



**2025**  
FREIBURG • GERMANY  
SEPTEMBER 24 - 26

STRENGTH TRAINING FOR  
**PERFORMANCE AND HEALTH**



# 13<sup>th</sup> International Conference on Strength Training

## INDUSTRY BROCHURE

as of April 8, 2024



INTERCONGRESS

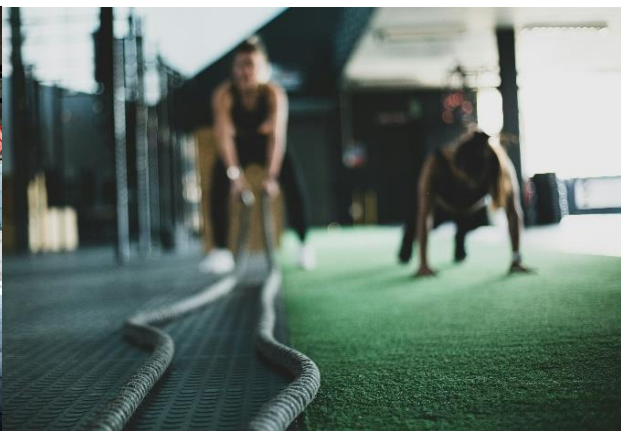
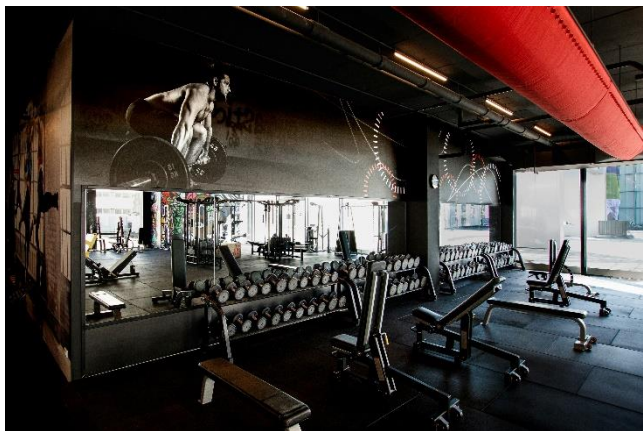
<https://icst2025.com/>



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## GENERAL CONGRESS INFORMATION & CONTACT

**Congress:** 13<sup>th</sup> International Conference on Strength Training

**Date:** September 24 – 26, 2025

**Venue:** Department of Sport and Sport Science, Freiburg  
Sandfangweg 4  
79102 Freiburg, Germany

**Exhibition area:** Hall 1A+B

## INVITATION

The **13<sup>th</sup> International Conference on Strength Training** is a prestigious event, which brings together researchers from the fields of exercise science, physiology, psychology, biomechanics, sports medicine, and physiotherapy with coaches and practitioners, strength and conditioning specialists from around the globe.

Meet experts and enthusiasts in the fields of strength and conditioning as we delve deep into the latest advancements in research and sports practice.

It is therefore the ideal platform to present your company and products to the **researchers and practitioners** in the field of strength training.

- **The congress combines the most important topics of strength training: performance and health**
- **One event every two years to meet experts and colleagues**
- **300 - 400 international participants expected**
- **Top-class international researchers and practitioners and scientific programme**
- **Three days full of networking possibilities**
- **Sport city of Freiburg – well known in the world of science and sport**

In this brochure, you will find detailed information about the various opportunities available for your company to be represented at the **13<sup>th</sup> International Conference on Strength Training**: Different levels of partnerships, industrial exhibition in one exhibition hall, workshops, advertisements in the pocket guide or app, branding and much more.

***Your support for the 13<sup>th</sup> International Conference on Strength Training is highly appreciated. Thank you!***



## LOCAL ORGANIZING TEAM & ICST SCIENTIFIC COMMITTEE

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### LOCAL ORGANIZING TEAM

Urs Granacher  
Dominic Gehring  
Janice Waldvogel  
Beate Steemann



### ICST SCIENTIFIC COMMITTEE

Keijo Häkkinen (Chair), Finland  
William Kraemer, USA  
Rob Newton, Australia  
Urs Granacher, Germany  
Dušan Hamar, Slovakia  
Steve Fleck, USA  
Juha Ahtiainen, Finland  
Dietmar Schmidtbleicher (Honorary member), Germany

## YOUR CONTACT FOR PARTNERSHIP AND EXHIBITION

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**INTERCONGRESS**





## TOPICS

### Performance

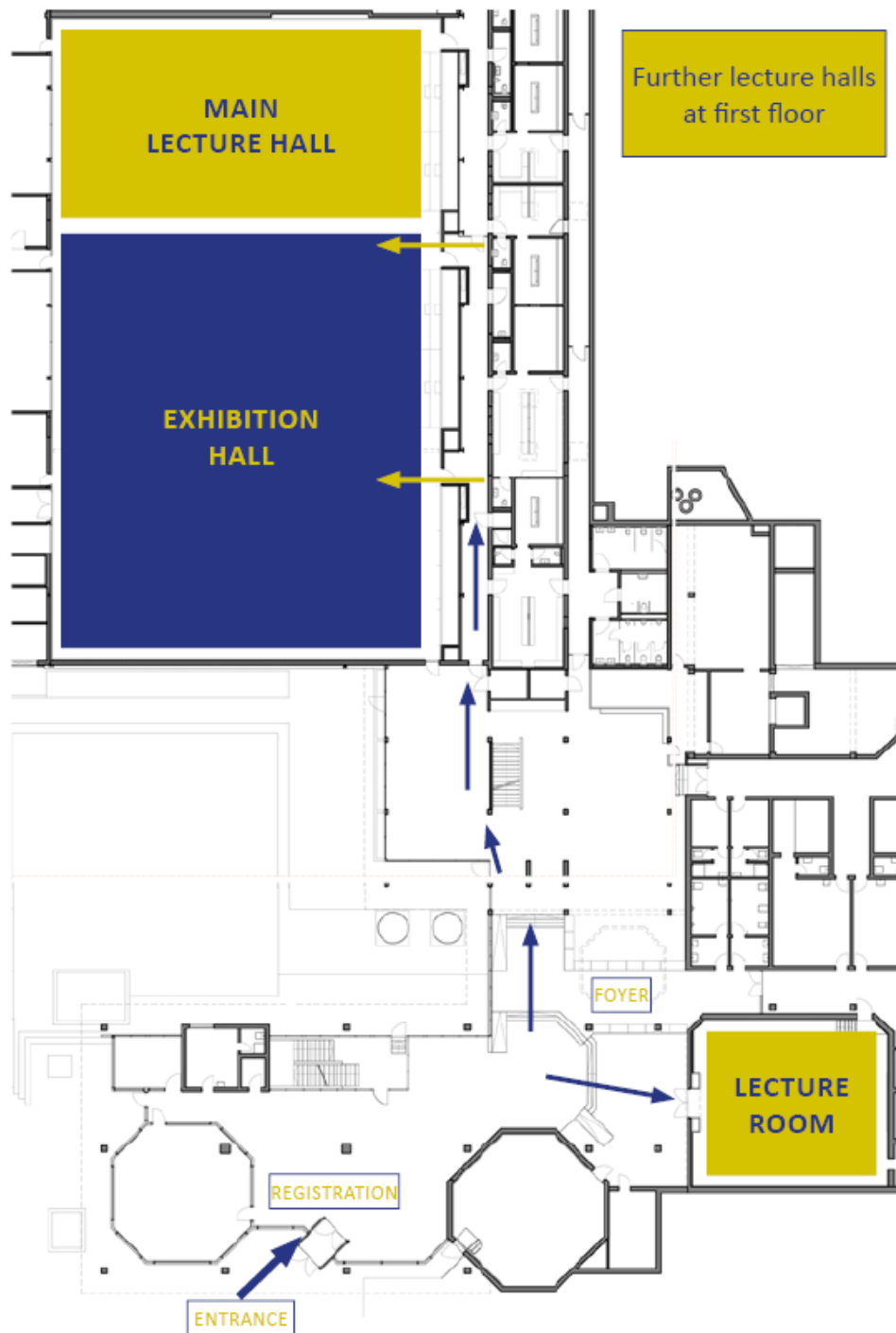
- **Stretch-shortening cycle and performance enhancement through strength training**
- **Eccentric and concentric strength training**
- **Concurrent training: effects and adaptations**
- **Concurrent training: youth**
- **Strength training with females**

### Health

- **Strength training with patients**
- **Strength training with older adults**
- **Strength training with females**
- **Strength training and injury prevention**



## OVERVIEW CONGRESS AREA





## YOUR PARTICIPATION

All companies that are interested in participating in the **13<sup>th</sup> International Conference on Strength Training** are invited to book marketing packages. **Stand spaces are integrated in the listed marketing packages** and are not bookable as single benefit at the moment.

Additionally you have the possibility to add individual marketing services to increase your visibility as partner.

Some marketing services are only available in a restricted number. For these services the date of receipt of the booking form is important, as the services will be distributed on a first-come, first-serve basis. For the allocation of the exhibition spaces partners will be served first after level and within the level after date of receipt, on a first-come, first-serve basis.

**Becoming a partner makes your participation at the 13<sup>th</sup> International Conference on Strength Training truly special!** All partners receive valuable advantages and will be promoted with their partner level and company logo to all congress participants – your customers.

## PARTNERSHIP LEVELS

The following partnership levels can be achieved by booking a marketing package:

- |          |               |
|----------|---------------|
| • Gold   | EUR 6,500.00* |
| • Silver | EUR 4,000.00* |
| • Bronze | EUR 2,500.00* |

**For suggestions of packages see next pages. The packages can also be arranged individually. Please get in touch with us. To reach one of the above listed partner levels the mentioned amount has to be reached.**

### PLEASE NOTE

\*Currency & VAT: All prices are quoted and payable in EURO, plus 19% VAT for Germany-based companies / plus 19% VAT for companies in all other EU countries without VAT ID / without VAT for companies in all other EU countries with VAT ID (Reverse-Charge) / without VAT for companies of third countries outside the EU (Reverse charge) / plus 8,1% VAT on sponsoring activities for Swiss companies.



## PARTNER RECOGNITION AND ADVANTAGES

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### Gold Partner (bookable as listed)

**6,500.00\* EUR**

- 6 sqm stand area including 2 chairs, 1 table and 1 electricity connection for rent
- 2 exhibitor badges for free (eTickets)
- Free choice of stand area (on a first-come, first-serve basis)
- Product Presentation in the main lecture hall on Wednesday or Thursday, Duration 10 minutes (on a first-come, first-serve basis)
- Promotion as Partner in the pocket guide and on the conference website with logo
- Banner in one of the conference newsletter (on a first-come, first-serve basis)
- Short company profile displayed on the conference website
- Digital presentation of product information in the breaks on one of the main days (on a first-come, first-serve basis)

### Silver Partner (bookable as listed)

**4,000.00\* EUR**

- 6 sqm exhibition space including 2 chairs, 1 table and 1 electricity connection for rent
- 2 exhibitor badges for free (eTickets)
- Promotion as Partner in the pocket guide and on conference website with logo
- Set-up of a roll-up within the conference center
- Banner in one of the conference newsletter (on a first-come, first-serve basis)

### Bronze Partner (bookable as listed)

**2,500.00\* EUR**

- 6 sqm exhibition space including 2 chairs, 1 table and 1 electricity connection for rent
- 2 exhibitor badges for free (eTickets)
- Promotion as Partner in the pocket guide and on conference website with logo

Please note that these partner rates include stand space only and do **not** include stand construction (own responsibility by company), wall separations or additional services beside furniture and electricity listed in the partner packages. These have to be ordered separately, at additional cost.

All partners and exhibitors will receive the highest recognition for their support of the **13<sup>th</sup> International Conference on Strength Training** in Freiburg. Partners will be mentioned on the congress website under “Partners” after signing the marketing agreement in our [industry portal](#). **Within a partner level, the company with the higher investment will be served first.**





**FURTHER SPONSORING BENEFITS** only bookable as partner

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ADVERTISING IN THE POCKET GUIDE (SPECIAL PAGES, BOOKABLE 3 TIMES)	EUR 2.000
SPONSORING NAME OF ONE HALL/ROOM (BOOKABLE 3 TIMES)	EUR 1.800
E-MAILING TO ALL PRE-REGISTERED PARTICIPANTS (BOOKABLE ONCE)	EUR 1.500
INFORMATION IN NEWSLETTER “NEWS AND INNOVATIONS”	EUR 1.000
BANNER ON CONFERENCE WEBSITE (BOOKABLE TWICE)	EUR 1.000
CONFERENCE APP – AD IN CAROUSEL (BOOKABLE TWICE)	EUR 1.000
SHORT COMPANY PROFILE ON CONFERENCE WEBSITE	EUR 500
PROVISION OF 400 CONFERENCE BAGS (BOOKABLE ONCE)	EUR 400
PROVISION OF 400 LANYARDS (BOOKABLE ONCE)	EUR 400
PROVISION OF 400 PENS & 200 PADS (BOOKABLE ONCE)	EUR 400
CONFERENCE APP – PUSH NOTIFICATION (BOOKABLE 3 PER DAY)	EUR 400/per message
CONFERENCE APP – COMPANY PROFILE	EUR 400
DISPLAY OF BROCHURES NEAR THE REGISTRATION COUNTER	EUR 200

All **marketing packages and services** can be **booked** only through our

[Industry portal](#)

**WE ARE LOOKING FORWARD TO WELCOMING YOU IN FREIBURG in September 2025!**