



in partnership with ECU Joondalup



Presents

***“GPS technology and its application to field based sports”,
and
“A review of the 2011 ASCA International Conference”***

This evening will feature a review of the 2011 ASCA International S&C Conference and a presentation on GPS technology by Andrew Gray. Andrew Gray is the Performance Director at the St. George Illawarra Dragons in the National Rugby League, and consults to other professional sporting teams worldwide on the application of GPS technology. This evening will focus primarily on the fundamentals of GPS athlete tracking technology and its involvement in the management of elite teams across different football codes.

The ASCA Conference Review Presentation will report summaries of the best presentations from the National Conference, as recommended by local S&C coaches who attended the conference on the Gold Coast. Presentations to be reviewed include:

- Dr Dan Baker: How to incorporate drop sets in hypertrophy training
- Dr Greg Haff: Principles of periodisation
- Meg Stone: The role of the sport scientist
- Ashley Jones: S&C in rugby union
- Brendan Kennedy: Repeat sprint ability.

Student and ASCA Pro Structure Member	\$25
ASCA Member	\$35
Non Member	\$45

Venue

A New Year, A New Venue –
RugbyWA, 104 Stephenson Avenue, Mt Claremont
(between the State Basketball Centre and WA Track and Field Stadium).

Date

Monday the 6th of February, 7.30 to 9.30pm.
Pre-event networking and refreshments starts at 7.00pm





Registration Details

Name

Address

Phone

Mobile

Home

Post Code

Email

Workshop Details

Workshop:

Feb 9th 2012

Workshops Venue:

RugbyWA

Cost:

STUDENT *	\$25.00
ASCA Pro Structure	\$25.00
ASCA Member	\$35.00
Non Member	\$45.00

*Copy of current Student ID must be provided

Payment Details

My cheque or money order made to "The Australian Strength and Conditioning Association" is enclosed OR charge \$ _____ to my credit card: Visa MasterCard

Card No.

Expiry Date

 /

Cardholder Name

Signature

Please note all credit card payments incur an additional 2.5% fee

Refund Policy:

The ASCA refund policy is limited to the following circumstances and time frames only:
Notification of withdrawal in writing less than 2 weeks prior to course date – **NO REFUND**

Risk Waiver

I agree to attend the workshop to undertake all activities and/or to participate in the workshop and that I will abide by the rules and conditions of the venue and/or the ASCA, including those in any literature or verbal or written instructions. I authorize in the case of an emergency for the ASCA/ASCA representative, where it is impracticable to communicate with me, to arrange for me, to receive such medical or surgical treatment as may be deemed necessary. I also undertake to pay or reimburse costs which may be incurred for medical attention, ambulance transport and drugs while I am participating in attendance at the workshop.

Except for situations in which a claim arises as a result of a negligent act or omission by the ASCA or its employees, servants, volunteers or agents (hereafter the "Released Persons"), I agree to indemnify and keep indemnified the Released Persons from and against all claims whatsoever and whenever brought, prosecuted or made against any of the Released Persons for which the Released Person will or may be or become liable arising from or as a result of my attendance at the course and/or participating in any activity. I also agree to waive, release and discharge all and any claim, right or cause of action against the Released Persons, however arising, whether currently known or arising in the future which I may otherwise have for, or arising out of the loss of my life or injury, damage or loss of any description whatsoever and howsoever caused which I may suffer or sustain in the workshop or as a result of my attendance and participation in any activity during the workshop.

Full Name:

Signature:

Date: