

Registration Form

Conference places are limited so early booking is essential.

Name:

Address:

Club/Group Name:

Telephone:

Email:

Coaching Qualifications (if any):

Special Requirements:

Workshops:

Practical Workshop 1 (11am-12.15pm)

(Choose option A or B)

A: Ball Related and Co-ordination Warm Ups
(Pat Flanagan)

B: (SAQ)Speed Agility Quickness Warm Up and Development
(Jim Kilty)

Practical Workshop 2 (3.30pm-4.30pm)

(Choose option A or B)

A: Introduction to Weight Training
(Colin Buckley)

B: Basic Injury Assessment and Strapping
(Ron Swanson)

I enclose registration fee of 30 euros

(Fee includes conference pack, refreshments & lunch)

Please make cheques payable to
Waterford Sports Partnership

All profits from the event will be donated to the
WLRfm Lions Club Christmas appeal.

Please detach and return your completed
registration form with the correct fee:

To: Peter Jones,
Waterford Sports Partnership,
Civic Offices, Dungarvan, Co. Waterford
By: Friday 26th October 2007.

Additional forms can be downloaded from:
www.waterfordsportspartnership.ie

Coaching for Success Conference

Waterford Sports Partnership is proud to present a full day conference involving both practical and theoretical opportunities for all coaches to expand their coaching knowledge.

The conference is aimed at coaches, leaders, teachers, parents, sports development officers, players, athletes and anyone with an interest in developing themselves within the coaching arena. The conference will benefit everyone irrespective of individual coaching background from novice to expert and should enable participants to gain further practical and theoretical knowledge on not only coaching techniques, but also on the development of the all round sports person.

The conference aims to promote:-

- Long term player/athlete development
- The importance of warm ups and how to make these both enjoyable and beneficial
- Good planning for making fitness sessions enjoyable
- An insight into how coaches can adapt drills and structures from other sports for individual and team gain.
- Understanding of the impact nutrition can have upon performances for all ages
- Understanding of the psychology of your player/athlete and how to get the best out of them.
- The effective use of weight training
- The basic principles behind injury treatment and prevention

For further information please contact
Waterford Sports Partnership
on (058) 21191 or (051) 849855
or www.waterfordsportspartnership.ie



Waterford Sports Partnership

presents

Coaching for Success Conference 2007

at

Waterford Institute of Technology
Cork Rd, Waterford.



WATERFORD SPORTS PARTNERSHIP



Saturday 3rd
November 2007
9.15am-5.00pm

Registration 8.45am



All profits from the event
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WLRfm Lions Club
Christmas Appeal



Coaching for Success Conference

Saturday 3rd November, 2007

8.45am **Registration & Refreshments**

9.15am **Welcome & Introduction**

Ray Ryan, WSP Chairman

9.20am **Coaching Philosophy For All**

Pat O'Shea, Kerry Football Manager

9.45am **Nutrition in Sport**

Aoife Hearne

10.45am **Refreshments**

11.00am **Practical Workshop 1**

(Choose option A or B)

A: Ball Related and Co-ordination Warm Ups (Pat Flanagan)

B: (SAQ)Speed Agility Quickness Warm Up and Development (Jim Kilty)

12.15pm **Observation Workshop (workshop for all)**

1: How to incorporate fitness

training into your sessions - Pat Flanagan

2: How to coach individuals - Jim Kilty

3: Developing team coaching skills - Pat O'Shea

1.30pm **Lunch - The Dome, WIT**

2.30pm **Applied Sports Psychology - Ciara Losty**

3.30pm **Practical Workshop 2**

(Choose option A or B)

A: Introduction to Weight Training (Colin Buckley)

B: Basic Injury Assessment and Strapping (Ron Swanson)

4.30pm **Panel Discussion and Close**

Please be advised to bring a change of clothes for the day.
Showers will be made available to those who wish to use them.

speakerprofiles

Pat O'Shea is the 2007 All-Ireland winning Senior Football Manager for Kerry and also Games Manager of the Munster Council. He is highly regarded as a coach with innovative training techniques. As a player he won an All Ireland Club Championship in 1992. He also played National League Basketball with Waterford Wildcats and Killarney.



Aoife Hearne is a registered dietician who has now established Nutrition Solutions in Waterford. She was national senior champion in the 100m in 1997 and gained a sport scholarship in 1998 to the USA. She has worked with the Kerry Senior football team 2005-2006, and the Tipperary senior hurling and football team 2005-2006.



Pat Flanagan is currently Head of Department for Health & Leisure/Chemical & Life Sciences at Institute of Technology Tralee where he set up the Adapted Physical Activity programme in 1997 after teaching PE for 12 years at Presentation College, Waterford. He was coach to the Senior Kerry Gaelic Football team 2004-2006 and is a past Irish sprint champion at 60 & 100 metres.



Jim Kilty is Director of SAQ Ireland. He has coached 34 athletes to Olympic, World and European Senior Championship participation in sprints, hurdles, middle-distance, walks, steeplechase and marathon, most notably Derval O'Rourke, Paul Hession, Karen Shinkins and Ciara Sheehy. He has also worked with Tipperary and Wexford hurlers in winning All Ireland and Provincial titles and has worked with the Leinster Rugby team and Watford FC.



Ron Swanson gained a B.Sc in Physical Therapy from Maryville University, USA where he worked with St Louis Cardinals Baseball and American Football teams. Since moving to Ireland in 2000 he runs his own private 'Back On Track' physiotherapy practice in Tramore and has worked with Waterford Wildcats, Athletics Ireland and the Irish Sports Council.



Colin Buckley has over 20 years experience as a Professional Weight training and Conditioning Coach working with many NGB's and clubs over the years developing conditioning programmes up to Elite Irish and International Levels. Colin has worked with Irish Amateur Weightlifting Association and the IRFU Fitness Department designing accredited courses.



Ciara Losty works at Waterford Institute of Technology as a Sport and Exercise Psychology lecturer and currently works with the Waterford GAA minor hurling team. She also works as a Sport Psychology consultant to the Irish Archery team and is engaged with the Sport Psychology support network panel of consultants in preparation for the Olympics in Beijing 2008.

