

# 2018 asctaNSW Conference

**Saturday 15<sup>th</sup> September 2018**

Silver Licence: NSW Institute of Sport

Bronze Licence: Hornsby Leisure Centre

SNSW Event Camps: Sydney Olympic Aquatic Centre (Free of Charge)

**Sunday 16<sup>th</sup> September 2018**

Coaching & LTS Conference

Swim Australia Teacher of Competitive Strokes

Pymble Ladies College

The asctaNSW convention includes presentations & practical coaching tips by some of Australia's **BEST** coaches with guest speakers:

┆ **Keynote Speaker - Olympic Coach & LTS Great Laurie Lawrence**

┆ **Keynote Speaker - Olympic Coach Shannon Rollason**

┆ **International Teacher Conference presenter – Alena Sarri**

┆ **Australian Swim Team Coaches - Adam Kable & Justin Rothwell**

**WHAT YOU WILL GET:** Listen to a number of specialised topics from presenters that have experiences on an international and national level. The conference caters for all levels of coaching and teaching from the junior and part-time coach through to the more serious and full time.

## Registration

<https://www.eventbrite.com/e/asctansw-2018-coaching-teaching-conference-tickets-48145894667>



# 2018 Key Note Speakers and Presentations



**Laurie Lawrence**

Laurie Lawrence's love and passion for swimming has had major influence over the swimming industry, with his learn to swim methods being internationally recognised. Laurie has many coaching achievements including 10 Gold, 11 Silver and 12 Bronze medals from swimmers he has directly assisted at Olympic level including Jon Sieben, Duncan Armstrong, Tracey Wickham and Steven Holland. Laurie has also been an integral part of the Australian Olympic team for his ability to unite, inspire, motivate and relax the entire team. Laurie has brought his influence and passion to the areas of baby swimming and drowning prevention, embedding him in the Australian swimming industry as a swimming and water safety guru.



**Shannon Rollason**

Olympic Coach  
ACT Performance Hub Head  
Coach

## Highlights include

- Ô ascta Ring 47
- Ô Olympic, Pan Pacific, World Championship & Commonwealth Games Coach.
- Ô Platinum Coaching Licence

Rollason is one of Australia's highly regarded coaches from his previous roles, including Head Coach at the AIS between 2006 and 2012 where he coached Alice Mills, Jodie Henry, Tarnee White and Belinda Hocking.

In 2013, Rollason moved to Denmark as Head Coach of the National Training Centre and later as Coach for the Danish Swimming Federation where he coached Jeanette Ottesen and Rikke Moller Pedersen to the 2016 Rio Olympic Games.





## Adam Kable

World Championship &  
Commonwealth Game Coach  
SAL NSW Performance Hub

### Highlights include

- ⊖ Coached 2016 Olympian Jacob Hansford
- ⊖ Coached 2017 World Championships with his swimmer Matt Wilson making the 200m Breaststroke Final
- ⊖ Coached 2018 Commonwealth Games with his swimmers Matt Wilson & Brad Woodward bringing home 2 Gold, 2 Silver & 1 Bronze medal
- ⊖ Coached on numerous National & State Junior Teams
- ⊖ 2017 commenced his role as SAL NSW Hub Performance Coach
- ⊖ Placed 3 swimmers on Pan Pacific Teams

To submit your questions for the Panel, please email  
[darren.howard@nsw.swimming.org.au](mailto:darren.howard@nsw.swimming.org.au)

## DETAILS:

### Saturday 15<sup>th</sup> September 2018 – Various Locations

Time	Event
9:00am	<b>SNSW State Event Camp</b> – Sydney Olympic Park Aquatic Centre
9:00am	<b>Bronze Licence</b> – John Bladon, Hornsby Leisure Centre. Bronze Licence enrollment: <a href="https://learning.swimming.org.au/auth/login/?returnUrl=%2F">https://learning.swimming.org.au/auth/login/?returnUrl=%2F</a>
1:00pm	<b>Silver Licence Module</b> – NSW Institute of Sport



## Sunday 16<sup>th</sup> September 2018 – Pymble Ladies College

Time	Coaching	LTS
8:45am	Registration	
9:00am	<b>SAT Competitive Swimming</b> – Debby Tattoli SAT CS enrollment: <a href="mailto:debby@5starswimschools.com.au">debby@5starswimschools.com.au</a>	
9:15am	Welcome	
9:30am	<b>Laurie Lawrence</b>	9:30am <b>Laurie Lawrence</b>
10:45am	Morning Tea	10:45am Morning Tea
11:00am	<b>Dr Stephen Cobley &amp; Shannon Rollason</b> The effects of Maturation on Performance & programming for it	11:00am <b>John Bladon</b> – POOL SESSION Fundamentals of strokes
12:15pm	Lunch & Trade Show	12:30pm Lunch & Trade Show
1:15pm	<b>Shannon Rollason</b> Keys to developing great swimmers	1:30pm <b>Laurie Lawrence</b> – The importance of Teachers in the journey to the Olympic Gold
2:30pm	Break	2:30pm Break
2:45pm	<b>Panel:</b> Shannon Rollason, Adam Kable & Justin Rothwell	2:45pm <b>Alena Sarri</b> – Teaching Babies at an early age
3:45pm	Break	3:45pm Break
4:00pm	<b>WORKOUTS</b> Season Plan & Sessions we do	4:00pm <b>Wendy Ross</b> – Just a Body in Water
5:00pm	Wrap up/Home	





## REGISTRATION DETAILS:

<b>COACHING OR LTS CONFERENCE:</b> Ascta Member and or an Employee of a Swim Australia Swim School	\$175 inc. GST (lunch provided)
<b>BRONZE LICENCE COURSE:</b>	\$360 inc. GST
<b>SAT COMPETITIVE SWIMMING:</b>	\$315 inc. GST
<b>COACHING OR LTS CONFERENCE:</b> Non Member of ascta or a Swim Australia Swim School	\$ 210inc. GST
<b>COACHING OR LTS CONFERENCE:</b>	Register 3 get the 4 <sup>th</sup> for Free

**ACCOMODATION:** Stay at the Courtyard Marriott North Ryde, 15min to Pymble. By using this link, you can get a room for two people, with breakfast for a discounted rate. [Click Here](#)

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conference/2018

