



asctaCONVENTION **2015**

27TH APRIL - 3RD MAY

SOFITEL GOLD COAST

WWW.ASCTA.COM



GENERAL INFORMATION

CONVENORS

Ross Gage, Jay Johnston.

ENQUIRIES

Accommodation: Jay Johnston
Registration: Carol Saliba
Coaching Track: Terry Lalor
Learn-to-Swim Track: Tracey Ayton
Courses: Julie Speechley
Trade Expo: David Speechley

CHECK THE NOTICEBOARD

- Courses, Seminars and Workshops
- Meetings
- Functions
- Late Changes

NAME LANYARDS

Please remember to wear these at all times. Entry to Convention sessions is strictly by Name Lanyards only.

DINNERS

For special meal requirements please inform Convention Registration at least one day prior to the function. Seat allocation is in the registration area 24 hours before the event.

TRADE EXPO

Monday 27th April to Sunday 3rd May

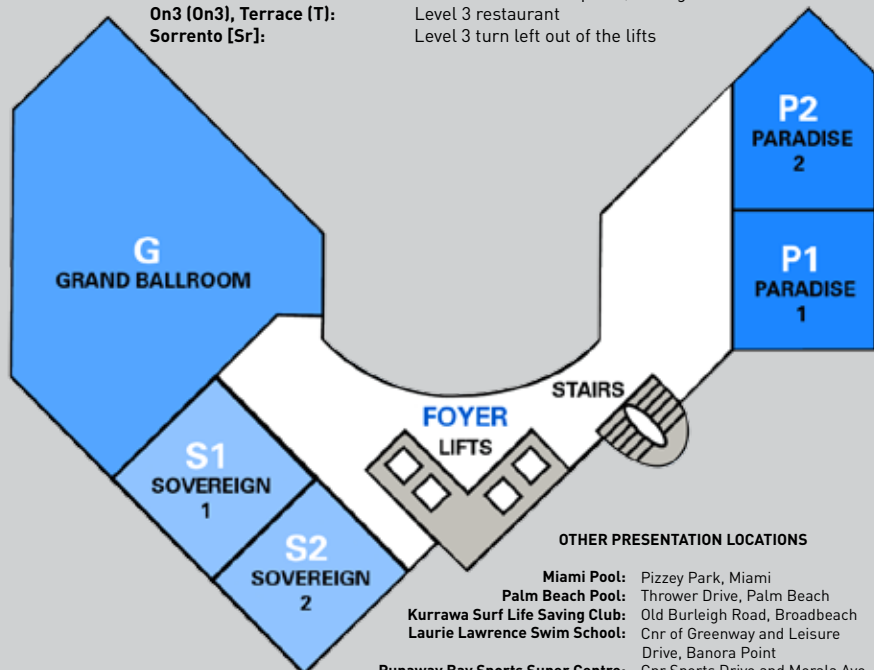
PLEASE TURN OFF ALL MOBILE PHONES BEFORE ENTERING SESSIONS

SOFITEL GOLD COAST

OTHER HOTEL LOCATIONS

Broadbeach (B):
On3 (On3), Terrace (T):
Sorrento (Sr):

Level 3 other side of pools, through restaurant
Level 3 restaurant
Level 3 turn left out of the lifts



Swim Australia Conference (Restricted)		
Time	Presentation	Venue
10:30am - 11:00	Risk Management: Lessons Learnt from UK. <i>Theo Millward</i>	G
11:00 - 11:30	Industrial Relations. <i>Michael Taylor</i>	G
11:30 - 12:00pm	Superannuation. <i>David James</i>	G
12:00 - 1:30	<i>Lunch Break</i>	
1:30 - 3:00	Workshop: Business Grades Key Performance Indicators. <i>Frank Sahlein</i>	G
3:00 - 3:30	<i>Refreshment Break</i>	
3:30 - 5:00	Workshop: Business Grades Key Performance Indicators Cont. <i>Frank Sahlein</i>	G

Swim Australia™ Teacher of Competitive Swimming Course		
Time	Presentation	Venue
8:40am	<i>Travel to Miami Pool</i>	
9:00 - 10:30	Developing Efficient Freestyle.*** <i>Craig and Lorraine Tobin</i>	Miami Pool
10:30 - 10:45	<i>Refreshment Break</i>	
10:45 - 12:15pm	Developing Efficient Breaststroke.*** <i>Craig and Lorraine Tobin</i>	Miami Pool
12:15 - 12:45	<i>Lunch Break</i>	
12:45 - 2:15	Developing Efficient Backstroke.*** <i>Craig and Lorraine Tobin</i>	Miami Pool
2:15 - 3:45	Developing Efficient Butterfly.*** <i>Craig and Lorraine Tobin</i>	Miami Pool
3:45 - 4:00	<i>Refreshment Break</i>	
4:00 - 4:30	Strategies for Individual Medley.*** <i>Craig and Lorraine Tobin</i>	Miami Pool
4:30 - 5:00	Strategies for Squad Management.*** <i>Craig and Lorraine Tobin</i>	Miami Pool
5:00	<i>Travel to Hotel</i>	

*While sessions marked *** are compulsory for SAT Competitive Swimming Candidates, all Convention attendees are welcome to attend if registered for that day.*

Swim Australia Special Events		
Time	Presentation	Venue
6:00pm - 8:00	SA Welcome	KSLSC



ABOUT FINIS

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Swim Australia Conference (Restricted)		
Time	Presentation	Venue
7:00am - 8:00	Free Yoga Class. Shannon Townsend	Beside KSLSC
9:00 - 10:30	Swim Australia Towards World Best Practise. Swim Australia Team	G
10:30 - 11:00	Refreshment Break & Expo	
11:00 - 12:00pm	The Laurie Lawrence Lecture. Building a Pathway to Leadership. Dave & Cindy Tonnesen. Sponsored by EnergyAustralia	G
12:00 - 1:30	Lunch Break & Expo	
1:30 - 2:30	Repositioning Your Swim School's Brand. Bryce Ott	G
2:30 - 3:00	Refreshment Break & Expo	
3:00 - 4:30	Personal Organisation and Effectiveness. Frank Sahlein	G

Registration Opens: 8:00am at P2

Bronze Coaching Accreditation Course		
Time	Presentation	Venue
8:40am	Travel to Miami Pool	
9:00 - 9:15	Welcome and Introduction.** David Speechley	Miami Pool
9:15 - 9:45	Questions from what was learnt Online.** Raelene Ryan	Miami Pool
9:45 - 11:00	Program Writing.** Raelene Ryan	Miami Pool
11:00 - 11:15	Refreshment Break	
11:15 - 12:15pm	Program Writing Workshop and Facilitation.** Raelene Ryan	Miami Pool
12:15 - 12:45	Lunch Break	
12:45 - 2:45	Practical Race Analysis, Freestyle and Butterfly.** Raelene Ryan & John Bladon	Miami Pool
2:45 - 3:00	Refreshment Break	
3:00 - 5:00	Practical Breaststroke, Backstroke, Starts, Turns and Finishes.** Raelene Ryan & John Bladon	Miami Pool
5:00	Travel to Hotel	

While sessions marked ** are compulsory for Bronze Accreditation Course Candidates, all Convention attendees are welcome to attend if registered for that day.

Swim Australia Awards Dinner		
Time	Presentation	Venue
7:00pm - 11:00	17th Swim Australia Awards Dinner. MC Jasmin Forsyth	G

Swim Australia Conference (Restricted)		
Time	Presentation	Venue
9:00am - 10:00	The Paul Sadler Lecture. My Observations About Our Great Industry. Paul Sadler	G
10:00- 10:30	Refreshment Break & Expo	
10:30 - 11:30	The David Urry Lecture. Don't Just Build Your Business, Build Your Life. Dave & Cindy Tonnesen Sponsored by Vorgee	G
11:30 - 12:30pm	Lunch Break & Expo	
12:30 - 1:30	Customer Insights. Bryce Ott	G
1:30 - 2:30	Customer Led Innovation. Dave DuBois	G
2:30 - 3:00	Refreshment Break & Expo	
3:00 - 3:30	Q&A Panel. Cindy Tonnesen, Dave Tonnesen, Dave DuBois, Bryce Ott & Ross Gage	G
3:30 - 4:30	CrackerSports for Swim Schools. Mark Tonner-Joyce	G

Coaching		
Time	Presentation	Venue
8:30am - 9:00	Welcome & Introductions.	Sr
9:00 - 10:00	ASADA Essentials.* ASADA Representative	Sr
10:00 - 10:30	Refreshment Break	
10:30 - 11:00	Bus to Miami Pool	
11:00 - 12:30pm	Senior Strokes Session 1.* Chris Mooney, Drew McGregor, Gregg Troy & Stephan Widmer	Miami Pool
12:30 - 1:00	Lunch Break	
1:00 - 2:30	Senior Strokes Session 2.* Chris Mooney, Drew McGregor, Gregg Troy & Stephan Widmer	Miami Pool
2:30 - 3:00	Bus to Hotel	
3:00 - 3:30	Refreshment Break	
3:30 - 4:30	Managing Risk Factors as a Coach.* Sharon Darakas	Sr
4:30 - 5:30	The John Saliba Memorial Lecture. Programming for Open Water Swimming Success.** Greg Towle	Sr

While sessions marked * are compulsory for Silver Accreditation students - all Convention attendees are welcome to attend if registered for that day.

Swim Australia™ Teacher Learners with a Disability Course		
Time	Presentation	Venue
9:30am - 10:30	Travel to Runaway Bay Sports Centre (RBSC)	
10:30 - 1:00pm	Practical with Students from Beenleigh Special School. [▼] Wendy Ross	RBSC
1:00 - 1:30	Travel to Hotel	
1:30 - 2:30	Lunch Break	
2:30 - 4:00	Limitations and Capabilities. [▼] Andrew Howard	S1
4:00 - 4:30	Refreshment Break	
4:30 - 5:30	Programming. [▼] Andrew Howard	S1

While sessions marked [▼] are compulsory for SAT Learners With a Disability Candidates, all Convention attendees are welcome to attend if registered for that day.

Registration Opens: 8:00am at P2

Coaching Open Water Swimmers Extension Course		
Time	Presentation	Venue
10:00am - 11:00	Key Open Water Swimming Rules for Coaches. [^] Greg Towle	B
11:00 - 12:00pm	Skills of Open Water Swimming. [^] Greg Towle	B
12:00 - 1:00	Lunch Break	
1:00 - 2:00	Mental Skills Training of Open Water Swimmers. [^] Greg Towle	B
2:00 - 3:00	Considerations for Open Water Swimming. [^] Greg Towle	B
3:00 - 3:30	Refreshment Break	
3:30 - 4:30	Recovery Strategies for Open Water Swimmers. [^] Taryn Richardson	B
4:30 - 5:30	The John Saliba Memorial Lecture. Programming for Open Water Swimming Success. ^{^*} Greg Towle Sponsored by Links Modular Solutions	Sr

While sessions marked [^] are compulsory for Coaching OWS Students, all Convention attendees are welcome to attend if registered for that day.

Registration Opens: 8:00am at P2

Team Building Workshop		
Time	Presentation	Venue
9:00am - 10:30	Workshop 1: Improving Performance Through Strong Supportive Teams. Trent Hotton	S2
10:30 - 11:00	Refreshment Break	
11:00 - 12:30pm	Workshop 2: Parent and Stakeholder Engagement. Trent Hotton	S2
12:30 - 1:30	Lunch Break	
1:30 - 3:00	Workshop 3: Individual Brands - What We Are Known For. Trent Hotton	S2

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Coaching		
Time	Presentation	Venue
7:00am - 8:00	Free Yoga Class. Shannon Townsend	Beside KSLSC
8:00 - 8:45	Mentor Session 1: Stroke Development through Drills & Practical Application.*	G
9:00 - 10:30	Physiotherapy Essentials for Swimming. Peter Wells	G
10:30 - 11:00	Refreshment Break & Trade Expo	
11:00 - 12:30pm	Physiology and Training for Peak Fitness.* Dr David Pyne	G
12:30 - 1:30	Lunch Break & Trade Expo	
1:30 - 3:00	Season Planning & Workout Design.* Dr David Pyne & Bill Sweetenham AM	G
3:00 - 3:30	Refreshment Break & Trade Expo	
3:30 - 5:00	Nutrition for Long Term Athlete Development.* Alice Disher	G
5:00 - 6:30	The John Carew AM Memorial Lecture. Training Requirements for Elite Paralympic Swimmers.* Δ Yuriy Ydovychenko Sponsored by Aqua Shop	G

While sessions marked * are compulsory for Silver Accreditation students - all Convention attendees are welcome to attend if registered for that day.

Registration Opens: 7:30am at P2

Certificate IV in Training and Assessment Course (Restricted)		
Time	Presentation	Venue
8:15am	Walk to Kurrawa Surf Life Saving Club	
8:30 - 10:30	Certificate IV in Training and Assessment (TAE40110). Mike McLaughlin	KSLSC
10:30 - 11:00	Refreshment Break	
11:00 - 1:00pm	Cert IV (TAE 40110) Cont. Mike McLaughlin	KSLSC
1:00 - 2:00	Lunch Break	
2:00 - 4:30	Cert IV (TAE 40110) Cont. Mike McLaughlin	KSLSC

Contact [ascta](#) OFFICE for additional information prior to enrolling in Certificate IV in Training and Assessment (TAE40110) Course.

National Breast Cancer Foundation



NATIONAL BREAST CANCER FOUNDATION FUNDING RESEARCH FOR PREVENTION AND CURE

The National Breast Cancer Foundation aims to raise funds and awareness during [ascta](#) CONVENTION 2015. Breast cancer is the most commonly diagnosed cancer among women in Australia. One in eight women will develop breast cancer in their lifetime. In this day in age we all know a family member, friend or a colleague that has been affected.

So on Thursday 30th April & Saturday 2nd May we are asking all delegates, exhibitors, presenters & staff to wear some pink clothing.

Please bring any spare dollars to the [ascta](#) AWARDS Dinner for the special fundraising.

Coaching Swimmers with a Disability Extension Course		
Time	Presentation	Venue
8:30am - 9:00	SWD Organisation. Δ Wendy Ross	B
9:00 - 9:30	Classification System. Δ Wendy Ross	B
9:30 - 10:00	Refreshment Break & Trade Expo	
10:00 - 11:00	Competition and Pathways. Δ Wendy Ross	B
11:00 - 12:00pm	Rules. Δ Andrew Howard	B
12:00 - 12:30	Lunch Break & Trade Expo	
12:30 - 1:00	Travel to Pool - Palm Beach Pool	
1:00 - 2:00	Classification Systems S1 - 4. Δ Andrew Howard	PB
2:00 - 2:30	Classification Systems S5 - 7. Δ Andrew Howard	PB
2:30 - 3:00	Classification Systems S8 - 10. Δ Andrew Howard	PB
3:00 - 3:45	Classification Systems S11 - 13. Δ Andrew Howard	PB
3:45 - 4:30	Classification Systems S14 - 16. Δ Andrew Howard	PB
4:30 - 5:00	Travel to Hotel	
5:00 - 6:30	The John Carew AM Memorial Lecture. Training Requirements for Elite Paralympic Swimmers.* Δ Yuriy Ydovychenko	G

While sessions marked Δ are compulsory for Coaching SWD Candidates, all Convention attendees are welcome to attend if registered for that day.

Registration Opens: 7:30am at P2

Swim Australia™ Teacher Babies and Toddlers Course(Restricted)		
Time	Presentation	Venue
9:00am - 10:00	Bus to Laurie Lawrence Swim School (LLSS), Banora Point	
10:00 - 11:30	Observe Teaching Instruction.*	LLSS
11:30 - 12:00pm	Laurie & Harper in the Water.* Laurie Lawrence	LLSS
12:00 - 12:30	Skills Practice with Dolls.* Emma Lawrence	LLSS
12:30 - 1:00	Lunch Break	
1:00 - 2:00	Lesson Plans.* Emma Lawrence	LLSS
2:00 - 3:00	Programming - What, Why, How and When.* Emma Lawrence	LLSS
3:00 - 4:00	Bus to Hotel	

Sessions marked * are compulsory for Babies and Toddlers Course Students. Please note total number of place available is 50.

Welcome Party		
Time	Presentation	Venue
7:00pm - 10:00	ASCTA Welcome Party.	Sr

Performance Stream		
Time	Presentation	Venue
9:30am - 10:30	Performance Race Modelling & Preparation. <i>Dr David Pyne</i>	S
10:30 - 11:30	Set Design for Performance Race Modelling & Preparation: Interactive Workshop. <i>Gregg Troy</i>	S
11:30 - 12:00pm	<i>Refreshment Break & Trade Expo</i>	
12:00 - 1:00	Nutritional Periodisation for Performance Athletes. <i>Alice Disher</i>	S
1:00 - 2:00	<i>Lunch Break & Trade Expo</i>	
2:00 - 3:00	Set Design & Programming - Forum. <i>Gregg Troy</i>	S
3:00 - 4:30	Training & Set Design for Aerobic Capacity & Power. <i>Jacco Verhaeren</i>	S

The Performance Stream presentations are targeting Coaches working with athletes at an Open State &/or Age National Level or above.

Registration Opens: 7:30am at P2

Swim Australia™ Teacher Babies and Toddlers Workshop (Restricted)		
Time	Presentation	Venue
9:00am - 10:00	<i>Bus to Laurie Lawrence Swim School (LLSS), Banora Point</i>	
10:00 - 11:30	Observe Teaching Instruction.	LLSS
11:30 - 12:00pm	Laurie & Harper in the Water. <i>Laurie Lawrence</i>	LLSS
12:00 - 12:30	Putting a Spark in your Class. <i>Laurie Lawrence</i>	LLSS
12:30 - 1:00	<i>Lunch Break</i>	
1:00 - 2:00	Babies and Toddlers Master Class. <i>Laurie Lawrence</i>	LLSS
2:00 - 3:00	Programming - What, Why, How and When. <i>Emma Lawrence</i>	LLSS
3:00 - 4:00	<i>Bus to Hotel</i>	

Registration Opens: 7:30am at P2

Swim Australia Special Events		
Time	Presentation	Venue
8:30am - 12:30pm	ABC's of Strategic Planning Workshop. <i>Anthony Davis (restricted)</i>	Sr
1:30pm - 2:30	Removing Obstacles from Your Swim School for Me & My Mates. <i>Grant 'Scooter' Patterson</i>	Sr
2:30pm - 3:00	Poster signing with Grant 'Scooter' Patterson.	Sr
3:00pm - 5:00	Leading Your Swim School to World's Best Practice. <i>John Bertrand AM & Mark Anderson</i>	Sr

Coaching		
Time	Presentation	Venue
8:00am - 8:45	Mentor Session 2: Energy Systems and Set Design	G
9:00 - 10:00	The Bernie Wakefield AM Memorial Lecture. Training & Set Design for Anaerobic Capacity & Power.* Jacco Verhaeren Sponsored by Funkita	G
10:00 - 10:30	Refreshment Break & Trade Expo	
10:30 - 12:00pm	The Bill Sweetenham AM Lecture. Applying New Innovation to Documented Philosophies of Distance & Middle Distance Swimming.* Bill Sweetenham AM & Bob Treffene Sponsored by Gem Planning	G
12:00 - 1:00	Lunch Break & Trade Expo	
1:00 - 2:00	The Don Talbot OBE AM Lecture. A Decade of Change.* Gregg Troy Sponsored by AutoCoach	G
2:00 - 3:00	The Terry Gathercole AM Memorial Lecture. Mastering Middle Distance.* Bill Sweetenham AM, Bob Treffene, Doug Frost & Gregg Troy Sponsored by ASCTA	G
3:00 - 3:30	Refreshment Break and Trade Expo	
3:30 - 4:30	Hot Topics. Training Monitoring.* Jamie Salter Shallow Water Blackout.* Mark Osborne	G
4:30 - 5:00	ASCTA AGM & Launch of CrackerSports for Coaches.	G
5:00 - 6:00	Beyond the Black Line.* Linley Frame	G

While sessions marked * are compulsory for Silver Accreditation students - all Convention attendees are welcome to attend if registered for that day.

Registration Opens: 8:30am at P2

Teaching Stream		
Time	Presentation	Venue
9:00am - 10:00	Drowning Prevention. Theo Millward	Sr
10:00 - 11:00	Member Protection. Morgan Lander	Sr
11:00 - 11:30	Refreshment Break	
11:30 - 12:30pm	SwimSAFER Tips. Hosted by Siria Thomas Sponsored by EnergyAustralia	Sr
12:30 - 1:30	Lunch Break & Trade Expo + SwimDISABILITY & SwimSAFER table talk	
1:30 - 2:30	Developing a Special Abilities Swim Program. Dave Tonnesen	Sr
2:30 - 3:30	Obstacles Overcome from LTS to Squad. Grant 'Scooter' Patterson	Sr
3:30 - 4:00	Refreshment Break	
4:00 - 5:00	SENSational Adapted Aquatics - Teaching Tips for Leaners with ASD and SPD. Julie Zancanaro	Sr
5:00 - 5:30	Inclusion Club. Michael Woods	Sr

Special Events		
Time	Presentation	Venue
4:30pm - 5:00	ASCTA Annual General Meeting.	G
5:30pm - 7:30	Swim Australia Teacher Leaders Get Together. (By Invitation Only) Proudly supported by MARSH	B

Coaching Masters Swimmers Extension Course		
Time	Presentation	Venue
9:00am - 9:30	Travel to Miami Pool	
9:30 - 10:00	Planning.# Tony Keogh	Miami Pool
10:00 - 10:45	Communication.# Tony Keogh	Miami Pool
10:45 - 11:15	Refreshment Break	
11:15 - 12:00pm	Coaching Adult Swimmers.# Tony Keogh	Miami Pool
12:00 - 12:15	MSA Rules.# Tony Keogh	Miami Pool
12:15 - 1:00	Modifying to Include ALL.# Judy Bonning	Miami Pool
1:00 - 1:45	Lunch Break	
1:45 - 2:15	Planning.# Judy Bonning	Miami Pool
2:15 - 2:45	Communication.# Judy Bonning	Miami Pool
2:45 - 3:15	Coaching Adult Swimmers.# Judy Bonning	Miami Pool
3:15	Travel to Hotel	

While sessions marked # are compulsory for Coaching Adults students, all Convention attendees are welcome to attend if registered for that day.

Registration Opens: 8:00am at P2

Certificate IV in Training and Assessment (Restricted)		
Time	Presentation	Venue
8:30am - 10:30	Certificate IV in Training and Assessment (TAE40110). Mike McLaughlin	KSLSC
10:30 - 11:00	Refreshment Break	
11:00 - 1:00pm	Cert IV (TAE 40110) Cont. Mike McLaughlin	KSLSC
1:00 - 2:00	Lunch Break	
2:00 - 4:30	Cert IV (TAE 40110) Cont. Mike McLaughlin	KSLSC

Contact **ascta**OFFICE for additional information prior to enrolling in Certificate IV in Training and Assessment (TAE40110) Course.

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Coaching		
Time	Presentation	Venue
8:00am - 8:45	Mentor Session 3: Race Preparation, Taper Management & Seasonal Plans*	G
9:00 - 10:30	The Joe King AM Memorial Lecture. Creating a World Class Environment for World Class Performance.* Gregg Troy Sponsored by Australian Swimmers Inc.	G
10:30 - 11:00	Refreshment Break & Trade Expo	
11:00 - 12:30pm	The Forbes Carlile MBE Lecture. Towards World's Best Practice.* John Bertrand AM Lessons Learnt from the SAL - ASCTA National Coach Mentor Program.* Stephan Widmer & Glenn Beringen Sponsored by MARSH	G
12:30 - 1:30	Lunch Break & Trade Expo	
1:30 - 3:00	The Ursula Carlile Lecture. Key Elements to Middle Distance Swimming.* Doug Frost Sponsored by Swimming Australia Limited	G
3:00 - 3:30	Refreshment Break & Trade Expo	
3:30 - 5:00	Going the Distance.* Gregg Troy & Denis Cotterell	G

While sessions marked * are compulsory for Silver Accreditation students - all Convention attendees are welcome to attend if registered for that day.

Registration Opens: 8:00am at P2

Certificate IV in Training and Assessment Language, Literacy & Numeracy (Restricted)		
Time	Presentation	Venue
8:15am	Walk to Kurrawa Surf Life Saving Club	
8:30 - 10:30	Language, Literacy and Numeracy. Mike McLaughlin	KSLSC
10:30 - 11:00	Refreshment Break	
11:00 - 1:00pm	Language, Literacy and Numeracy. Mike McLaughlin	KSLSC
1:00 - 2:00	Lunch Break	
2:00 - 4:30	Language, Literacy and Numeracy. Mike McLaughlin	KSLSC

Contact [asctaOFFICE](#) for additional information prior to enrolling in Certificate IV in Training and Assessment TAE40110) Course.

asctaAWARDS Dinner		
Time	Presentation	Venue
7:00pm - 11:00	asctaAWARDS Dinner. MC Ian Hanson	G

Swim Australia™ Teacher of Competitive Swimming Course		
Time	Presentation	Venue
8:40am	Travel to Miami Pool	
9:00 - 10:30	Developing Efficient Freestyle. *** Haydn Belshaw & Brett Winkworth	Miami Pool
10:30 - 10:45	Refreshment Break	
10:45 - 12:15pm	Developing Efficient Breaststroke. *** Haydn Belshaw & Brett Winkworth	Miami Pool
12:15 - 12:45	Lunch Break	
12:45 - 2:15	Developing Efficient Backstroke. *** Haydn Belshaw & Brett Winkworth	Miami Pool
2:15 - 3:45	Developing Efficient Butterfly. *** Haydn Belshaw & Brett Winkworth	Miami Pool
3:45 - 4:00	Refreshment Break	
4:00 - 4:30	Strategies for Individual Medley. *** Haydn Belshaw & Brett Winkworth	Miami Pool
4:30 - 5:00	Strategies for Squad Management. *** Haydn Belshaw & Brett Winkworth	Miami Pool
5:00	Travel to Hotel	

While sessions marked *** are compulsory for SAT Competitive Swimming Candidates, all Convention attendees are welcome to attend if registered for that day.

Registration Opens: 8:00am at P2

Teaching Stream		
Time	Presentation	Venue
8:30am - 9:00	National Coach Mentors Tips. Stephan Widmer & Glenn Beringen	Sr
9:00 - 10:00	Keeping Kids in Swimming Longer: Triple Your Retention from Lessons to Squads. Dave & Cindy Tonnesen	Sr
10:00 - 10:30	Refreshment Break & Expo	
10:30 - 12:00pm	Games & Drills. Tisha Steimle	Sr
12:00 - 1:30	Lunch Break & Expo + SwimTOTS table talk	
1:30 - 2:30	The Claire Timmermans Lecture. Baby Bond classes: How has Creating this Free Class Worked for our Swim School? Simone Garrett	Sr
2:30 - 3:00	Refreshment Break & Expo	
3:00 - 4:00	The Diny Van Dyk Lecture. Smarter SwimTOTS. Barb Nolan Sponsored by Swim Australia	Sr
4:00 - 4:30	SwimTOTS: Proper Use of Breath Holding in Lessons. Julia Ham, Emma Lawrence, Barb Nolan & Simone Garrett	Sr

Coaching Stream		
Time	Presentation	Venue
9:00am - 10:00	Developing Palo Alto Stanford Aquatics Culture.* Tisha Steimle	G
10:00 - 11:00	How to Coach the Uncoachable.* Wayne Goldsmith	G
11:00 - 11:45	Finding the Sweet Spot for Rate and Length.* Tim Elson & Practising Coaches	G
11:45 - 12:30pm	Lunch Break	
12:30 - 1:30	Developing Younger Athletes to National Teams.* Tisha Steimle	G
1:30 - 3:00	Coaching Professionalism and Athlete Welfare.* Georgia Ridler, Haydn Belshaw & Terry Lalar	G

While sessions marked * are compulsory for Silver Accreditation students - all Convention attendees are welcome to attend if registered for that day.

Registration Opens: 8:00am at P2

Bronze Coaching Accreditation Course		
Time	Presentation	Venue
8:40am	Travel to Miami Pool	
9:00 - 9:15	Welcome and Introduction.** David Speechley	Miami Pool
9:15 - 9:45	Questions from what was learnt Online.** Bill Sweetenham AM	Miami Pool
9:45 - 11:00	Writing Programs.** Bill Sweetenham AM	Miami Pool
11:00 - 11:15	Refreshment Break	
11:15 - 12:15pm	Program Writing Workshop and Facilitation.** Bill Sweetenham AM	Miami Pool
12:15 - 12:45	Lunch Break	
12:45 - 2:45	Practical Race Analysis, Freestyle and Butterfly.** Bill Sweetenham AM & Brett Winkworth	Miami Pool
2:45 - 3:00	Refreshment Break	
3:00 - 5:00	Practical Breaststroke, Backstroke, Starts, Turns and Finishes.** Bill Sweetenham AM & Brett Winkworth	Miami Pool
5:00	Travel to Hotel	

While sessions marked ** are compulsory for Bronze Accreditation Course Candidates, all Convention attendees are welcome to attend if registered for that day.



The ASA is the representative body for elite level swimmers in Australia. We are the voice for the swimmers and their point of contact for all issues affecting them. We will put communication channels in place to make sure that all swimmers know what is happening in the sport and we negotiate with Swimming Australia, the States and other stakeholders to make sure that swimmer receive the best possible conditions. We continue to investigate ways to grow the sport for the benefit of all.

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Swim Australia™ Teacher Course		
Time	Presentation	Venue
8:10am	Travel to Miami Pool	
8:30 - 9:30	Introduction to Water. ™ Tina Challis	Miami Pool
9:30 - 10:30	Survival Strokes. ™ Tina Challis	Miami Pool
10:30 - 10:45	Refreshment Break	
10:45 - 11:45	Water Safety. ™ Tina Challis	Miami Pool
11:45 - 12:45pm	Freestyle. ™ Tina Challis	Miami Pool
12:45 - 1:15	Lunch Break	
1:15 - 2:15	Breaststroke. ™ Kathi Britton	Miami Pool
2:15 - 3:15	Backstroke. ™ Kathi Britton	Miami Pool
3:15 - 3:30	Refreshment Break	
3:30 - 4:30	Butterfly. ™ Kathi Britton	Miami Pool
4:30 - 5:30	Assessment. ™ Kathi Britton	Miami Pool
5:30	Travel to Hotel	

While sessions marked ™ are compulsory for SAT Candidates, all Convention attendees are welcome to attend if registered for that day.

asctaINSURANCE Brokers, long supporter of the asctaCONVENTION, will be presenting at this year's conference

Join us at 3.30 - 4.30pm on Wednesday the 29th of April for 'Managing Risk factors as a Coach'

Our insurance broker Sharon Darakas will be available to answer your questions during this time.

Contact us to book in a time to discuss your insurance needs

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Swimming Australia is the national sporting organisation which is responsible for the promotion and development of swimming in Australia at all levels. Home of the Australian Swim Team, Swimming Australia is recognised as one of the leaders in Australian sport and has almost 90,000 members and just over 1000 swimming clubs nationwide. Swimming Australia is fostering continued growth and development of the sport at all levels. A combination of industrious administration, key stakeholder relations and forward planning has assured a sustainable future for swimming in this country. Coaches are critical to the success of the sport and we thank you for your contribution.

President's Message



As swimming professionals, we have the capacity to give and make contributions to the sport and to individuals during our lives. Swimming coaches and teachers continually follow through with that potential and commitment daily. Every year this convention breaks down regional, state and national borders and provides an environment where the sharing of knowledge and experience is commonplace. Attendees leave the **ascta**CONVENTION year after year to return to their programs and businesses creating opportunities and expanding their potential with shared knowledge and enthusiasm.

The **ascta**CONVENTION 2015 again creates the platform for learning and networking by attracting some of the world's best coaches and practitioners many of which are "home grown". We welcome our high calibre international swimming professionals who I am sure will maximise your experience here on the Gold Coast.

The array of high quality speakers includes our keynote presenters from the US Gregg Troy and Tisha Steimle featured during the Coaching and Dave and Cindy Tonnesen appearing during the Swim Australia and Teaching Stream. The line up doesn't end there with the likes of Jacco Verhaeren, John Bertrand AM, Doug Frost, Bill Sweetenham AM, Denis Cotterell and Stephen Widmer all making appearances throughout the program. Delegates will also get an extra kick as they rub shoulders with the Elite Australian Coaches as they meet for a High Performance Meeting.

Again you will be treated to a Trade Expo that will exhibit all that you have come to expect in the innovative aquatic industry. Our members have shaped this convention into one of the largest and informative gatherings of swimming professionals in the world. That success comes from the continued feedback we receive from our members. The **ascta**CONVENTION 2015 continues to respond to what our members want. On behalf of the ASCTA Board and Convention staff, I wish you an enjoyable stay at the Sofitel Gold Coast.

A handwritten signature in black ink, appearing to read 'Tony Shaw', written over a horizontal line.

Tony Shaw
ASCTA President

PROGRAM CURRENT AS OF 14/04/2015

FOR AMENDMENTS INCLUDING ADDITIONS, VISIT WWW.ASCTA.COM