

## COACH CONFERENCE - UPSKILLING in 2018 TIME TABLE

|                      |  |  |  |
|----------------------|--|--|--|
| <b>09:00 – 09:15</b> | Registration and Welcome   |  |  |
| <b>09:15 – 10:00</b> | <p style="text-align: center;"><b>Key Note Speech – Scott Hann MBE</b></p> <p>He will share with you how mixed and integrated our sport can be from high level gymnasts to toddlers taking their first tumbles. The culture that Scott promotes is he wants the sport and ethos of fun and personal development to always be the most important thing within a club</p>  |  |  |
|                      | <b>Classroom 1</b>   | <b>Classroom 2</b>   | <b>Classroom 3</b>   |
| <b>10:15 – 11:15</b> | <p><b>Prevention of injuries</b><br/>Claire McLoughlin</p>   | <p><b>Sports Psychology,</b><br/>Sanchez Bailey<br/>Thomas Evans</p> | <p><b>Nutrition</b></p>  |
| <b>11:15 – 11:30</b> | Coffee   |  |  |
| <b>11:30 – 12:30</b> | <p><b>Prevention of injuries</b><br/>Claire McLoughlin</p>   | <p><b>Sports Psychology,</b><br/>Sanchez Bailey<br/>Thomas Evans</p> | <p><b>Nutrition</b></p>  |
| <b>12:30 – 13:30</b> | Lunch  |  |  |
|                      | <b>Practical 1</b>   | <b>Practical 2</b>   | <b>Practical 3</b>   |
| <b>13:30 – 14.30</b> | <p><b>Innovative Warmup and Handstands</b><br/>David Massam</p>  | <p><b>Choreographic Approaches</b><br/>Vicky Ongley</p>              | <p><b>Thinking Differently</b><br/>Laurie McGrandles<br/>Matt Robinson</p> |
| <b>14:45 – 15.45</b> | <p><b>Innovative Warmup and Handstands</b><br/>David Massam</p>  | <p><b>Choreographic Approaches</b><br/>Vicky Ongley</p>              | <p><b>Thinking Differently</b><br/>Laurie McGrandles<br/>Matt Robinson</p> |
| <b>16.00 – 17.00</b> | <p><b>Innovative Warmup and Handstands</b><br/>David Massam</p>  | <p><b>Choreographic Approaches</b><br/>Vicky Ongley</p>              | <p><b>Thinking Differently</b><br/>Laurie McGrandles<br/>Matt Robinson</p> |
| <b>17.00 – 17:15</b> | Tea / Coffee Break   |  |  |
| <b>17:15 – 18.00</b> | <p style="text-align: center;"><b>Closing Key Note Speech – Ben Ryan</b></p> <p>Ben talks about how coaching, teamwork and personal performance consistently inspire new thinking on essential life and business topics, such as effective ways to channel motivation and unlocking passion. His inspiring experience demonstrates how trusting your instincts and treating individuals as empowered collaborators can make the difference between winning the gold and everything else. Ben reveals the key factors in successful team development, 'up-managing' expectations and peak performance why they are the foundations for teams that are built to last.</p> <p>Ben has a truly unique story, achieving legendary status in the world of rugby. Starting out as a rugby player himself, Ben seamlessly moved into the world of coaching and led the <i>Fiji 7s Rugby Team</i> to win a Gold medal at the <i>Rio Olympics</i>. This historic achievement taught Ben incredible lessons of leadership, communication and management that he will pass on to our coaches at the conference in an engaging and empowering way</p> |  |  |