

Conference Program

Start Time	Finish Time	Session 1 and Location	Session 2 and Location
Friday 12th of November 2010			
3:30pm	5:30pm	Conference Registration Trade Area Level 2	
5:30pm	7:00pm	Keynote Presentation 1 JAY HOFFMAN Sport Science: Bridging the Gap Between the Laboratory and the Field Boulevard 1 Level 2	
7:00pm	9:00pm	Welcome Cocktail Party Trade Area Level 2	Trade Show Open Trade Area Level 2
Saturday 13th of November 2010			
8:00am	8:30am	Welcome tea & coffee Trade Area Level 2	Trade Show Open Trade Area Level 2
8:30am	9:10am	Lecture WARREN ANDREWS Comparison of Strength, Power, Speed and body composition characteristics between professional and academy rugby union squads. Changes in strength, power, speed and body composition of academy rugby union squad. Boulevard 1 Level 2	Lecture WARREN YOUNG Training & testing agility – from research to practical application. Palm 1 Level 4
9:20am	10:00am	Lecture NICK POULOS Investigating the use of Postactivation Potentiation (PAP) during Complex Training in elite and adolescent athletes Boulevard 1 Level 2	Lecture STUART CORMACK & MIKE McGUIGAN Data analysis and presentation for strength & Conditioning coaches. Palm 1 Level 4
10:00am	10:30am	Morning Tea Trade Area Level 2	Trade Show Open Trade Area Level 2
10:30am	12:00pm	Keynote Presentation 2 VERN GAMBETTA Coaching Excellence – What it takes Boulevard 1 Level 2	
12:00pm	1:00pm	Lunch Sirocco Restaurant Level 2	Trade Show Open Trade Area Level 2
1:00pm	1:40pm	Practical Workshop ROSS SMITH Plyometrics technique and progressions Boulevard 1 Level 2	Lecture BEN HAINES Long term athletic development (LTAD) – From theory to application in the international sports academy, ASPIRE – Academy for sports excellence Palm 1 Level 4
1:50pm	2:30pm	Practical Workshop DAN BAKER Theory and practice of using bands and chains for increasing strength, power and muscle size. Boulevard 1 Level 2	Lecture KIERAN YOUNG Coaching – Art or Science Palm 1 level 4
2:40pm	3:20pm	Afternoon Tea Trade Area Level 2	Trade Show Open Trade Area Level 2
3:30pm	4:10pm	Practical Workshop JULIAN JONES Coaching the Olympic lifts Boulevard 1 Level 2	Lecture GLENN CORCORAN Practical implementation of a team based field training session (rugby union) Palm 1 Level 4
4:20pm	5:00pm	Practical Workshop PAUL COLLINS Sport stretching – trigger point releasing and athlete stretching sequences to improve performance Boulevard 1 Level 2	Lecture MATT BLAIR Physical Monitoring of the International Rugby Board (IRB) Panel of Referees Palm 1 Level 4
7:00pm	11:30pm	Conference Gala Dinner Palm Ballroom Level 4	

Saturday night Conference Gala Dinner will be held from 7:00pm till 11:30pm in the Palm Ballroom | Level 4. Please see the conference information for food and beverage menus.

Sunday 14th of November 2010

8:30am	9:00am	Welcome Tea & Coffee Trade Area Level 2	Trade Show Open Trade Area Level 2
9:00am	9:40am	l'active W/S MICK MILLER Outside the square mental skill conditioning for athletes and coaches. Boulevard 1 Level 2	l'active W/S MIKE NEWTON How to Conduct a Running Based Maximal Aerobic Speed Test and Structure an Aerobic Interval Training Session Based on the Test Results. Palm 1 Level 4
9:50am	10:30am	l'Active W/S MARK McKEAN Shoulder Strength Ratios – Stability, ROM and Muscle Balance Boulevard 1 Level 2	Lecture Dr. STEPHEN BIRD Sports Nutrition for training, recovery and performance Palm 1 Level 4
10:30am	11:00am	Morning Tea Trade Area Level 2	Trade Show Open Trade Area Level 2
11:00am	12:30pm	Keynote 3 ROB NEWTON Mechanisms of Muscle Hypertrophy with Practical Strategies to Maximise the Anabolic Environment Boulevard 1 Level 2	
12:30pm	1:30pm	Lunch Sirocco Restaurant	Trade Show Open Trade Area Level 2
1:30pm	2:10pm	Lecture PRUE CORMIE The influence of strength on muscular power – a research perspective Boulevard 1 Level 2	Lecture MARIA NIBALI Application of complex training practices for team sport athletes Palm 1 Level 4
2:20pm	3:00pm	Practical Workshop JOSEPH COYNE The Road to the WCT – The preparation of WQS surfers for the WCT Boulevard 1 Level 2	Lecture GRANT JENKINS Developing strength & power in developmental Tennis Players Palm 1 Level 4
3:00pm	3:10pm	Conference Wrap Up Boulevard 1 Level 2	
3:10pm	3:40pm	Afternoon Tea Trade Area Level 2	Trade Show Open Trade Area Level 2

This program is subject to change. If you require further information please don't hesitate to contact the ASCA.

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