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The Organising committee of the  
9th Balkan Congress  
of Sports Medicine  
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The Yugoslav pharmaceutical company  
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have given substantial financial support  
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The Ministry for Science and Technology,  
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through its generous Grant has funded  
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This program booklet was made possible  
by a generous grant from the  
National Bank of Yugoslavia  
-The Mint and Paper Money  
Printing Office-Belgrade



## MESSAGE FROM THE PRESIDENT OF ASMB

Dear participant,

On behalf of the Organizing and Scientific Committee for the 9th Balkan Congress of Sports Medicine, allow me to cordially welcome You to Belgrade. We are honored that the ASMB has chosen our country and city as the venue for this year's congress.

This brochure contains the program of the congress. The book of abstracts of the papers to be presented on the parallel sessions shall be published separately. The book of selected proceedings of the 9th Congress of the ASMB shall be published until the end of 1995.

This congress is taking place in Yugoslavia, after prolonged pause of 23 years. The last congress of the ASMB was held on Cyprus in 1989. For the last six years the field of research and profession of sports medicine has advanced enormously. This fact is very significant from the point of view of athletes health prevention, and for the achievement of the best sport results and records.

Let me remind You that sports medicine in Yugoslavia has its deep historical roots. In the first written medical records and Serbian orthodox church canonical books we have evidence that our most famous saint, educator, teacher and first physician, Saint Sava in the XI century has argued in favor of moderate physical training as the best way to preserve mental and physical health. In the name of our heritage I would like to express my deep thanks to all of You that you have come here, to contribute with your participation and papers, to give your contribution to the development of the medical sciences, and especially to the field of sports medicine.

I hope that this Congress shall be really a special place which shall unite all of us to create new projects and to contribute to the health of all people around the world.

I trust that You will find Your participation in the congress to be very stimulating experience.

We are particularly pleased that colleagues from so many countries have been decided to come Belgrade, in the spirit of co-operation and enhancement of international understanding. At the time of writing this introduction, delegates from 5 Balkan, 10 European and 3 countries around the World have registered. We hope that this trend will continue in the future and that we may thus provide a modest contribution to the construction of the "common Balkan, European and World peaceful house" we all desire.

We wish You very pleasant and productive congress.

Professor Vladimir K. Yorga  
President-elect of the ASMB



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