**“HITTING THE FUTURE” – DAY 1 SATURDAY**

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| 8.00 - 8.45 | **Registration – ALL (VIP Room 2)** | | | | | |
| 8.45 - 9.00 | **Welcome** - (VIP Room 2) | | | | | |
| Stream | **Badminton** | **Table Tennis** | **Assessor** | **Squash Referees** | New & Potential **Squash/Racquetball** Coaches | Established **Squash/Racquetball** Coaches |
| 9.15 - 10.15 | **Badminton** Level 1 Coaching (Badminton Courts) | **Table Tennis** Level 1 Coaching & Level 1 Officiating (VIP 2 and TTV Board Room) | **Assessor Training** – Max Binnington (Sports House) |  | **Putting the FUN in coaching**  Kathy Tessier (VIP 3) | **World Squash - Where is Australia Going?**  Rod Eyles (Lakeview 2) |
| 10.30 - 12.00 | **CPR** – **something everyone should know** (VIP 3) | |
| 12.00 - 1.00 | **Racquetball- the bouncy ball is your friend and foe**  Cameron White (Squash Court 8) | |
|  | LUNCH | | |
| 1.30 - 3.00 | **Club Referee Course** - VSRRA - (SV Board Room) | **Foundation Coaching Course**  Karen Cagliarini (Squash Court 10) | **Video Analysis – an invaluable tool**  Garry Pederson (Squash Court 8) |
| 3.00 - 4.30 | **Drills & Skills** **with Rod Eyles** (Squash Courts 5 - 10) | |

**“HITTING THE FUTURE” – DAY 2 SUNDAY**

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| 8.00 - 8.45 |  | **Registration – ALL (Champions Room)** |
| 8.45 - 9.00 | **Presenter Training** – Max Binnington (Sports House) | **Welcome** |
| 9.00 – 10.15 | **Lindsay Gaze – “Preparing your athlete to perform to the best of their ability”** |
| 10.30 – 12.00 | **“Psychological preparation for peak performance “ - Noel Blundell** |
| 12.00 – 12.30 | **LUNCH** |
| 12.30 – 2.00 | **“To supplement or not to supplement – this and other nutrition questions” - Dr Sandra Iuliano** |
| 2.00 – 3.30 | **“The Business of Coaching” – Phil King** |
| 3.30 – 3.35 | **Wrap up/end** |
| **Lindsay Gaze -** "Preparing your athlete to perform to the best of their ability". Lindsay Gaze has become an icon of the game as a player, coach, and administrator.  He represented Australia at three Olympics as a player, and as a coach at four Games. He also coached Australia to fifth position at the 1982 World Championship, a result that has still never been bettered. Under Gaze’s influence, the Melbourne Tigers have established themselves as a perennial force in the[NBL](http://www.nbl.com.au/), winning two Championships under his direction. During his career he was the longest-tenured coach in the league and has led his team in over 600 games (an [NBL](http://www.nbl.com.au/) record). He has also made a remarkable contribution to Australian coach development and FIBA during his career. | | |
| **Noel Blundell** - Dr Noel Blundell has been dubbed the "sport psychologist to the stars" because of his highly successful results with elite athletes on the world stage. Consequently he has a high national and international media profile in television, print and radio. Noel is best known for his extensive work on the highly competitive, pressurised tennis and golf professional circuits. | | |
| Dr. Sandra (Sandy) Iuliano is well qualified to speak on nutrition with qualifications in the subject from Victoria and Deakin Universities as well as being involved in research into nutrition at Melbourne University and Austin Health. But for our coaches she is much more than that having an extensive and distinguished background in sport. Sandy has represented Australia in track and field and triathlon, from Olympic distance to long course. Her athletics career covers an extraordinary range of events from 400m hurdles to national marathon champion and mountain running representative. She has a unique understanding of the need for balanced nutrition for sports people and has plenty of personal and professional experience upon which she basis her presentation. Sandy is also an accomplished presenter having been involved in delivering many presentations to athletes and coaches as well as to medical professionals. If you believe, as a Coach, you need to know about nutrition for your athletes then this session with Sandy is a must attend presentation. | | |
| **Phil King** built a Learn to Swim business that facilitated the choice to be Independently involved in Coaching and the Time to have with his Family. Starting from teaching kids to swim to pay his way through his Physical Education teaching course, Phil progressed to running his own Swim School business at the invitation of the local council at a new pool complex nearby the school in his first year of secondary teaching.  The experience of this opportunity planted a "dream seed"; to one day open his own centre.  In 1992 the first Kings centre opened. Twenty years later the business was sold to YMCA Victoria.  Kings had grown to 10 swim and 3 childcare centres. 16,000+ children were learning to swim in private lessons; 600 staff employed in locations across 3 states.  Management, training and operational systems established provided the opportunity for Phil to take leave from the business at various times to pursue other interests including coaching and family. Along the 20 year business journey mistakes were made and lessons learnt..........in many ways just like in coaching or anything in life. One thing became quite apparent - there are many similarities between coaching and running a business. | | |

**SQUASH / RACQUETBALL – SESSION OUTLINES**

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| **Putting the FUN in coaching**  New to coaching and wondering how you are going to run sessions for people that know nothing about the sport, kids and groups ?  This practical and useful session will take the fear out of taking different groups, and look at how you can make any session FUN, exciting and engaging for all.  **Racquetball- the bouncy ball is your friend and foe.**  An on court session looking at techniques to control height, trajectory, spin, direction and speed of the ball.  Many people play only Racquetball...but a lot come from Squash to Racquetball, playing Squash and Racquetball.... How do you combine them both? This will be a presentation on changing the way you think and teach Racquetball.  **Club Referee** **Workshop**  Interested in taking the first steps into the world of rules, lets and strokes? | **World Squash - Where is Australian Going?**  Squash Australia's newly appointed National Talent Development Coach, Rod Eyles, will be presenting two sessions.  The first being an overview of the recent Men’s World Championships in France and the World Women’s Junior Championships in Poland. He will also discuss opportunities for us to work together for future development of our athletes in Australia.  **Tips & Drills** The second of Rod’s sessions will see the Squash Vic Academy and Development Coaches put through their paces on court. Various drills and correct shot selection will be the focus with the opportunity for feedback and discussion.  This session is available for coaches of ALL levels to be involved.  **CPR Training**  Something everyone should know! This practical course provides the knowledge and skills necessary to sustain or restore breathing and circulation in an adult, child or infant. | **Video Analysis – An Invaluable Tool**  Video Analysis is proving to be an invaluable tool for Club grade players as well as Squad and High Level players.  The affordability of high resolution cameras and advancements in software gives the power of slow motion replay and on screen drawing tools for clear problem identification and planning improvement.  We look at Hardware / Software requirements and the latest products and their best use for great results. This is more than swing improvement with the potential for Game Plan analysis being possibly the best format to overall game improvement.  **Foundation Coaching Course & Introduction to OzSquash**  OzSquash is Squash Australia's new participation program for 5-12 year olds (our sports' equivalent to AFL Auskick!). This session will explain the philosophy of OzSquash, its three components, goals and benefits for the sport of squash. This is the first level of the new coaching framework. |

**COST**

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| **DAY 1 ONLY** | **$95 Squash Vic members** | **Non SV Members $150 ONE DAY ONLY** |
| **DAY 1 & 2** | **$150 Squash Vic members** | **Non SV Members $250 BOTH DAYS** |
| **DAY 2 ONLY** | **$75 Squash Vic members** |  |

Lunch is included on both days

To register for the Squash Program go to the News section on Squash Vic’s website at [www.squashvic.com.au](http://www.squashvic.com.au)

To register for the **Presenter and/or Assessor course** see pages 4 & 5.

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**ASSESSOR COURSE – INFORMATION**

Facilitator: Max Binnington

Skilled assessors are a critical component of a quality coach and official development system. Good assessors create a supportive environment that encourages learning through the assessment process.

**What is the Assessor Training program?**

The Australian Sports Commission’s (ASC’s) Assessor Training program provides a standard of training of assessors. The essential components of the program include how to plan and organise an assessment and assessing the competence of a coach or official.

**Who is the program aimed at?**

The ASC Assessor Training program is aimed at people who will be assessing coaches and/or officials within their sport.

**What is covered in the program?**

The program is designed to assist assessors improve their skills in planning the assessment process, gathering evidence for assessment, providing feedback, and validating assessment.

**How will you be assessed?**

Participants will have the opportunity to assess the skills of another participant and to provide feedback as in a regular coaching assessment process. This is done in conjunction with the 5 minute presentations undertaken in the Presenter/Facilitator program.

**Cost: $150 per person includes workshop, all materials and catering. DISCOUNTED PRICE of $95 for Badminton, Squash and Table Tennis members).**

**Combined cost for Assessor and Presenter Workshops across the two days is $300. DISCOUNTED PRICE of $190 for Badminton, Squash and Table Tennis members – enter code: smash1**

**Register for the Assessor course at** [**http://www.trybooking.com/DOWR**](http://www.trybooking.com/DOWR)

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**PRESENTER COURSE – INFORMATION**

**Presenter: Max Binnington**

Highly skilled presenters are an essential component of a quality coach and official education system. Good presenters use a confident and enthusiastic approach to captivate and motivate people to learn by facilitating opportunities to develop competence.

**What is the ASC Presenter/Facilitator Training Program?**

The ASC Presenter/Facilitator Training Program is a one-day workshop that aims to equip presenters and facilitators with the skills to deliver quality and effective coaching and officiating programs.

**Who is the program aimed at?**

The program is aimed at presenters delivering coaching and officiating programs within the National Coaching

Accreditation Scheme (NCAS) and National Officiating Accreditation Scheme (NOAS).

**What is covered in the ASC Presenter/Facilitator Training Program?**

The ASC Presenter/Facilitator Training Program assists presenters to deliver effective and practical education for

coaches and officials. Topics covered in the workshop include:

> How to conduct a practical session

> Learning methods that work

> Preparing to deliver, review and evaluate training

> Roles and responsibilities of NCAS and NOAS facilitators.

**How will you be assessed?**

Participants will have the opportunity to deliver several presentations during the workshop and will be assessed

on their delivery of a five-minute practical presentation.

**Cost: $150 per person includes workshop, all materials and catering. DISCOUNTED PRICE of $95pp for Badminton, Squash, Table Tennis members – enter code: smash1**

**Combined cost for Assessor and Presenter Workshops across the two days is $300. DISCOUNTED PRICE of $190 for Badminton, Squash and Table Tennis members – enter code: smash1)**

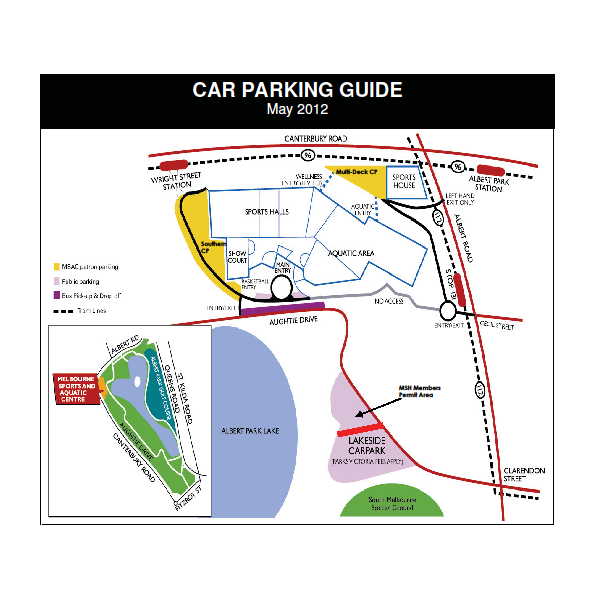
**Register for the Presenter course at** [**http://www.trybooking.com/DOWR**](http://www.trybooking.com/DOWR)

**VENUE INFORMATION**

Please note – the Melbourne Sports and Aquatic Centre is busy on the weekend. **Parking** on site is limited so get here early! Parking is $3.00 for the day. Alternative parking (also ticket parking) is available at Lakeside Stadium.

**Public transport** is via Trams 96 or 112 (stations marked in red on map below).

VIP Rooms are on the first level overlooking the basketball stadiums.



Champions Room (overlooks outdoor pool)