

2011 Conference DVD Order Form

DVD11-01	Meg & Mike Stone	Pre-conference Workshop 'The use of Weightlifting movements to enhance explosiveness'
DVD11-02	Mike Nitka - NSCA	'Developing a Human Performance Class.'
DVD11-03	Dr Daniel Baker	'Variations of drop-sets for hypertrophy training.'
DVD11-04	Tim Rogers	'What happens when! Using Timelines to graph and analyse physical performance and match intensity in team sports.'
DVD11-05	Jay Dawes	'Active resistance training.'
DVD11-06	Mark McKean	'Overhead pressing – impact on shoulder girdle and spine.'
DVD11-07	Meg Stone	'The role of coach as a sports scientist.'
DVD11-08	Dr Gregory Haff PhD	'Sequential periodization models for the development of power: A physiological rationale.'
DVD11-09	Ross Smith	'Coaching speed.'
DVD11-10	Mike Stone	'What is sports science.'
DVD11-11	Jay Dawes	'Strength and Conditioning Games for Young Athletes.'
DVD11-12	Dr Stephen Bird PhD	'Nutrient timing strategies and the strength athlete: the latest research.'
DVD11-13	Marcus Kain	'The planning and implementation of return to uninhibited running using various athlete analysis systems.'
DVD11-14	Mike McGurn	For the love of the game – Training amateurs the professional way.'
DVD11-15	Stewart Briggs	'Deep system integration (DSI) – An introduction.'
DVD11-16	Daniel Cicioni Kolsky	'The Applicability of heavy resistance training to a sport requiring predominantly low force - high velocity muscular contractions: BMX Supercross.'
DVD11-17	Kristopher Scaife	'Trigger point therapy for increased range of motion.'
DVD11-18	Brendan Kennedy	'An investigation in elite level netball: match heart rate analysis and long term power profiles.'
DVD11-19	Ashley Jones	'The physical preparation of an elite rugby squad from pre-season to playoffs.'
DVD11-20	Kristie-Lee Taylor	'Monitoring neuromuscular fatigue and training responses using vertical jumps.'
DVD11-21	Jan Legg	'Overview of 2011 Strength and conditioning international study tour.'
DVD11-22	Emily Nolan & Leigh Smith	'Challenging Conventions – Athletes First, Disabilities Second.'
DVD11-23	Dave Howarth	'A brief review of Kinetic & Kinematic data in regards to professional surfing performance and the implications for S&C.'

	SINGLE DVD's – See Codes Above	BOX SET (all) – DVD11-ALL
MEMBER PRICE	\$15.00	\$345.00 \$275.00
NON-MEMBER PRICE	\$20.00	\$460.00 \$375.00

2011 CONFERENCE DVD ORDER FORM

PRODUCT ORDER NAME & CODE	QTY	PRICE (please note different prices for members and non-members)	TOTAL
Postage & Handling \$10.00 first item Within Aust. + \$3.00 each item thereafter (International postage please contact the National office)			
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