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## Military Instructor Skills for Conditioning Large Groups

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2014 ASCA International Conference  
on Applied Strength & Conditioning  
7-9 November ETIHAD STADIUM VICTORIA



FRIDAY 7 NOVEMBER			
Time	Victory Rooms C,D,E Level 1 Etihad Stadium	Victory Room A,B Level 1 Etihad Stadium	Captains Bar Level 2 Etihad Stadium
0615 - 0915	<b>Registration</b>  0615 – 0700 Female Coaches Breakfast Attendees  0700 – 0915 All Other Conference Delegates  Pre-Conf Tea & Coffee		
0700 - 0915	Female Coaches Breakfast (135min)		
0930 – 1100	Tradeshow	Keynote Presentation <b>Inigo Mujika</b> <b>'Tapering - Optimising strength and power in team sports'</b> (90min)	
1100 - 1130	Morning Tea In Trade Area (30min)		
1130 – 1210	Tradeshow	Lecture Presentation <b>Warren Young PhD</b> <b>'Training agility for invasion sports.'</b> (40min)	TSACA <b>Mick Stierli</b> <b>'Exercise programming for law enforcement. It's the little things that matter.'</b> (40min)
1220 – 1300		Practical Presentation <b>Jan Legg &amp; Emily Nolan</b> <b>'Mobilise, activate &amp; stimulate.'</b> (40min)	TSACA <b>Rob Orr PhD</b> <b>'Military instructor skills for conditioning large groups.'</b> (40min)
1300 – 1430	Lunch In Trade Area (90min)		
1430 – 1510	Tradeshow	Practical Presentation <b>Jeremy Sheppard PhD</b> <b>'Squat variations to improve athleticism and increase performance.'</b> (40min)	TSACA <b>Tim Doyle PhD</b> <b>'The development of physical employment standards in the military.'</b> (40min)
1520 – 1600		Practical Presentation <b>Ian McKeown PhD</b> <b>'Assessing athletic ability in sport.'</b> (40min)	TSACA <b>Richard Gorey</b> <b>'Fire fighter wellness – A new approach.'</b> (40min)
1600 - 1630	Afternoon Tea In Trade Area (30min)		
1630 - 1800	Tradeshow	Keynote Presentation <b>Tyler Goodale</b> <b>'Vertical integration of training methods from developmental to advanced athletes in a multi-sport environment; lessons learnt.'</b> (90min)	
1800 - 2000	Cocktail Function In Trade Area (120min)		

## SATURDAY 8 NOVEMBER

Time	Victory Rooms C,D,E Level 1 Etihad Stadium	Victory Room A,B Level 1 Etihad Stadium	Captains Bar Level 2 Etihad Stadium
0730 – 0800	Tea & Coffee In Trade Area (30min)		
0800 – 0930	Tradeshow	Keynote Presentation <b>John Noonan – UKSCA</b> <b>'The physical demands of elite freestyle ski and snowboard athletes.'</b> (90min)	
0930 – 1000	Morning Tea In Trade Area (30min)		
1000 – 1040	Tradeshow	Showcase <b>Fusion Sport</b>  (40min)	Lecture Presentation <b>John Mitchell</b> <b>'Rugby 7's - Challenging the strength and power paradigm.'</b> (40min)
1050 – 1130		Showcase <b>Premium Physio Solutions</b>  (40min)	Round Table 1 <b>Energy System Conditioning</b> (40min)
1140 – 1220		Showcase <b>Visual Coaching Pro</b>  (40min)	Round Table 2 <b>Strength &amp; Power</b> (40min)
1220 – 1320	Lunch In Trade Area (60min)		
1320 – 1400	Tradeshow	Showcase <b>Virus Action Sports Performance</b>  (40min)	Lecture Presentation <b>Sophia Nimphius PhD</b> <b>'Assessing both coaches and athletes to improve performance - Integrated sports science approach.'</b> (40min)
1410 – 1450		Practical Presentation <b>Nick Poulos</b> <b>'Advanced programming strategies in Australian Rules Football.'</b> (40min)	Lecture Presentation <b>Stephen Bird PhD</b> <b>'Supplement use in professional sport - Conventional or controversial?'</b> (40min)
1450 – 1520	Afternoon Tea In Trade Area (30min)		
1520 – 1650	Tradeshow	Keynote Presentation <b>Shannon Turley</b> <b>'Stanford football technician training.'</b> (90min)	
1900 - 2330	Conference Gala Dinner		

SUNDAY 9 NOVEMBER			
Time	Victory Rooms C,D,E Level 1 Etihad Stadium	Victory Room A,B Level 1 Etihad Stadium	Captains Bar Level 2 Etihad Stadium
0800 – 0830	Tea & Coffee In Trade Area (30min)		
0830 – 0910	Tradeshow	Practical Presentation <b>Justin Keogh PhD</b> 'Gluteal and posterior chain exercise - Applications to athletic performance and injury prevention.' (40min)	Lecture Presentation <b>Tim Mosey</b> 'S&C challenges of the travelling skeleton athlete.' (40min)
0920 – 1000		Lecture Presentation <b>Stuart Cormack PhD</b> 'Monitoring load and fatigue – From research to application.' (40min)	Lecture Presentation <b>Steuart Livingston</b> 'Seasonal changes in lean mass in professional team sport athletes (NRL and AFL)' (40min)
1000 – 1030	Morning Tea In Trade Area (30min)		
1030 – 1200	Tradeshow	Keynote Presentation <b>TBC</b> (90min)	
1200 – 1300	Lunch In Trade Area (60min)		
1300 – 1340	Tradeshow	Practical Presentation <b>Peter Culhane</b> 'Why thoracic rotation limitations are important and what we can do to address them on the gym floor.' (40min)	Lecture Presentation <b>Mike McGuigan PhD</b> 'Applied research in strength and conditioning.' (40min)
1350 – 1430		Practical Presentation <b>Brett Jones</b> 'Concepts in running speed development.' (40min)	Lecture Presentation <b>Michael Davie</b> 'Physical preparation of Olympic middle-distance swimmers'. (40min)
1430 - 1500	Afternoon Tea In Trade Area (30min)		

Program is subject to updates and changes.