



NATIONAL COACHING CONGRESS 2009

“ON THE ROAD TO LONDON”

FRIDAY 2 October 2009

0800-0845 Arrivals and registration Bags to be distributed to rooms prior to arrival. City people to collect their bag.

0900-0920 **Opening Session**
Peter Bowman, President, Australian Track & Field Coaches Association
Presentation of Henri Schubert Memorial Award- Peter Lawler and Eric Brown
Glynis Nunn-Cearns to give any housekeeping information Main Lecture room

0925-1025 **TOM TELLEZ – Contemporary Coaching Philosophies** Main Lecture room

1030-1050 **MORNING TEA** Marquee

Delegates move to concurrent sessions – Theory session

1100-1230	Nutrition and the athlete <i>Pauline Davis-Thompson</i>	Throws – (Javelin) <i>Garry Calvert</i>	Throws – (Shot) <i>Gus Puopolo</i>	Biomechanics of Running <i>Tom Tellez</i>	A Mathematical model of the 800m and what it means <i>Kevin Prendergast</i>
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1245-1325 **LUNCH** Dining Room

1330-1415 JOURNEY TO BEIJING AND BEYOND – *Sharon Hannan* Main Lecture room

Delegates move to concurrent sessions – Practical session

1430-1530	High Jump - Practical <i>Sandro Bisetto</i>	Sprints – drills, coaching etc <i>Tom Tellez</i>	Walks <i>Brent Vallance</i>	Throws (Discus) <i>Bryan Neighbour</i>
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1530-1630	Resistance Training (not for beginners) <i>Peter Lawler</i>	Drills/Running the bend <i>Pauline Davis-Thompson</i>	Water Training <i>Sharon Hannan</i>	Speedball Training <i>Stuart Dempster</i>
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1630-1700 **AFTERNOON TEA**

Delegates move to concurrent sessions – Theory sessions

1700-1830	Film Review – evaluation / questions, discussion <i>Tom Tellez</i>	Program Planning for Jumps <i>Sandro Bisetto</i>	What the latest in Resistance Training <i>Peter Lawler</i>	Successful Transition from elite Junior to Senior athlete <i>Steve Hollings</i>
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1830 **Congress Bar-b-que and Trade Exhibition**



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SATURDAY 3 October 2009

0730-0830	Breakfast			Dining room
0845-0900	Housekeeping			Main Lecture room
0900-0945	Keynote Speaker – TOM TELLEZ – Long Term Athlete Development			Main Lecture room
0945-1030	Keynote Speaker – PAULINE DAVIS-THOMPSON – Performance from an Athlete's perspective			Main Lecture room
1030-1100	MORNING TEA			Dining Room
Delegates move to concurrent sessions – practical sessions				
1100-1200	Characteristics of all jumping events <i>Tom Tellez</i>	Current Taxation issues for Coaches and their athletes <i>Leo Hollestelle (B Com LLB FTIA)</i>	Children, race horses and the Native American Indian (How to train winning kids) <i>Stuart Dempster</i>	
1200-1300	LUNCH			
1300 - 1415	Resistance Training (not for beginners) <i>Peter Lawler</i>	High Jump and European influence <i>Ed Fern</i>	The US College System for Distance runners <i>Tim O'Shaughnessy</i>	The Sprint Start <i>Pauline Davis-Thompson</i>
1415 - 1530	Practical on Jumps <i>Tom Tellez</i>	Practical HJ session – drills learnt <i>Ed Fern</i>	Resistance Training – Advanced <i>Peter Lawler</i>	IAAF Athletics in School Project <i>Russel Hansen & Jill Taylor</i>
1545-1630	Minimising media attention and training – Nicole Roache			Main Lecture Area
1645-1800	Sports Science – what can the coach ask of sports – Jen Manning / VIS (To be confirmed) Question / Answer - DISCUSSION			
1900-----	DINNER & general interaction with each other – Networking and discussion			Main Lecture area



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SUNDAY 4 October 2009

0730-0830	Breakfast	Dining room
0845-0900	Housekeeping	Main Lecture room
0900-0945	AA – High Performance – Eric Hollingsworth	Main Lecture room
0945-1015	MORNING TEA	Dining room

Delegates move to concurrent sessions

1015-1115	Stretching TBC	Characteristics of all Throwing events <i>Tom Tellez</i>	Podiatry <i>Emma Poynton</i>	The Female Athlete Pauline Davis-Thompson
1115-1215	Sponsorship for athletes, coaches, squads <i>Nicole Roache</i>	Practical Throwing drills <i>Tom Tellez</i>	Topic - TBC Pauline Davis-Thompson	
1215-1320	LUNCH			Dining Room / Marquee

Delegates move to concurrent sessions

1330-1445	The AIS and the athlete – how can it be used Tudor Bidder	Film Review and Evaluation Tom Tellez	Athlete Management TBC	Mental Preparation and the athlete TBC
1500-1600	Motivation – the coach and the athlete			Main Lecture room