

# COACH THE COACH 2011

*Beyond the limits*

**BATHURST, NSW**

**September 23 - 25**

Conference Program at 21 September

## Welcome to Coach the Coach 2011 - Beyond the limits

This is the final program and it is not expected that it will change (only due to unforeseen circumstances).

**Conference Attendees** - Registration is available at the WRAS office in the CSU Gymnasium at - 5-6pm or 9-915pm Friday, or 8.15-8.45am Saturday. Please ensure you collect your accreditation tag prior to your first session, as only delegates with accreditation will be admitted.

**General Principles Course** - Coaches should attend the 6 modules shown in the right hand column. The program has been designed to also allow attendance at all of the keynote sessions on Saturday and Sunday. Please ensure that you are on time for sessions, as the time lines are tight.

**Individual Sessions** - Please ensure that you arrive in time to collect your accreditation from the WRAS office, in plenty of time to get the sessions.

The **Conference Dinner** on Saturday evening is an additional cost and only coaches with accreditation will be admitted. We do have a couple of vacancies, so if you have not registered and would like to attend, please let us know by lunch time Saturday.

**Venues for each session** - meet in the gymnasium foyer for all sessions (5 minutes before starting time).

## Day 1 – Friday 23 September 2011

500-600	Early Registration	
600-700	<b>SESSION 1A</b> A scientific approach to coaching – a human performance laboratory session hosted by Charles Sturt University's sport science specialists <i>Rob Duffield</i>	<b>SESSION 1B Gen Principles</b> Drugs in Sport <i>Ron Clarke</i>
700-800	<b>Thank Goodness It's Friday brought to you by SportsCo Bathurst</b> Head over to the gymnasium to join the other coaches for casual pizza and drinks	
800-900	Spend an hour with New Zealand netball coach, <b>Margaret Foster</b> . Marg has had an illustrious career in both the sporting and business world. She's extremely passionate and creative. Having gone through a 'cancer experience', Marg has transformed her life, and is living in the now	
900-915	Registration	

<b>Day 2 – Saturday 24 September 2011</b>					
715-815	Gym open for conference delegates (showers available)				
815-845	Registration				
845-1000	<b>SESSION 2 - S15 - 205</b> Conference Welcome – <i>Phil Cole</i> : 2BS – Bathurst Radio Personality Keynote Speaker: Training Beyond the Limits – <i>Ganon Baker</i> : Basketball Skills Clinician				
1000-1030	<b>Morning Tea –Gymnasium Foyer</b>				
Concurring Sessions					
1030-1230	<b>SESSION 3A - C1</b> Innovative Coaching...Slightly Ahead of Our Time – <i>Marg Foster and Noeline Taurua</i>		<b>SESSION 3B - GD</b> The Use of Technology in Sport <i>Anthony Thornton</i> (Please note this session starts at 1030 and finishes at 1200)		<b>SESSION 3C Gen Principles</b> The Essence of Coaching <i>Deb Cook</i>
	<b>SESSION 3D - C1</b> Taking Your Sports Skills Beyond the Limit – Training drills outside the square <i>Brett Coxsedge</i>				
1230-130	<b>Casual Networking Luncheon – Gymnasium Foyer</b>				
Concurrent Sessions					
130-330	<b>SESSION 4A - GD</b> Working Better With Parents - This workshop aims to explore the reasons behind parent behaviour and develop strategies to assist community level coaches <i>Simon Woinarski</i>	<b>SESSION 4B - OD</b> 3D Hockey - Adding a new dimension to the ball while playing hockey <i>Andre Cabrel</i> (Please note this session starts at 130 and finishes at 300)	<b>SESSION 4C - CR</b> Injury prevention through movement screening; past, present, and future <i>Stephen Bird, Kerry Mann, WRAS S&amp;C Interns</i>	<b>CLOSED SESSION - C1</b> On the floor with athletes <i>Ganon Baker</i>	<b>SESSION 4D Gen Principles</b> Introduction to Physiology <i>Eric Drinkwater</i>
330-400	<b>Afternoon Tea – Gymnasium Foyer</b>				
400-500	<b>SESSION 5A - C1</b> Basketball Drills –on floor session with some of Mel's favourite drills <i>Melissa J. Baker</i>	<b>SESSION 5B - CR</b> Injury prevention through movement screening; past, present, and future <i>Stephen Bird, Kerry Mann, WRAS S&amp;C Interns</i>		<b>SESSION 5C Gen Principles</b> Sports Psychology – <i>Deb Clarke</i> (Please note this session starts at 345 and finishes at 515)	
500-530	Casual Drinks –Gymnasium Foyer				
630-700	Pre Dinner Drinks				
700-Late	<b>Conference Dinner</b> proudly supported by Charles Sturt University, School of Human Movement Studies				

<b>Day 3 – Sunday 25 September 2011</b>			
900-1000	<b>SESSION 6A - S15 2.05</b> Keynote Speaker: No Limits, Just Regulation! Frank will explore what limits exercise performance and the historical development of this way of thinking – <i>Frank Marino</i>		
1000-1130	<b>SESSION 7A -</b> Keynote Speaker: On floor with <i>Ganon Baker</i>		
Concurrent Sessions			
1130-100	<b>SESSION 8A - GD</b> The Pros and Cons of Social Media for Coaches <i>Penny Haslop</i>	<b>SESSION 8B - C1</b> Coach/Referee Communication – What works/what doesn't – the positives and negatives? <i>Peter Wright</i>	<b>SESSION 8C Gen Principles</b> Skill Acquisition <i>Simon Woinarski</i>
100-200	<b>Lunch – Gymnasium Foyer</b>		
200-300	<b>SESSION 9A - C1</b> Stretching the truth: Staying clear of static holds to warm up athletes There is now strong evidence indicating that stretching reduces athlete's speed, power, reaction time and balance while doing little to prevent injuries. Come prepared to work! <i>Eric Drinkwater</i>	<b>SESSION 9B - GD</b> Sports Nutrition Made Easy This presentation will overview sports nutrition guidelines for enhanced training, recovery, and performance – <i>Stephen Bird</i>	<b>SESSION 9C Gen Principles</b> Basic Anatomy and Biomechanics – <i>Peter Micalos</i> (Please note this session starts at 200 and finishes at 400)
300-330	<b>Afternoon Tea – Conference Close</b>		
400-600	<b>CLOSED SESSION - C1</b> On the floor with athletes <i>Ganon Baker</i>		