**Title (max 100 characters, spaces included)**

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Portrait photo of main author (first or last, you choose) will be printed here, please submit separate image file.

**Abstract**

Lorem ipsum…maximum 200 words

**Additional abstract in German or French**

can be submitted if wish/can (otherwise editorial team will translate).

Keywords : 3 to 6

**Introduction**

Lorem ipsum… References should be like this([1](#_ENREF_3)), in *Vancouver* format.

**Methods**

**Results**

**Discussion**

**Practical implications**

2 to 4 short points the reader can take home, and that are practically relevant in sports and clinics

**Acknowledgments, conflict of interest and funding**

authors must state all possible conflicts of interest in the manuscript, including financial, institutional and other relationships that might lead to a conflict of interest. If there is no conflict of interest, this should be stated as *none declared*. All sources of funding must be acknowledged at the end of the manuscript.

**Références**

1. Quadri A, Gojanovic B, Noack P, Fuhrer C, Steuer C, Huber A, et al. Seasonal variation of vitamin D levels in Swiss athletes. Swiss Sports & Exercise Medicine. 2016;64(1):19-25.

**Tables**

In separate .doc document

**Table and Figure captions**

In separate .doc document