

BEHIND THE PERFECTION EDUCATIONAL SUMMIT

24 OCTOBER 2025

8.30 – 13.30

MAMA SHELTER HOTEL, PRAGUE 7



TOGETHER, WE CAN DEAL BETTER
WITH NEGATIVE ASPECTS
IN ESTHETIC SPORTS

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Educational Summit on Nutrition, Psychology & Performance in Aesthetic Sports



Date: Friday, 24th October 2025 from 9:00 AM till 1 PM

Venue: Mama Shelter Hotel, Prague

Entrance Fee: €39 based on pre-invoicing

Join us for a one-of-a-kind educational summit aimed at exploring crucial aspects of nutrition, psychology, and performance in sports. This event brings together experts from various fields to share their knowledge and insights, focusing on aesthetic sports and its specific athletic performance. The event follows the FISAF International Sport Aerobics and Fitness Championships in Prague in 2025, but the focus will be on the common problems of all aesthetic sports that need to be defined, prevented and solved responsibly.

Fri Oct 24th

Schedule

**OPENING
SPEECHES**

**9:00AM–
9:15AM**

Diane Haslam FISAF International
(Chair – Education Department)

Jana Havrdová FISAF.CZ

**KEY NOTE
SPEECH**

**9:15AM–
10:15AM**

MUDr. Marie Skalská

Topic: Nutrition and Rest for Optimal Athletic Performance

MUDr. Marie Skalská is a renowned physician specializing in sports medicine and wellness. She will address critical topics such as how nutrition, rest, and hydration contribute to optimal performance in sports. Her talk will cover essential guidelines for eating before, during, and after competitions, the importance of sleep, and how to maintain a proper hydration routine.

**KEY NOTE
SPEECH**

**10:15AM–
11:00AM**

doc. PaedDr. Klaudia Zusková, Ph.D.

Topic: Psychological Aspects in Aesthetic Sports

Doc. PaedDr. Klaudia Zusková, Ph.D. is an expert in sport psychology. Her presentation will focus on the psychological challenges faced by athletes in aesthetic sports, including risks related to body image, low self-esteem, and the pressure of comparisons. She will offer strategies to stay mentally prepared for peak performance.

11:00–11:15AM COFFEE BREAK

KEY NOTE SPEECH

**11:15AM–
12:00PM**

Mgr. Jan Caha, Ph.D.

Topic: Ideal Timing for Peak
Competition Performance

Jan Caha, a world champion in natural bodybuilding, will share his expertise on combining nutrition and training for achieving the best results during competitions. His talk will emphasize the importance of timing and discipline to optimize performance.

**12:00PM–
12:45PM**

Panel Discussion

Following the key note speeches, a panel discussion will feature both national and international experts in sports, nutrition, and psychology. The panel will explore ways to address and prevent problems commonly encountered in aesthetic sports, offering practical solutions for athletes and coaches alike.

**12:45PM–
01:00PM**

Closing Summary

The event will conclude with a summary of the day's key takeaways, ensuring participants leave with valuable knowledge to apply in their respective fields.

Don't miss this opportunity to enhance your understanding of the intersection of nutrition, psychology, and performance in aesthetic sports!



Register before 10th of October 2025: [CLICK HERE](#)