



2009
NATIONAL COACHING CONGRESS
“ON THE ROAD TO LONDON”

2 – 4 October 2009
Melbourne VIC

Keynote Speakers:

Tom Tellez
Pauline Davis

Awards Presentations
Coaching and Teaching
Coaching Technology and Science
Trade Exhibition
Nutrition
Biomechanics

****** Proudly supported by ATFCA & Athletics Australia ******

AN INVITATION

An invitation is extended to those coaches who are searching to extend their knowledge and expertise across a broad range of disciplines. Having accessed overseas keynote speakers with expertise in sprints, hurdles and jumps this Congress offers an excellent opportunity to answer questions that many might have always wanted to ask. Australia's leading coaching will also be present and all other events will be represented. The contribution not only from these highly accredited coaches, but the many high performance coaches from Australia who are also presenting will help to develop the practical and technical aspects of all events.

The Australian Track and Field Coaches Association invites you to Melbourne, to participate in and contribute to a program that will help achieve the many objectives that have been set.

This Congress offers a wealth of knowledge for those looking to extend their coaching experiences. I am totally confident that all presentations chosen by yourself to attend will present you with new and exciting ideas. The National Congress is planned with the concept of developing your full potential as a coach and extend your knowledge of the many facets of our sport.

Glynis Nunn-Cearns
Executive Director
Australian Track & Field Coaches Association

What delegates said about the 2007 ATFCA Congress

“It was a great opportunity to network with other coaches – to discuss and talk. The informality and fun of some of the sessions was great.”

“Very enjoyable Congress. I came to this Congress a bit jaded from coaching, however, it has fired up my enthusiasm immensely.”

“The opportunity to mix the other coaches, many of whom are high performance was terrific”

“Great diversity of topics. Presenters were fantastic and thought out of the square. Great to see.”

“A great opportunity to interact with fellow coaches whom I meet only on such few occasions. Some very common sense approaches to various issues – reinforces and reminds us of the basics.”

THE VENUE

Jika International

Jika International is a short distance from the city by car, bus or train. Close to two major freeways and Heidelberg Road it is close to many facilities. The Jika is designed for conferences and functions of all kinds and is not far from the Collingwood Harriers Athletic Club, whose facilities we will also be using. Whilst most formal theory sessions will be held at the Jika, practical sessions will be held a short trip down Heidelberg Road by bus.

THE PROGRAM

The Congress program will introduce new initiatives in coaching and present further general coaching strategies along with applied sports sciences, practical sessions, and professional issues. You can be assured that you will be able to take away from the Congress some fresh and innovative ideas to enhance your own personal coaching regime. The wide range of topics and speakers on the program for the Congress suggests that it will add to your knowledge, confidence and skills.

The program topics will include:

- Specialist practical demonstrations and direction on all event disciplines
- Planning Resistance Training programs
- Sports Psychology and its benefits
- Nutrition and the athlete

- Non apparatus warm up
- Program planning
- Recovery and Rehabilitation
- Sprinting – form and technique
- Plyometrics and alternative training methods
- An overview of Athletics currently in Australia
- Incentives for coach recognition
- Practical sessions on technical aspects of all events
- Drills – the where, how and why
- Warm up – alternatives and options

Practical Workshops will be held covering all activities.

Updated program and general congress information is available at **ATFCA's** website
<http://www.atfca.com.au>

THE PRESENTERS

Delegates will hear presentations and take part in practical coaching sessions conducted by Australia's National Event Coaches, Coaches of Merit and other leading Athletics Coaches, Sports Scientists and Coach Educators. Presenters at the Congress will include:

Tom Tellez

Pauline Davis-Thompson

Alex Parnov – WAIS coach – personal coach of Olympic Gold medalist Steve Hooker

Sharon Hannan – AA Merit coach – personal coach of Olympic silver medalist Sally McLellan

Brent Vallance – AIS coach and personal coach of Olympic silver and bronze medalist Jared Tallent

Tudor Bidder – AIS High Performance coach

Tim O'Shannessy – High Performance coach for Distance

Craig Hilliard – AIS High Performance coach. Personal coach of Brent Vallance

Gus Puopolo – Personal coach of Scott Martin and many other leading throwers

Sandro Bisetto – High Jump guru

Peter Lawler – ATFCA National Coaching Consultant

AND MANY MORE

THE TRADE EXHIBITION

A trade exhibition will be open during the Friday Afternoon/Evening, Saturday Afternoon/Evening of the Congress. It will feature displays of athletics equipment, athletics clothing and footwear, coaching publications and training aids. Samples will be available for some products, and others will be available for purchase.

THE CONGRESS WELCOME BBQ – Friday 2 October

A BBQ will be held on Friday evening, 28 September at the Jika International. It will commence shortly after the conclusion of the last practical session of the day and give coaches the first of many opportunities to socialise and actively network with other coaches from around Australia.

Saturday 3 October

This evening is an ideal opportunity to mix socially to discuss the "Athletics world". Dinner will be supplied from 7:00pm.

CONGRESS FEES

Congress Fees are set out in the Registration Section, and are due with Registration. Payments are to be made payable to "ATFCA".

Congress Fees include all tuition, together with morning and afternoon teas, lunch and dinner on each day. Congress papers will be collated into a Congress Report that will be mailed to delegates after the Congress has concluded and presenters have forwarded all their appropriate work.

Congress fees do not include travel or accommodation

HOW TO REGISTER

Complete the Registration Form at the back of this brochure, completing all sections that are relevant to you. Return your Registration Form, together with payment in Australian Dollars to ATFCA Office. A separate form is required for each delegate

Registration for the **Full Congress Package** includes Congress sessions and Trade Exhibition, Congress Report, Congress Pack and Polo Shirt, daily lunches, daily morning and afternoon teas, Welcome BBQ dinner (Friday 2nd October), Dinner (Saturday 3rd October).

Congress Only registration includes Congress sessions and Trade Exhibition, Congress Report, Congress Pack, daily lunches and daily morning and afternoon teas.

Day registration includes Congress sessions and activities that day, lunch and morning and afternoon teas.

Please note that registration is not valid without full payment of all fees

Once you have registered for the Congress you will receive confirmation within 7 to 10 days of receipt by ATFCA. If you do not receive a prompt reply, please contact ATFCA to ascertain the status of your registration.

When you arrive at the Congress, all information and Congress Pack will be available. Should you have any queries, please contact the Congress Registration Desk or delegate.

CANCELLATION POLICY

All cancellations must be notified in writing to ATFCA. Cancellations received before 31 August will be refunded in full, less a \$50.00 administration fee. Cancellations received between 31 August and 19 September will receive a 50% refund of all fees paid. From 19 September no refunds will be processed. Substitute delegates are accepted with prior written notice.

LATE FEES

Registrations received after 21 August will incur costs of \$40.00 for Full Congress and \$15.00 per day for day registration.

ACCOMMODATION

I would like to encourage many of you to stay at the Jika or as close by as possible. For those that would like to access accommodation elsewhere, there are many motels, hotels and apartments available close by or in Melbourne itself with some listed below. Please note that it is your responsibility to secure accommodation at alternative motels/hotels. We will book for those wishing to stay at the Jika only.

Accommodation is available at:

- ❖ Jika International. 551 Heidelberg Road (At Chandler Highway Junction)

Twin rooms @ \$120 per night (includes B'fast)

OTHER ACCOMMODATION VENUES

- ❖ St Georges Motor Inn 334 Georges Rd, Thornbury 03 9488 1188 – \$120 Qn rm

- \$ 155 Twin rm

- \$ 185 Triple share

- ❖ Park Ave Accommodation – Kew 45 – 45 Pakington St, Kew 1800 727 528

- 1 bedroom - \$218
- 2 bedroom - \$228
- 3 bedroom - \$248

Walpole Gardens – 104 – 106 Walpole St Kew

- 2 bedroom - \$300
- 3 bedroom - \$ 320

If staying in the centre of Melbourne, the Jika is quite accessible by train. Details will be given at a later date if requested.

TRAVEL

Qantas, Jetstar and Virgin are offering a wide range of discounted airfares in and out of Melbourne at the moment, subject to availability and specific conditions. To make reservations the Congress delegate must book and pay for their travel through normal means with the airlines or through their travel agent.

GROUND TRANSPORT

You will need to organise your own transport from the airport to your accommodation. Alternatively, a hire car from Melbourne Airport could be economical for a number of delegates travelling together.

ACCREDITATION UPDATING

Attendance at the 2009 National Coaching Congress will accrue participants 8 points per day towards Accreditation Updating.

FURTHER INFORMATION

Enquiries regarding the 2009 National Coaching Congress should be addressed to:

Mail: National Congress
ATFCA
PO Box 430
Ashmore City Qld 4214

Fax: (07) 5597 5544
Phone: (07) 5597 4499
Email: enquiries@atfca.com.au

2009 ATFCA National Congress Registration Form and Tax Invoice

Please print or type. A separate form must be sent for each delegate, even if only attending the BBQ and/or Gala Dinner.

Title: Dr/Mr/Mrs/Miss/Other _____

First Name: _____

Surname: _____

Postal Address: _____ State: ____ Postcode: _____

Tel: (Home) () _____ (Work) () _____

Fax: () _____ Email: _____

Name for Lapel badge _____

Are you a 2009 Financial Member of ATFCA? Yes No

Coaching Accreditation Level Nil ITC Level I Level II Level III
 Level IV Level V

Congress Shirt Size (Female) 10 12 14 16 18 20

Congress Shirt Size (Male) S M L XL XXL XXXL

Please complete and return this form to:

ATFCA National Coaching Congress
PO Box 430 Ashmore City Qld 4214
Tel: 07 5597 4499
Fax: 07 5597 5544

REGISTRATIONS ARE DUE BY 21 August 2009
Registrations received after this date will attract late fees

CONGRESS FEES

Please Circle the appropriate amounts

		ATFCA Member	Non Member
A	Full Congress Package (includes Congress, BBQ, Sat Dinner, Lunches, Morning and Afternoon Teas, Polo Shirt, Pack & Report)	<input type="checkbox"/> \$390	<input type="checkbox"/> \$485
B	Congress Only (includes lunches, Morning and Afternoon Teas, Pack & Report)	<input type="checkbox"/> \$345	<input type="checkbox"/> \$440
C	One day registration: Friday, 2 October	<input type="checkbox"/> \$130	<input type="checkbox"/> \$145
D	One day registration: Saturday, 3 October	<input type="checkbox"/> \$130	<input type="checkbox"/> \$145
E	One day registration: Sunday, 4 October	<input type="checkbox"/> \$110	<input type="checkbox"/> \$125
F	BBQ - Friday 2 October	<input type="checkbox"/> \$35	<input type="checkbox"/> \$35
G	Dinner - Saturday 3 October	<input type="checkbox"/> \$45	<input type="checkbox"/> \$45
H	Congress Shirt	<input type="checkbox"/> \$45	<input type="checkbox"/> \$45

I	Late fee: Full Congress	<input type="checkbox"/> \$40	<input type="checkbox"/> \$40
J	Late fee: Day Registration	<input type="checkbox"/> \$15	<input type="checkbox"/> \$15
K	Congress Report	<input type="checkbox"/> \$60	<input type="checkbox"/> \$60

Accommodation

I DO/DO NOT REQUIRE ACCOMMODATION.

Please reserve accommodation for me at the Jika International (includes breakfast)

This price has been subsidised by the National Office.

Thursday 1 October	<input type="checkbox"/> Required	<input type="checkbox"/> Not required	<input type="checkbox"/> \$60
Friday 2 October	<input type="checkbox"/> Required	<input type="checkbox"/> Not required	<input type="checkbox"/> \$60
Saturday 3 October	<input type="checkbox"/> Required	<input type="checkbox"/> Not required	<input type="checkbox"/> \$60

Please find enclosed my payment of \$_____ being full payment for above.

Payment method:

Cheque or Money Order made payable to ATFCA

Credit Card

Mastercard Visa

Cardholder's name:.....

Credit Card Number:.....

Expiry Date:

Cardholder's Signature:

Direct Debit:

Bank Name: Westpac Banking Corporation
Branch Address: Ashmore City 4214 Queensland
BSB: 034 230
Account Number: 239397
Account Holder: Australian Track & Field Coaches Association

Please FAX bank confirmation details to: 07 5597 5544