

NEW PRODUCT & INFORMATION



PRODUCT INFORMATION AND ORDER FORM

'Bridging the gap between sports science and practical application'

2009 Conference DVD's

DVD09-02	Ian Jeffreys NSCA	Keynote – Gamespeed for Sport – Developing Gamespeed Movement Training for Soccer
DVD09-03	Dr. Harry Brennan PhD	Keynote – Understanding Movement – Application to Practical Coaching Concepts
DVD09-04	Darren Burgess	Monitoring the Socceroo's Fitness
DVD09-05	Nick Poulos	The Use of Proactivation Potentiation Through Complex Training – Sorting Through Confusion – Practical Significance
DVD09-06	Narelle Sibte	A Challenging Year – Planning for Peak Tennis Performance
DVD09-07	Will Markwick	Speed & Agility Training For Field & Court Sports
DVD09-08	Dr. Mike McGuigan PhD	Monitoring of Strength and Power in High Performance Athletes
DVD09-09	Cameron Lillicrap	Stability (Pelvic) Retraining Following Injury/Surgery or as a Preventative Measure
DVD09-10	David Buttifant	Monitoring Key Power Characteristics in Elite Australian Rules Footballers
DVD09-11	Ian Jeffreys NSCA	Gamespeed for Sport
DVD09-12	Brendan Kennedy	Changes in Power Profiles in Elite Senior Female Netball Players Over a Competitive Season
DVD09-13	Damien Austin	Practical Ways to Improve Running Mechanics
DVD09-14	Dr. Justin Keogh PhD	Strongman Training – What Does the Science Say?
DVD09-15	Naruhito Hori	Power Clean as a Part of Strength and Conditioning – From Above the Knee, Below the Knee and Floor
DVD09-16	Dt. Stephen Bird PhD	Nutrient Timing for Strength and Power Athletes
DVD09-17	Mike McGurn	Northern Hemisphere Periodisation and How to Incorporate Rugby Conditioning into Making a Boxer into a World Champion
DVD09-18	Vince Kelly	Neuromuscular, Hormonal and Perceptual Fatigue Responses during 5, 7, & (day between March Microcycles in the NRL
DVD09-19	Ross Smith	Altius, Fortisu, Citius, Citius, Citius – Factors Involved in Running 100m and What Can be Transferred to other Disciplines
DVD09-20	Dr. Greg Wilson PhD	The Evolution of Power Training
DVD09-21	Dr. Jeremy Sheppard PhD	ASCA Position Stand – Speed
DVD09-22	Michael Hetherington	The Use of Force Plates & Accelerometers to Monitor Power & Strength Development of Divers
DVD09-23	Matthew Kritz	Movement Competency, from Function to Fantastic
DVD09-24	BOX SET ALL DVD'S	Full set of all above DVD's

	SINGLE DVD'S	BOX SET
MEMBER PRICE	\$15.00	\$200.00
NON MEMBER PRICE	\$20.00	\$300.00



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