

asctaVIC

asctaVIC Conference 2018

Melbourne Sports & Aquatic Centre

Saturday 22nd September

	General Coaching Champions Room	Performance Coaches (Invitation only) Sports House Training Room	Bronze Course Indoor Marshalling Room
6.00 -8.00am	On deck with Olympic Gold Medal Coach Craig Jackson; Observe Craig coaching and get a practical insight into the seasonal planning and the weekly programming he uses in his program at MSAC. Each coach that attends this session will receive an information workbook from Craig (this is an additional cost to attend) Craig Jackson -Melbourne Vicentre		
8.00-9.00am	Registration		
9.00-10.30am	Relay change overs and skills Victorian State Team Practical Session		Bronze Course
10.30-11.00am	Break		Samantha Grant Course Presenter
11.00-12.00	‘Growth, Maturation and How to Facilitate Development’ Jamie Salter -High Performance Pathway Manager, Swimming Australia Dr Stephen-Cobley -Senior Lecturer, Faculty of Health Sciences, The University of Sydney Shaun Abbott -PHD Scholar, The University of Sydney		
12.00-1.00pm	Lunch & AGM		
1.00-2.30pm	Developing Age Group Swimmers - Emphasis on 100m-200m swimmers Shannon Rollason - ACT Performance Coach	<u>Performance Coaches Workshop</u> Presented by Rohan Taylor, Vince Raleigh and Leigh Nugent	Bronze Course
2.30-3.00pm	Break		Samantha Grant Course Presenter
3.00-4.00pm	Preparing Age Group Swimmers to Transition into Open Swimming Shannon Rollason - ACT Performance Coach	<u>Performance Coaches Workshop</u> Presented by Rohan Taylor, Vince Raleigh and Leigh Nugent	
4.00-5.00pm	Strength & Conditioning for Swimmers Matthew Woolnough – Nunawading Swimming Club		
5.00-6.00pm	Networking		
6.30pm	Dinner (Bayview Eden)		

asctaVIC

asctaVIC Conference 2018

Melbourne Sports & Aquatic Centre

Sunday 23rd September

	General Conference Champions Room	Performance Coaches (Invitation Only) Sports House Training Room	Swim School Managers and Teachers Workshop Outdoor Marshalling
8.00-9.00am	Registration		
9.00-9.45am	Beyond the Black Line -What coaches can do to facilitate better athletes Linley Frame -Swimming Victoria		
9.45 -10.00am	Morning Tea		
10.00-12.00am	Developing Age Group Swimmers - Emphasis on the 400m-1500m events Vince Raleigh - Chandler High Performance Coach	<u>Performance Coaches Workshop</u> Presented by Rohan Taylor, Shannon Rollason and Leigh Nugent	Creating Success in your Swim School Joanne Love - Learn to Swim Victoria
12.00-1.00pm	Top 10 Questions asked by Swim Coaches in 2018 Gary Barclay – Gold Class Swimming		Building a Tribe Joanne Love - Learn to Swim Victoria
1.00-2.00pm	Lunch		
2.00-3.00pm	Making the most of food choices and maximising its effectiveness with different training cycles Rebecca Stone - Bec Stone Nutrition		Effective Communication: 'You, me and them' Joanne Love - Learn to Swim Victoria
3.00-4.45pm	My experience with coaching swimmers for a double taper Scott Talbot - Nunawading Swimming Club		Victorian Junior Talent Squad Practical Session
4.45-5.00pm	Conference Wrap Up		