i>Departure Fly and time:</i>		Destino del vuelo: <i>Fly destination:</i>	

COSTO DE LA INSCRIPCIÓN: *Registration Fee*

Afiliados a la ASPC: <i>ASPC Members</i>	NO FEE	Para realizar el pago ingresar al link: XXX y seguir las instrucciones:	
NO Afiliados a la ASPC: <i>Non ASPC Members:</i>	Hasta OCT 10 <i>Until Oct. 10</i>	USD \$ 100	Desde OCT 11 <i>From Oct. 10</i> USD \$ 150

HOTEL *Hotel preferences*

Día de llegada: <i>Arrival day:</i>		Día de salida: <i>Return day:</i>		Noches <i>Nights</i>	
Hotel Capital <i>Capital Hotel</i>	Habitación Sencilla <i>Single room</i>	USD \$140	Habitación doble: <i>Double room</i>	USD \$176	
Hotel Tryp <i>Tryp Hotel</i>	Habitación Sencilla <i>Single room</i>	USD \$98	Habitación doble: <i>Double room</i>	USD \$105	

Indicar mecanismo: Código de reserva y link Cada uno hace su propia reserva!!
El precio incluye transporte aeropuerto-hotel-aeropuerto, desayuno, acceso ilimitado a internet e impuestos de ley
The Price includes airport-hotel-airport transportation, breakfast, unlimited internet access and all applicable taxes

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This paper was produced 100% from sugar cane fiber and completely bleached free.



10. Funding and Budget:

The hosting of the 2014 ASPC Americas Continental Forum was made possible with financial sponsorship from the Government of Colombia through The Minister of Sport –Coldeportes-

The total cost of the Forum was \$57.449.00 USD.



CENTRO DE ALTO RENDIMIENTO
HIGH PERFORMANCE CENTER

III Americas Continental Forum

Bogotá, COLOMBIA

October 29 – November 1st

Forum Budget

TRM 2050,52

No.	Activity	Valor Total	Valor Total
1	Acomodation	\$ 8.421.600 COP	\$4.107 USD
2	Air Transportation	\$ 6.015.228 COP	\$2.934 USD
3	Ground Transportation	\$ 7.411.680 COP	\$3.615 USD
4	Catering	\$ 36.221.387 COP	\$17.664 USD
5	Room, Communications and AV equipment	\$ 23.211.600 COP	\$11.320 USD
6	Translation services (includes equipments)	\$ 11.121.210 COP	\$5.424 USD
7	Design, Printing and POP Material	\$ 20.267.265 COP	\$9.884 USD
8	Other activities / services	\$ 7.396.115 COP	\$3.607 USD
	SUB TOTAL	\$ 120.121.805 COP	\$58.581 USD
	Revenues from registration and tourist activity	-\$ 2.321.504 COP	-\$1.132 USD
	GRAN TOTAL	\$ 117.800.301 COP	\$57.449 USD

11. Subsidies offered by the ASPC:

A financial support provided by ASPC was able to offer subsidies x 4 delegates are to help subsidize the cost of travel/accommodation to eligible delegates from South and Central Americas, and the Caribbean countries in the amount of \$1000 USD per person to offset the travel expenses of attending the Forum. The only requirement was that these delegates must become members of the ASPC.

Since the Organization could not compromise with the ASPC requirement of the beneficiaries of the subsidy to become members of the ASPC, it was decided not to offer the subsidies.



12. Forum Participants:

There was a strong attendance of 82 participants of High Performance sport leaders from Training Centers, NOCs, Sport Minister / Institutes and Universities representing 16 countries: Canada, the United States, Brazil, Costa Rica, France, Puerto Rico, Spain, Belize, Ecuador, Paraguay, Peru, Dominican Republic, Norway, Haiti, Aruba and Colombia.

A full summary of all delegates follows:



CENTRO DE ALTO RENDIMIENTO
HIGH PERFORMANCE CENTER

III Americas Continental Forum

Bogotá, COLOMBIA

October 29 – November 1st

FORUM PARTICIPANTS

ASPC BOARD				
1	DALE	HENWOOD	CANADIAN SPORT INSTITUTE CALGARY	Canadá
2	DEBBIE	LOW	CANADIAN SPORT INSTITUTE ONTARIO	Canadá
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ASPC MEMBERS AND INTERNATIONAL PARTICIPANTS				
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7	MARCO	LA PORTA	COB - COMITE OLIMPICO DO BRASIL	Brasil
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9	MICHAEL	BAWOL	Canadian Sport Centre Atlantic	Canadá
10	SUSAN	BOEGMAN	CANADIAN SPORT INSTITUTE PACIFIC	Canadá
11	TROY	TAYLOR	CANADIAN SPORT INSTITUTE ONTARIO	Canadá
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13	CARLOS EDUARDO	VILLEGAS ESTRADA	CAR COLDEPORTES	Colombia
14	KARLA PATRICIA	ALEMAN CORTES	COMITE OLIMPICO NACIONAL DE COSTA RICA	Costa Rica
15	CATALINA	ONTANEDA VIVAR	MINISTERIO DEL DEPORTE	Ecuador
16	DAVE	STOW	OLYMPIC COMMITTEE	Estados Unidos
17	PHILLIP JOHN	CHEETHAM	UNITED STATES OLYMPIC COMMITTEE	Estados Unidos
18	RANDY	WILBER	United States Olympic Committee	Estados Unidos
19	HARDELIN	DANIEL	CREPS FONT ROMEU	Francia
20	REYGADE	AUDE	INSEP /MEMBER OF ASPC	Francia
21	JUAN	MALDONADO	SECRETARIA NACIONAL DE DEPORTES	Paraguay
22	RICARDO ANDRES	DEGGELLER BENITEZ	SECRETARIA NACIONAL DE DEPORTES	Paraguay
23	ALFREDO	QUISPE MAMANI	INSTITUTO PERUANO DEL DEPORTE	Perú
24	ANITA MARIA	RIVERA BROWN	COMITE OLIMPICO DE PUERTO RICO	Puerto Rico
25	CESAR AUGUSTO	GARCIA	Ministerio de Deportes	Republica Dominicana
26	TORBJORN	SOLIGARD	International Olympic Committee	Suiza
27	STEPHANE	REBU	Sport Minister	Haiti
28	PIERRE	CHERRY	Sport Minister assistant	Haiti
29	EDMUNDO	JOSIAH	Technical Director NOC Aruba	Aruba
30	RICARDO	VARGAS	CEMEDAR Director	Aruba

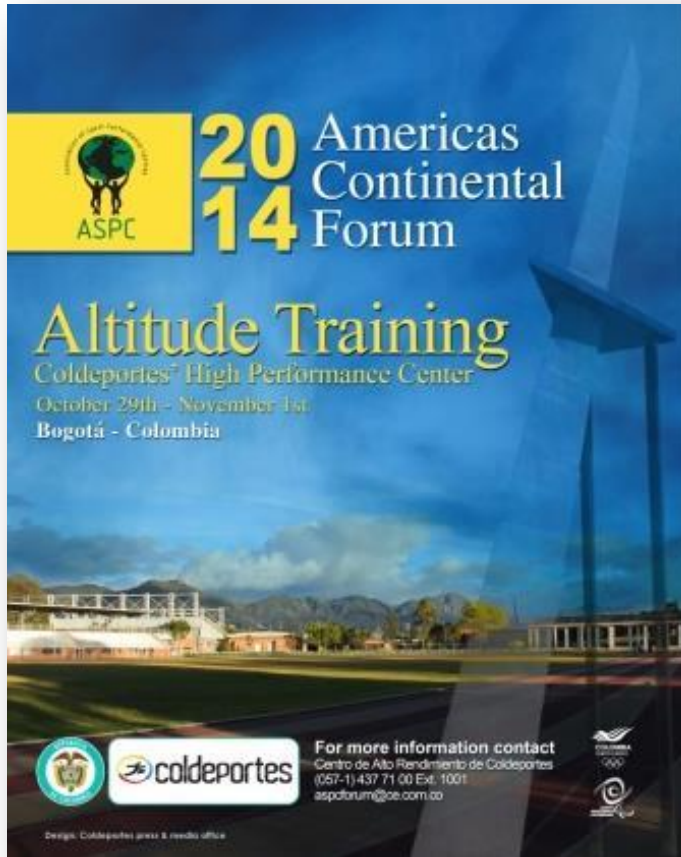


COLOMBIAN PARTICIPANTS				
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32	CAMILO	POVEDA	Conferencista	Colombia
33	JOHN	DUPERLY SANCHEZ	CONSEJO NACIONAL DEL DEPORTE	Colombia
34	MANUEL	DE LA ROSA MANOTAS	CONSEJO NACIONAL DEL DEPORTE	Colombia
35	JUAN CARLOS	PEÑA QUINTERO	COLDEPORTES	Colombia
36	GLORIA INES	GALLO ISAZA	COLDEPORTES	Colombia
37	JUAN CARLOS	QUICENO NOGUERA	COLDEPORTES	Colombia
38	CARLOS IVAN	BERMEO	COLDEPORTES	Colombia
39	ALBERTO	FERRER	INVITADO COLDEPORTES	Colombia
40	FABIO	RAMIREZ	INVITADO COLDEPORTES	Colombia
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44	ANGIE ROCIO	BAEZ PARRA	COLDEPORTES	Colombia
45	BETTY	GONZALEZ PULIDO	COLDEPORTES	Colombia
46	CATALINA	CHICA GARCIA	COLDEPORTES	Colombia
47	ORLANDO	REYES	COLDEPORTES	Colombia
48	MAURICIO	SERRATO	COLDEPORTES	Colombia
49	ALEXANDRA	HERRERA	COLDEPORTES	Colombia
50	PERLA ESTER	ALVAREZ CERVANTES	COLDEPORTES	Colombia
51	CLEMENCIA	ANAYA MAYA	COLDEPORTES	Colombia
52	LEONARDO	RUIZ	COLDEPORTES	Colombia
53	PATRICIA	CARDENAS	COLDEPORTES	Colombia
54	CLAUDIA	ZULOAGA	COLDEPORTES	Colombia
55	CESAR FRANKLIN	ALVAREZ CARVAJAL	COMITÉ OLÍMPICO COLOMBIANO	Colombia
56	ARMANDO	FARFAN	COMITÉ OLÍMPICO COLOMBIANO	Colombia
57	KAREN JOHANNA	RUIZ BARRAZA	COMITE PARALÍMPICO COLOMBIANO	Colombia
58	CARLOS JOSUÉ	BARBOSA TORRES	COMITÉ PARALÍMPICO COLOMBIANO	Colombia
59	MARIA ISABEL	MANCHENO TRAVERSO	FEDERACION COLOMBIANA DE ESQUI NAUTICO	Colombia
60	ARTURO	SOLER	Presidente Fedeliujitsu	Colombia
61	DANIEL	SANABRIA	FedeBalonmano	Colombia
62	BAUDILIO	HERNANDEZ	FedeJudo - Jefe Comision Tecnica	Colombia
63	WILLIAM	NIETO	IDRD	Colombia
64	JOSE JOAQUIN	SUAREZ	IDRD	Colombia
65	ANDRES FELIPE	SEPULVEDA HENAO	UNIVERSIDAD MANUELA BELTRAN	Colombia
66	CARLOS ANDRES	MAYORGA ARIAS	SENA	Colombia
67	LILIANA PATRICIA	ROA GAITAN	UNIVERSIDAD NACIONAL	Colombia
68	MEYER RICARDO	ACOSTA CAÑAS	UNIVERSIDAD PEDAGÓGICA Y TECNOLÓGICA	Colombia
69	CT SANTIAGO	CORTES	Facultad Educación Física Militar	Colombia
70	JOSE ALFONSO	MARTIN REYES	Universidad Pedagógica Nacional	Colombia
71	SEBASTIAN	RODAS QUEJADA	ICBF	Colombia
72	CESAR ALFONSO	GONZALEZ MORENO	IMDERVILLAVICENCIO	Colombia
73	ALCIRA	JIMENEZ OLIVERA	COLDEPORTES	Colombia
74	MARIA IGNACIA	SANCHEZ DURAN	COLDEPORTES	Colombia
75	NURY ANGÉLICA	NEIRA TOLOSA	COLDEPORTES	Colombia
76	ORIANA MARCELA	GONZALEZ SANCHEZ	COLDEPORTES	Colombia
77	ROSANNA	GUERRA MORELLI	COLDEPORTES	Colombia
78	MARIA FERNANDO	MUÑOZ	COLDEPORTES	Colombia
79	ADRIANA	SANABRIA	COLDEPORTES	Colombia
80	Jaime Albarracín		Relator	Colombia
81	Mauricio Lora		Relator	Colombia
82	Nury Neira.		Relator	Colombia

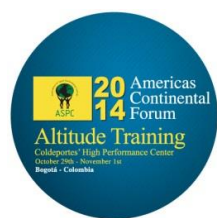
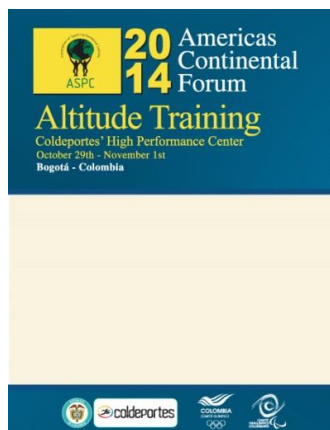


13. Forum Material:

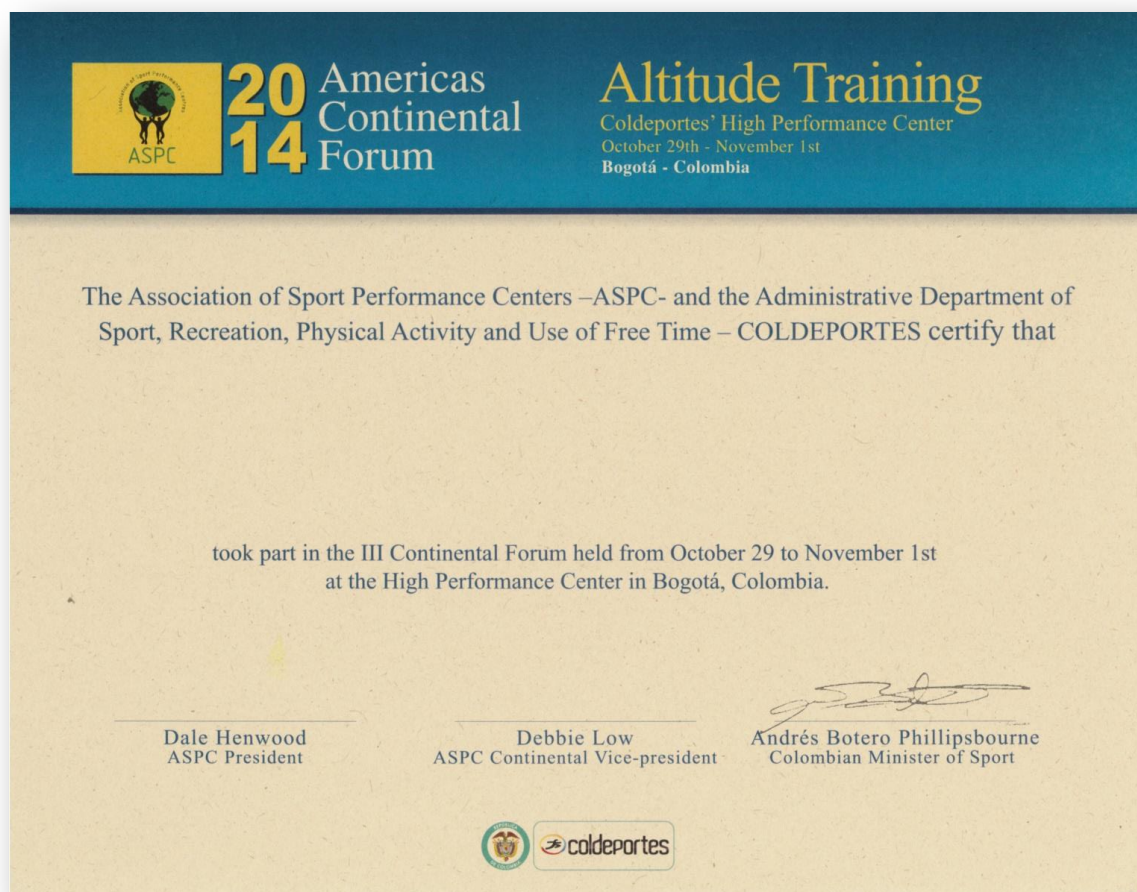
The Coldeportes' communications team designed the Forum Poster, Forum booklet, and ASPC signage and banner.



All delegates were provided with a Forum participant kit which included a sack pack containing a notebook & pen, Forum booklet, Forum pin, Forum official Jacket and cap.



Diplomas of the participation in the Forum were handed out to all official delegates and participants.



14. Forum Activities:

14.1 Carbon Offsetting Activity:



CENTRO DE ALTO RENDIMIENTO
HIGH PERFORMANCE CENTER

III Americas Continental Forum

Bogotá, COLOMBIA

October 29 – November 1st

CARBON OFFSETTING ACTIVITY

This is a silent activity as we acknowledge that noise is also a contaminant element. Once you have read this reflection we are proposing you, please take one of the pine trees on the table and place it in the corresponding hole along the wall.

Coldeportes, with the leadership of Minister Andrés Botero, is fully committed with the objective of UN Millennium Development Goal No. 7 and the recommendations of the 13th IOC Olympic Congress held in Copenhagen, in the sense of implementing good environmental practices in our daily activities to actively promote a healthy environment. As you may know, one of the fundamental objectives of the Olympic Movement, alongside sport and culture, is the environment as the third dimension of Olympism.

Conscious that the different activities of the III Continental Forum of the Association of Sport Performance Centers –ASPC- will impact the environment in many ways, we wanted to have an activity to mitigate, in part, the effect on the global environmental change. As I said this morning during the Forum inauguration, this is a sustainable Event as we agree to take a strong social responsibility to contribute to raise awareness and promote the importance of sustainable development in sport.

We certify that, on your behalf, we will plant and take care of this special pine tree like those seen in ancient Olympia surrounding the slate containing the hard of Baron Pierre de Coubertin.

Andrés Botero Phillipsbourne
Minister of Sport – IOC Member

Coldeportes High Performance Center – Bogotá, Colombia – October 29, 2014

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Línea de atención al ciudadano: 018008918237 - (571) 2236747
www.coldeportes.gov.co



Carbon offsetting activity



14.2 Tour of the “Sports Zone” by bicycle

A bicycle tour of the Simón Bolívar’s Metropolitan Park was guided by the *Ciclovia* Program of the Bogotá’s Sport and Recreational District Institute –IDRD. The ride started at the High Performance center Obelisk square, went through the Metropolitan Park, and finished at the Coldeportes Headquarters, with an intermediate stop at the Colombian Olympic Committee Headquarters.

Tour of the “Sports Zone” by bicycle



Tour of the "Sports Zone" by bicycle



14.3 Tourist activity:

After three days of hard work, the most delegates visited the Salt Cathedral located 50 kilometers north of Bogotá in the Municipality of Zipaquirá; an underground church built within the tunnels of a salt mine 200 meters underground in a Halite mountain. The trip was made in the Savanna tourist steam classic train, considered a cultural heritage of the City

Salt Cathedral of Zipaquirá



15. Forum Evaluation:

Some delegates filled out evaluation forms at the end of the Forum that assessed the overall value of the Forum, The academic program, and Other Activities and services.

There was also a space for Comments and recommendations; been these the most significant:

"An excellent Forum in all aspects. Well done."

Dale Henwood – ASPC President

Thank you once again for hosting the Americas Forum – it was truly fantastic! I really enjoyed getting to know you, your colleagues, the Forum delegates, and of course your wife Liliana.

Debbie Low (Canada)

At times some of the translations were hard to hear – especially on the bike ride or when we were moving and were some distance away from the translator. But overall the translation was of good quality – perhaps the equipment may need to be considered next time

Emma McCrudden (Canada)

A very well run forum and the best hospitality of any forum I have attended. Thank you so much

Susan Boegman (CAN)

Desde mi perspectiva el Foro fue excelente, nada que objetar. Particularmente tuve la expectativa de conocer otros aspectos del entrenamiento en altura como ser: características de las sesiones de entrenamiento, carga del entrenamiento, volúmenes e intensidades. Aunque comprendo que esto ya se individualiza con los deportes y los periodos de preparación, no obstante me hubiese gustado presenciar el comportamiento del contenido en las semanas de entrenamiento en altura de acuerdo algún deporte.

Delegates from Paraguay

The following is the summary of the 12 questions asked:

Please rate, from 1 (-) to 5 (+), the following items according to your perception of the Forum;



The academic program / El programa académico

The pertinence of the main theme “altitude training” and the Forum academic program.	4.7
The quality of the speakers and the content of the presentations	4.8
The value of the information that was presented and discussed	4.8
The visits to the Sport Science Center, the Doping Control Lab and other HPC facilities	4.6

Other Activities and services / Otras Actividades y servicios

The bicycle tour of the “Sport Zone” and visit to de Olympic Committee and Coldeportes	4.6
The Carbon Offsetting Activity	4.7
The Forum reception dinner at Andres D.C. Restaurant	4.9
The visit to the Salt Cathedral in Zipaquirá and lunch at “El Portico” Restaurant	4.9
Rate the set up and overall quality of the auditorium where the Forum was held	4.3
Rate the quality of the Hotel and alimentation services	4.9
Rate the quality of the transportation services	4.9
Rate the quality of the translation services	4.9



III Americas Continental Forum

Bogotá, COLOMBIA
October 29 – November 1st

Version: 07.06.15

FORUM EVALUATION

Please rate, from 1 (-) to 5 (+), the following items according to your perception of the Forum;
Por favor califique, de 1 (-) a 5 (+), las siguientes preguntas de acuerdo con su percepción del Foro.

The academic program / El programa académico	
The pertinence of the main theme “altitude training” and the Forum academic program. <i>La pertinencia del tema principal “entrenamiento en altura” y el programa académico del Foro</i>	4
The quality of the speakers and the content of the presentations <i>La calidad de los conferencistas y el contenido de sus presentaciones</i>	5
The value of the information that was presented and discussed <i>El valor de la información que fue presentada y discutida</i>	5
The visits to the Sport Science Center, the Doping Control Lab and other HPC facilities <i>La visita al Centro de Ciencias del Deporte, Laboratorio de Control al Dopaje y demás instalaciones del CAR</i>	5
Other Activities and services / Otras Actividades y servicios	
The bicycle tour of the “Sport Zone” and visit to de Olympic Committee and Coldeportes <i>El recorrido en bicicleta por la “Zona Deportiva” y la visita al Comité Olímpico y Coldeportes</i>	5
The Carbon Offsetting Activity <i>Actividad de mitigación del efecto sobre el cambio ambiental global</i>	5
The Forum reception dinner at Andres D.C. Restaurant <i>La cena oficial del Foro en el Restaurante Andrés D.C.</i>	4
The visit to the Salt Cathedral in Zipaquirá and lunch at “El Portico” Restaurant <i>La visita a la Catedral de Sal de Zipaquirá y el almuerzo en el Restaurante El Pórtico</i>	4
Rate the set up and overall quality of the auditorium where the Forum was held <i>Califique la configuración y calidad general del auditorio donde se desarrolló el Foro.</i>	5
Rate the quality of the Hotel and alimentation services <i>Califique la calidad del Hotel y los servicios de alimentación</i>	5
Rate the quality of the transportation services <i>Califique la calidad del servicio de transporte</i>	5
Rate the quality of the translation services <i>Califique la calidad del servicio de traducción simultanea</i>	5
Comments and recommendations / Comentarios y recomendaciones	
An excellent Forum in all aspects. Well done.	
Dale Henwood – ASPC President.	

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Rate the quality of the Hotel and alimentation services <i>Califique la calidad del Hotel y los servicios de alimentación</i>	4
Rate the quality of the transportation services <i>Califique la calidad del servicio de transporte</i>	5
Rate the quality of the translation services <i>Califique la calidad del servicio de traducción simultanea</i>	5
Comments and recommendations / Comentarios y recomendaciones	
Thank you once again for hosting the Americas Forum - it was truly fantastic! I really enjoyed getting to know you, your colleagues, the Forum delegates, and of course your wife Lilliana.	
Debbie Low (Canada)	

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16. Conclusions and Final Declaration

DAY 1

Panel 1. Panel of athletes and coaches: "High altitude training and High performance center experiences":

- A great percentage of our population (Colombia) has the fortune to be born and raised in altitude, therefore many of our athletes do not have to make adaptations to compete in altitude, they just have a natural advantage.
- Biomedical follow up and control is indispensable for the adequate development of altitude training.
- A high performance center is attractive to camp and train at when hotel, training venues, cafeteria and medical area are all near and at walkable distance. Nonetheless, for the athlete, the latest technology is most attractive.

DAY 2

"Investment speeds up performance" by *Andres Botero Phillipsbourne, Colombian Sport Minister:*

- Colombia has greatly improved its sports level, gradually becoming a sports power. This has been part of multiple strategies such as detection of innate talent at an early age, hiring high level coaches, and working as a team with COC.
- Sports have been used as a peace strategy. It has been seen to lower violence between gangs. So much that it we have thought of designing a post conflict program.
- We are transforming a country through sports, exercise and physical activity.

"Altitude adaptation, results and experiences from HPC" by *Mauricio Serrat, MD. Colombia*

- Some people have better tolerance to altitude than others
- Determining de hemoglobin mass is useful to objectively measure adaptations produced by altitude.
- Many of the athletes that train between 2200 and 2500m have >50 HCT
- Women have shown to be more resistant to hypoxia for hormonal reasons.
- Above 1800 m you can witness reduction in performance.



- Hypoxic training has a significant effect on the modulation of the autonomic nervous system.
- The adequate time period for adaption to altitude is 21 days.

“Autonomic modulation and high adaptation” by *Camilo Povea, Colombia*

- In order to have an accurate approach to individual response to hypoxia, a sensibility test is applied.
- We have found subjects that respond adequately to hypoxia as other who don't.
- The better the response to the hypoxia sensibility test, the less autonomic variability.
- The heart rate variability could be criteria to select susceptible subjects to altitude intolerance.
- Improvement in the sympathetic response could be an indicator of good altitude adaption.

Coldeportes' High Performance Center Bogotá – Colombia “Next steps, Sustainability and Future” by *Carlos E. Villegas - Colombia*

- The Coldeportes' High Performance Center: Main sport complex in Colombia, Dedicated exclusively to high performance athletes, Olympic and Paralympic athletes, Part of the Simon Bolívar Metropolitan Park, Area of 79 acres (32 hectares), Located at 8.600 feet (2.620 meters) “closer to the stars”, Tropical zone – same weather all year round, Average temperature of 66 °F degrees (19 °C), Two rainy seasons (April & October), The main “green lung” of Bogotá
- **The facilities:** 5 Multipurpose sporting halls, 14 Soccer Fields, 10 Tennis Courts, 8-lane athletics track, Olympic size swimming pool, Sauna, Jacuzzi, 40 room Accommodation, Special Unit for Strength and Physical Conditioning, Sport Science Center, Doping Control Laboratory, **The Events:** ATP-250 Claro Open Colombia,
- **Next steps:** Finish up Accommodation facility USD \$2m USD, Food services, Tune up sporting facilities USD \$10m USD, “Eye on performance”, Facility management software, Make it 100% accessible, Relocate Coldeportes' Staff, Articulate with NOC and NSB, Define operator and operational model
- **Sustainability:** Operational costs USD \$1m / year, We sell services for USD \$250.000 a year, Business Plan, Integrate processes, Articulate with NOC and NSB, Attract private investment!!



- **Future:** Sign IOC final agreement, Become a regional/global Performance Center, Marketing and promotion plan, Research and Development Universities/Businesses, Opportunities for Education;
- Work closely with ASPC to make the jump from a standard training center that serves our local needs to a world class facility at the service of the global sporting community in lead to the 2016 Olympic Games.

Training Centers: next steps future and sustainability Ecuador
Training Centers *by Catalina Ontaneda Vivar - Ecuador*

- Ecuador, through government support and with the intervention of private businesses, has 5 training centers which offer the athletes medical, dental, biomechanical, physiological, and laboratory services. They also include rooms for the athletes.

Key questions should be answered in evaluating the ROI on Training Centers Success *by Tracy Lamb:*

- How should we measure a high performance training centers performance in order to secure funding and support this process into the future?
- What is the role of your training center today?
- Which sport teams and athletes access your training center
- What is the relationship between your training centers usage and performance
- HPC's seek to deliver value to many Stakeholders
- To derive consistent and relevant training center metrics, we must know the link to strategic objectives and key success factors
- Which athletes train at the Olympic training centers?
- Strategic objectives for the training centers will inform which metrics are most appropriate
- What is the desired future role of the HP training center?
- Socialize and gain internal alignment on primary and secondary OTC performance measures
- Begin measuring OTC performance using available data
- Establish OTC metric targets based on desired objectives and level of granularity (e.g., Overall OTC, by Center, by NGB, Para vs. non-Para)
- Capture & Build capabilities needed to measure and report desired future metrics (e.g., process, data, tools)

- Create process for reviewing, interpreting and acting upon OTC performance data cross-functionally
- Communicate with NGBs leaders the expectations and desired outcomes for the training

“Use of altitude/hypoxic training by Olympic Athletes- by Dr Randall L. Wilber, USOC

- Low altitude is that below 1500 m, moderate altitude is between 1500 and 3000 m, and high altitude is between 3000-7500 m, and more than 7500 m is considered lethal.
- The basic models for training in altitude are Living High and Training High (LH-TH), Living High and Training Low (LH-TL), and Living Low and Training High (LL-TH).
- To be able to train in altitude the athlete has to be in good physical shape and healthy.
- Iron deficiency should always be monitored and treated.
- To begin training in altitude a 5 day adaption period should be allowed with adequate hydration and sleep.
- Everyone adapts to altitude if it is done in the right way.
- The benefits to training in altitude are: increase in red blood cells, increase of VO₂, increase in respiratory rate, and increase in the buffering system through bicarbonate, and efficiency in movement.
- The benefits of altitude training can go from 15 days to 3 or 4 week

Panel No. 2: Interactive Panel discussion: “Altitude training: Trends, sense and concerns”

- Adaption response to altitude is individual and it is more evident as of 3000 m. Between 1500 and 3000 meters the individual differences are minimal.
- One training camp in altitude a year is not useful. Each training camp has to have a clear and defined objective and should last at least 3 to 4 weeks. Four weeks being the ideal length of time. A pre-adaption period should be included and consist of one hour a day for 2 weeks of hypoxic training.
- Altitude adaption is not recommended in those that have not yet matured physiologically. It has not been tested in pre-teenagers or children.
- If adaption is done correctly, the effect of training in altitude should last 2-3 weeks.



DAY 3

“Training and the application of technology to movement analysis in Olympic sport” by *Dr. Phil Cheetham, USOC*

- The important factor in movement analysis is marking the joints properly and having them clearly identified and evaluated.
- The ideal scenario is for the image transmission and visualization to be in real time.
- The technology should be accessible and in the field.
- The future is in marker less systems but still has its limitations for now with high velocity video and inertial systems.

“Biomechanical evaluation: The Sport Science Center experience” by *Natalia Rodriguez, Colombia.*

- In Colombia we use the Organic Motion System for motion analysis.
- The Biomechanics Lab in Bogotá has a vision that is based on the concept of a strong base by having the technology, applying it, and acknowledgment of our technological limits allowing us to grow.
- The goal is to be self-sufficient, create and develop technology through research and investment with partnerships and covenants, in order to gain position and leadership nationally and internationally in sports analysis.

Panel No. 3: “Setting up and Integrating Support Teams Olympic/Paralympic Athletes” by *CSC Atlantic.*

- We have to work as a team with good communication (as a family)
- Emphasize the work of the professionals in sports science in the field (psychologist, biomechanical, etc.).
- Although the importance of laboratories in sports science is recognized, we must bring technology to competition and training.
- Improve speed and wireless internet in HPC venues so both coaches and athletes who have their own systems for analysis are able to use them in their daily training (smartphones, tablets, apps, free software)
- Innovation in technology for the HPC with providers that are able to apply it to sport
- With the data obtained from daily training, controls, and the evaluations of the athletes, we can do applied research in each area with the support of the University.

The Coldeportes High Performance Center -HPC- Is located in the heart of the city of Bogotá, is the main sport complex in Colombia and one of the most important, of its kind, in Latin America; dedicated exclusively to development and preparation of conventional and Paralympic high performance Colombian and foreigner athletes.

The Center, was built initially as a Club for the Official Workers, and in 1998 was converted to a High Performance Center, with the purpose of "do the great sporting jump for Colombia and guide our sport towards the first Olympic gold medal" The HPC occupies an area of 79 acres (32 hectares), located at 8.600 feet (2.600 meters) above sea level; its climate presents a low thermic oscillation due to it is in the tropical zone, with an average temperature of 66 Fahrenheit degrees (19° centigrade degrees), a 75% average relative humidity; two rainy seasons (april and October); and total annual precipitation averages is 32.4 inches (824 mm).

The covered facilities of the HPC, occupy an area of 200.000 sq. ft. (19.000 sq. mts.) represented in five (5) multipurpose sporting arenas, an indoor archery field, a Special Unit for Strength and Conditioning, and a swimming pool olympic size.

Equally, the HPC has open facilities like a track and field stadium with a capacity for 600 people, four (4) professional size soccer field, six (6) mini-soccer fields, two (2) multiple hard floor fields; ten (10) tennis courts, 6 hard floor and 4 clay surface, an open archery field with seven targets, a beach volleyball court and a provisional tent for combat sports.

Additionally, in the same complex are located: The Sports Science Center, an accommodation for 120 athletes (it will be completed in 2015) with all amenities and Doping Control Laboratory certified by the World Anti-Doping Agency WADA-. The HPC has a private parking lot for 350 vehicles and a restaurant for visitors and staff.

Please contact us at:

Calle 63 # 59A-06
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PBX: +57 1 437 7100
Mail: altorendimiento@coldeportes.gov.co

El Centro de Alto Rendimiento de Coldeportes -CAR-, ubicado en el corazón de la ciudad de Bogotá, es el principal complejo deportivo de Colombia y uno de los más importantes de su tipo en América Latina, dedicado exclusivamente al desarrollo y preparación de los atletas colombianos y extranjeros de alto rendimiento, convencionales y paralímpicos.

El centro construido inicialmente como un Club para los Empleados Oficiales, fue convertido en 1998 a Centro de Alto Rendimiento, con el propósito de "dar el gran salto deportivo para Colombia y conducir nuestro deporte hacia su primera medalla de oro olímpica".

El CAR ocupa un área de 32 hectáreas (79 acres), está ubicado a una altura de 2.620 metros (8.600 pies) sobre el nivel del mar, su clima presenta una baja oscilación térmica por encontrarse en la zona tropical, con promedio de 19°C (66°F), una humedad relativa promedio del 75%, y dos temporadas de lluvias (abril y octubre); el promedio anual de precipitaciones es de 824 mm (32.4 pulgadas).

Las instalaciones y escenarios cubiertos del CAR suman 19.000 mts² (200.000 pies cuadrados) representados en cinco (5) escenarios deportivos multipropósito, un campo indoor para tiro con arco, una Unidad Especializada de Fuerza y Acondicionamiento Físico UFAF y una Piscina Olímpica. Igualmente cuenta con escenarios deportivos al aire libre como un estadio para atletismo, con tribuna para 600 personas, cuatro (4) campos de fútbol profesionales, seis (6) campos de mini fútbol, dos (2) canchas múltiples exteriores con piso duro, diez (10) campos de tenis, 6 en superficie dura y 4 en arcilla, un campo de tiro con arco para 7 blancos, una cancha de voleibol playa y una carpa provisional para deportes de combate.

Adicionalmente, en el mismo complejo se encuentran el Centro de Ciencias del Deporte, un Alojamiento para 120 deportistas (listo en 2015) con todos los servicios y el Laboratorio de Control al Dopaje certificado por la Agencia Mundial Antidopaje -AMA-. El CAR dispone de un parqueadero privado con capacidad para 350 vehículos un restaurante para visitantes y funcionarios.





Dear ASPC Delegates and Participants:

On behalf of the Government of Colombia, with great joy I welcome the dignitaries of the Association of the Sport Performance Centers ASPC, as well as the international delegates and participants in the III Americas Continental Forum.

For Coldeportes, the government agency responsible for the public policies and the development of sport in Colombia, hosting international events is part of a strategy to improve our relations with global sport entities and to make visible what we have done in recent years that has projected us as a new world emergent sport power.

The main theme of the Forum, 'Altitude Training', offers an environment to share research results and best practices to contribute to the professional development of academics, scientists and high performance sport center leaders from North, South, Central America and the Caribbean countries, in the lead up to the 2015 Pan/Para American Games and 2016 Olympic and Paralympic Games.

As an IOC member, I especially welcome the participation of the IOC Medical Commission through the Director of the Scientific Department as a way to strengthen the connection to our sport performance centers through the ASPCA.

I would encourage you to produce a technical document containing the trends, concerns and opportunities that altitude training offers to our athletes, with the objective of presenting it at the next IOC Medical Congress.

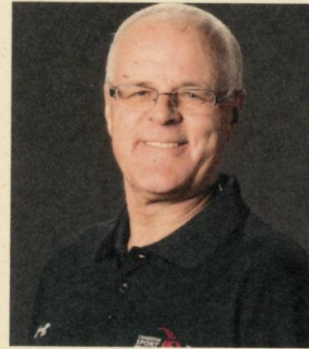
As you will see in many details, this will be a "Sustainable Forum" as we acknowledge our responsibility to contribute to raise awareness and promote the importance of sustainable development in sport.

I wish you a very productive sessions that can build networks and work together in accordance with the mission of the ASPC and wish them a pleasant stay in our wonderful country.

Welcome to Bogotá

A handwritten signature in black ink, appearing to read 'Andrés Botero Phillipsbourne'. The signature is stylized and fluid.

Andrés Botero Phillipsbourne
Minister of Sport.



It is with particular pleasure that I, on behalf of the Board of the ASPC I extend a sincere welcome to Continental Forum III the Americas. This Forum is added to the already held in El Salvador (2010) and Toronto (2012) and held in alternating years to the ASPC Forum on Elite Sport which is held in odd numbered years.

A special thanks to Andrés Botero, Minister of Sport of Colombia; Coldeportes High Performance Centre; Director Carlos E. Villegas and his Committee for hosting the Forum. Also thank to Debbie Low (ASPC Continental VP for the Americas) and Tracy Lamb (ASPC Treasurer) for their leadership and guidance with this Forum.

A special thanks to Andrés Botero, Minister of Sport of Colombia; Coldeportes High Performance Centre; Director Carlos E. Villegas and his Committee for hosting the Forum. Also thank to Debbie Low (ASPC Continental VP for the Americas) and Tracy Lamb (ASPC Treasurer) for their leadership and guidance with this Forum.

At the ASPC our primary purpose is to elevate the leadership at high performance training Centres across the world.

Centres deliver sustained quality services to athletes and coaches within their geographical jurisdiction. The ASPC endeavors to share information that will develop leaders and that will enhance the effectiveness and impact of Centres. When leaders get better, everyone gets better.

There is only a limited amount of information that can be shared in a 60 minute presentation. The presentations only "open the door". I encourage you to integrate the information that is presented from many different disciplines, environments, contexts, and go deeper on your own. Ensure you maximize this opportunity and take the time to establish contacts and renew relationships. Find time to continue the discussions, connect with others, to ask questions, to seek ways to apply the information, as appropriate, to your Centre. We are interested in hearing from you on how we might work together better to improve the ASPC.

Also, please consider attending the IX edition of ASPC Forum on Elite Sport on the Star Island, Puerto Rico, August 26-29, 2015.

Welcome to Bogota!
Sincerely,

A handwritten signature in black ink that reads "Dale Henwood". The signature is written in a cursive, flowing style.

Dale Henwood
ASPC President



Welcome to Bogota and to the III 2014 Americas Continental Forum! The Forum will provide an opportunity for you to enhance your learning and meet new colleagues that share an interest and passion for high performance sport.

I have had the pleasure of working with Minister of Sport Andrés Botero and with Mr. Carlos E. Villegas, Director of the Coldeportes High Performance Centre and his Organizing Committee to ensure that we have a program that will be interesting for all that attend. I would like to congratulate Mr. Villegas for his leadership and commitment to ensure that the Forum will be a valuable learning experience. The combination of information sharing sessions by the presenters and social gatherings will provide an optimal learning environment for all.

As leaders of high performance training centres, it is our responsibility to provide the very best training environments for our athletes and coaches. The goal of the ASPC is to help each of us become better leaders through continued learning. I encourage you to get to know your fellow colleagues and establish a broader network that can assist you in the future.

Please enjoy the Columbian hospitality that our hosts have been so gracious to put together for us. And, don't forget to mark down the dates of August 26 – 29, 2015, in your calendar as the ASPC international Forum on Elite Sport will be held on Star Island, in Puerto Rico.

Sincerely,

A handwritten signature in dark ink, appearing to read "Debbie Low". The signature is fluid and cursive, with a large initial "D" and "L".

Debbie Low
VP Americas

Dear Friends in sport

For the Coldeportes High Performance Center it is a great privilege to host the III Continental Forum 2014 of the Association of the Sport Performance Centers –ASPC–.

When, during the VIII International Forum on Elite Sport held last year in Rio de Janeiro, Brazil, it was suggested that our Center could organize the Continental Forum; I immediately thought what a great opportunity this would be to share our experiences and promote our Center in the region.

The High Performance Center of Coldeportes, located in Bogotá at 8.600 feet (2.620 meters) above sea level, occupying a land of 79 acres (32 hectares) in the hard of Bogotá, with a year round tropical weather, represents the perfect natural environment for altitude training for athletes all over the world.

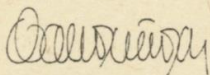
Conscious of that comparative advantage, top management of Coldeportes is determined to devote the Center exclusively for the preparation of high performance nationals and internationals, Olympic and Paralympic athletes and their coaches.

With the financial support of the Government and the leadership of our Minister of Sport Andrés Botero, we are in the process of transforming the Center from a standard facility, which satisfies our domestic athlete's requirements, to a world-class scenario that meets international standards for athletes and coaches demands.

On behalf of the staff and collaborators, I would like to welcome you all to our wonderful Facility in Bogotá, and I wish you a very productive work sessions for the benefit of you and your supporting teams that will impact your athletes and coaches.

I also wish to express my gratitude to the dignitaries of the ASPC for trusting us the organization of this Forum. We won't disappoint you.

A special thanks to all the staff of the High Performance Center who made it possible!



Carlos Eduardo Villegas E.
HPC Director.

Estimados amigos en el deporte

Para el Centro de Alto Rendimiento de Coldeportes es un gran privilegio ser anfitrión del III Foro Continental 2014 de la Asociación de Centros de Rendimiento Deportivo –ASPC–.

Cuando, durante el desarrollo del VIII Foro Internacional de Deportes de Élite realizado el año pasado en Rio de Janeiro, Brasil, se sugirió que nuestro Centro podría organizar el Foro Continental, inmediatamente pensé que sería una gran oportunidad para compartir nuestras experiencias y promover nuestro Centro en la región.

El Centro de Alto Rendimiento de Coldeportes localizado en Bogotá a 2.620 metros (8.600 pies) sobre el nivel del mar, ocupando un terreno de 32 hectáreas (79 acres) en el corazón de Bogotá, con un clima tropical a lo largo del año, representa el perfecto ambiente natural para preparación en altura para atletas de todo el mundo.

Conscientes de esa ventaja comparativa, la alta dirección de Coldeportes ha determinado destinar el Centro exclusivamente a la preparación de atletas de alto rendimiento nacionales y extranjeros Olímpicos y Paralímpicos y sus entrenadores.

Con el apoyo financiero del Gobierno y el liderazgo de nuestro Ministro del Deporte estamos en el proceso de transformar el Centro de unas instalaciones estándar que satisfacen los requerimientos domésticos de nuestros atletas a un escenario de clase mundial que cumpla con los estándares internacionales y los requerimientos de los atletas y sus entrenadores.

En nombre de todos los funcionarios y colaboradores del Centro quiero darles la bienvenida a todos a nuestras magníficas instalaciones en Bogotá y les deseo unas sesiones de trabajo muy productivas para su beneficio y el de sus equipos de trabajo que impactarán a sus atletas y entrenadores.

También quiero expresar mi gratitud a los dignatarios de la ASPC por confiar en nosotros la organización de este Foro; no los desilusionaremos.

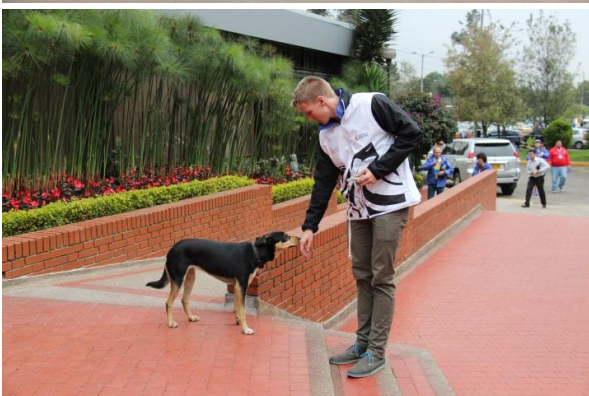
Un especial agradecimiento a todo el equipo de trabajo del Centro de Alto Rendimiento que hizo esto posible.

Carlos Eduardo Villegas E.
Coordinador CAR



17. Forum pictures:

Visit to Colombian Olympic Committee & Coldeportes' Headquarters



Welcome and Opening Ceremony



Panel of athletes and coaches



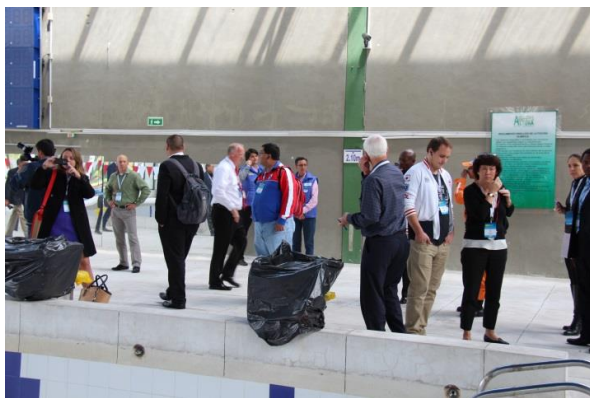
Thursday, October 30 - Morning



Training Centers: Next Steps - Future and Sustainability



Tour of Coldeportes' High Performance Center



Tour of Coldeportes' High Performance Center



Visit to the Sport Science Center & Doping Control Laboratory



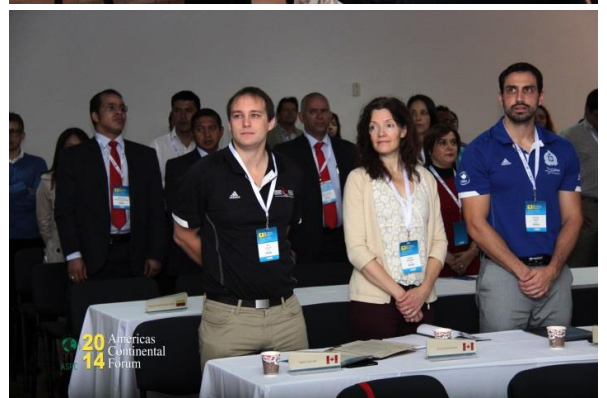
Thursday, Afternoon "Altitude training: Trends, sense and concerns"



Friday, Morning - "Integrated services through science at HPCs"



Setting up and Integrating Support Teams Olympic/Paralympic Athletes”



Forum Delegates



Forum Closing Ceremony

