



12th
INTERNATIONAL
CONFERENCE
ON STRENGTH
TRAINING



20 – 22 November 2020, Hong Kong Sports Institute, Hong Kong · www.icst2020.hk

Conference Announcement

12th International Conference on Strength Training

Dear All,

We are very pleased to announce the 12th International Conference on Strength Training (ICST) will be held at the Hong Kong Sports Institute on 20-22 November 2020. The ICST is a biannual conference hosted around the world since 1998 and it is now our great honour to have the 12th International Conference on Strength Training to be held in Hong Kong. The event is organised by the Hong Kong Sports Institute and co-organised by the University of Hong Kong.

In the coming years Asia will be front and center as it hosts of the 2020 Summer Olympics (Tokyo, Japan) and the 2022 Winter Olympics (Beijing, China). Strength training plays an important role in the training and preparation of almost all top athletes and this is why Hong Kong, a regional hub in Asia, is an ideal location for hosting the International Conference on Strength Training.

The goal of ICST 2020 is to bring together strength and conditioning scientists, coaches, elite sports professionals and administrators to discuss emerging paradigms and breakthroughs at the forefront of strength training and exercise research. Keynote presentations will focus on three major themes:

- 1) Scientific Strength and Conditioning Training for Elite Athlete Performance;***
- 2) Strength Training from a Practical Perspective; and***
- 3) Strength and Resistance Training and Its Role in Health and Fitness***

For more information on the programme and conference registration, kindly visit the conference website at <https://www.icst2020.hk>. Please do not hesitate to contact the Conference Secretary (E-mail: icst2020@hksi.org.hk / Phone: +852 2681 6130) for inquiries.

Conference Secretariat

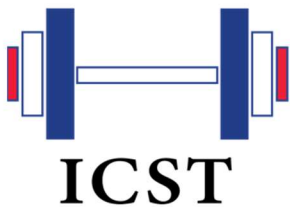
Sports Information and External Affairs Centre
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We look forward to seeing you at the ICST 2020, which will be held from 20-22 November 2020 at the premier training facilities for Hong Kong's elite athletes, the Hong Kong Sports Institute.

Yours faithfully,

*Dr. Michael Tse, PhD
Chairman
Organizing Committee of the 12th International
Conference on Strength Training*

Conference Secretariat
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