

The 20th anniversary of Medicina Sportiva Practica journal completes another chapter of the most dynamic periods in the history of sports medicine in Poland. It was initiated by two zealous personalities: Wojtek Gawroński and Zbyszek Szyguła (I give their names in the alphabetical order), who shared a great passion for promotion of all the aspects of physical activity. The publishing house was established in 1996 under the name of Medicina Sportiva and in its prime it published several issues of periodicals under the same title and organised two symposia each year. They were international events and never before had we hosted so many prominent and distinguished specialists in sports medicine from the whole world. By publishing their papers here they contributed to the journal higher rankings. We mustn't forget that they also promoted the image of our country which was a far cry from common, often misleading, conceptions. It is impossible to list all the names: P.O. Astrand, Roy Maughan, Oded Bar-Or, John Greenleaf, Anthony Hackney, Han Kemper, Timothy Noakes, Roy Shephard, these are the names I can recall but there were a lot more.

The aforementioned periodicals together with several translated books have created something of a special importance on my shelves, something that I call 'my blue library'. Despite the years that have passed, they still represent a valuable collection which I often reach out for till now. I wish to underline here that some of the books such as *Nutrition for Sports Performance* by Maughan R.J., Burke L. and more *Ergogenics Edge: Pushing the Limits of Sports Performance* by M. Williams, set directions for consideration of neglected aspects of sports medicine in Poland. There was also a whole series of textbooks by an eminent orthopaedist, Prof. A. Dziaka, which were extremely useful not only from an orthopaedic sports medicine standpoint.

The contribution of *Medicina Sportiva* publishing also includes the linguistic correctness of the texts and correctness of terminology. I remember endless discussions on ‘supplementation with what?’ or ‘supplementation of what?’. We used to fight against ‘oxygen absorption’ in favour of ‘oxygen intake’ on the assumption that absorption is an entirely different biological process; we struggled to uproot ‘body mass’ and promote ‘body weight’ while the phrases like ‘to make mass’ used to leave us speechless and in despair.

I haven't mentioned all theme its of Medicina Sportiva. It is not possible. Alas, Empires fall but let

us acknowledge Their Greatness. The publication of the English-language journal 'Medicina Sportiva', the most highly ranked Polish journal at the time (beside *Biology of Sport*) was suspended in 2014 (12 points of the Ministry of Science and Higher Education). The last issue, 'Medicina Sportiva Supplement' appeared in 2017 r., and what remained 'on the battefield' was 'Medicina Sportiva Practica', whose subsequent volume was issued this year.

Finally, I would like to share my very personal conclusion. What I owe to Medicinia Sportiva is a substantial share of my interest in research and my scientific development.

Last but not least, not only did I meet Great Scholars here, I also made great friendships that continue to this day.

Prof. Andrzej Ziemia

Department of Applied Physiology,
Mossakowski Medical Research Institute,
Polish Academy of Sciences



FINAL ANNOUNCEMENT

SUNDAY	15.09.1996	NIEDZIELA
MONDAY	16.09.1996	PONIEDZIAŁEK
TUESDAY	17.09.1996	WTOREK
WEDNESDAY	18.09.1996	ŚRODA

1996/1997



2021/2022

**1st International Symposium
„Medicina Sportiva 1996”
Kraków**

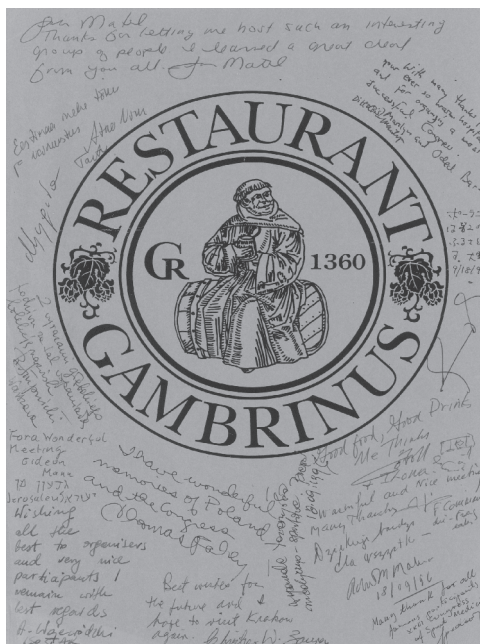
**2nd International Symposium
„Medicina Sportiva 1998”
Krynica**

**3rd International Symposium
„Medicina Sportiva 2000”
Kraków**

**4th International Symposium
„Medicina Sportiva 2002”
Zakopane**

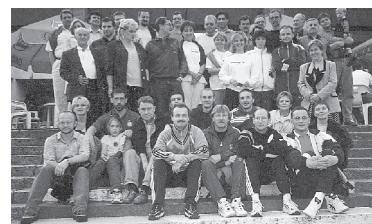
**5th International Symposium
„Medicina Sportiva 2004”
Kraków**

**International Congress
Polish Society of Sports Medicine
„Medicina Sportiva 2008”
Kraków**



**Medicina Sportiva Practica
Ryty 1999**

**Medicina Sportiva Practica
Ryty 2000**



Medicina Sportiva Practica 2000, Tom 1, Nr 1
Copyright © 2000 Medicina Sportiva
ISSN 1640-0143

**Medicina Sportiva Practica
Ryty 2001**

**Medicina Sportiva Practica
Zakopane 2002**

**Medicina Sportiva Practica
Szczawnica 2003**

Od teorii do praktyki
MEDICE CURA TE IPSUM
**Medicina Sportiva Practica
Ryty 2008**

Od teorii do praktyki
**REPETITIO EST
MATER STUDIORUM**
**Medicina Sportiva Practica
Ryty 2013**

Od teorii do praktyki
PRIMUM NON NOCERE
**Medicina Sportiva Practica
Ryty 2018**
THE EVENT HAS BEEN CANCELLED

**6th European Hypoxia Symposium
Hypoxia, High Altitude Physiology
and Sport in Science and Practice!
Medicina Sportiva Practica
Zakopane 2013**

Od teorii do praktyki
KU ZDROWIU
**Medicina Sportiva Practica
Ryty 2015**

INTERNATIONAL SYMPOSIUM **Medicina Sportiva & Practica**

KRAKÓW
Science and Theory

2022/2023

RYTRO
From Theory to Practice

