



## ASPC Exchange Program

At the 2011 Forum in Paris, several of the Continental members made significant one time financial contributions to enhance the Exchange Program.

### Thanks to the contribution of



The intent of the exchanges is to share knowledge and experiences as we develop leaders/managers and other staff from high performance training centres. The Exchange program was a relatively new initiative of the ASPC and this new investment was an endeavor to encourage more exchanges and the further development and advancement of high performance sport across the globe.

In 2012, a revised application process and timeline was developed and circulated as was a set of criteria that needed to be met for ASPC approval of an exchange.

Applications will be reviewed on their individual merit based on the objectives of the ASPC, the financial resources available and the following parameters:

- a. All projects must fit within the mandate of the ASPC.
- b. The typical subsidy is up to \$1,000 USD for the applicant and up to \$1,000 USD for the hosting Centre. Exchanges are generally 7---10 days in duration.
- c. All participants in the exchange program must secure, at their own cost, appropriate accident and health insurance coverage.
- d. Projects should have a component of self---help: an indication of funds contributed by the individual or their host Centre or a third party.

- e. Applications for projects must be received 6 months prior to the initiation of the exchange.
- f. Applications will be considered twice annually.
- g. A maximum of 2 projects will be funded in the same year.
- h. A maximum of two projects will be funded for a visiting Centre in a 24 month period.
- i. Prior to distribution of the subsidy funds, an evaluation report must be submitted to the President of the ASPC within 30 days of the completion of the exchange.

Regrettably, only two applications for exchanges were received:

- Chula Vista and University Pretoria – biomechanics and video analysis
- CAR San Cugat and Norway Olympic Sport Centre – Injury prevention and biomechanics

Only one exchange was completed and reported accordingly between The Norwegian Olympic Sports Centre (Olympiattopen) and CAR Sant Cugat (CAR)

This Exchange program was scheduled from 5th to 10th of November 2012

The Exchange Program promoted by the Association of Sports Performance Centre (ASPC) aims to encourage the sharing of knowledge and experiences, and the subsequent development of leaders between ASPC members. For a couple of years, one of the purposes of the CAR Science Unit is to consolidate a working group on injury prevention. During the last year our work has been focused on ACL injuries in sports as Gymnastics, Handball and Football. Our purpose is to establish and carry out protocols to prevent the ACL injury in these sports and, furthermore, assist in the process of the injury rehabilitation.

The Norwegian Olympic Sports Centre (Olympiattopen) and our centre, CAR Sant Cugat (CAR) are members of this association and could participate in this Exchange program. Olympiattopen combines clinical work and research with the Oslo University Hospital and the Oslo Sports Trauma Research Center, one of the world leaders in research in injury prevention programs. One of purposes of this program is to set the stage for a possible future collaboration through exchanging ideas, theories and protocols to reduce ACL injuries.

For more info refer to

[http://www.forumelitesport.org/sites/default/files/Exchange\\_Report\\_Ventura\\_Ferrer\\_CAR\\_Olympiattopen\\_NOV\\_2012\\_OSLO.pdf](http://www.forumelitesport.org/sites/default/files/Exchange_Report_Ventura_Ferrer_CAR_Olympiattopen_NOV_2012_OSLO.pdf)

ASPC Members are encouraged to take advantage of this special opportunity to further develop your leaders.

Complete form for Exchange Request are available at the ASPC website.

<http://www.forumelitesport.org/node/add/request>