



# Tasmanian Institute of Sport

# COACHES FORUM

“The Road to Rio”

11th and 12th December 2012

C3 Convention Centre  
64 Anglesea Street  
South Hobart, Tasmania

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# Tasmanian Institute of Sport

## Our Vision

Tasmanian Athletes acclaimed for their contribution to Australia's sporting success.



## Our Mission

To provide leadership and quality athlete and coaching services to Tasmania's talented athletes to assist them to compete successfully on the international stage.

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On behalf of the Tasmanian Institute of Sport, I am pleased to invite you to attend this coaching forum. The forum is being held from December 11<sup>th</sup> to December 12<sup>th</sup> at C3 Convention Centre 2012.

Join some of your fellow Tasmanian coaches as well as keynote speakers from Australia at this professional development forum.

- Learn from our keynote speakers who will be presenting on areas such as:
- How should **YOU** look to produce peak performance
- The tracking of athlete development and performance
- Why is it important for **YOU** to capture knowledge and sharing
- The importance of team culture
- An update on the latest recovery techniques from the Australian Institute of Sport and the issues affecting athletes in today's modern society
- How **YOU** the coach can spot these issues and act accordingly

We believe this forum has something for everyone involved in coaching and dealing with athletes in their daily training environment.

To register for this forum please complete the registration form at the back of this information pack

I look forward to seeing you at the C3 Convention centre in December.



Stewart Pither  
Manager Athlete and Coach Development  
Tasmanian Institute of Sport.

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# Program of events

December 11<sup>th</sup> 2012

December 12<sup>th</sup> 2012

12.30pm Arrival and lunch provided	9.15am Arrival
1.00pm Welcome and Opening Address	9.25am Welcome
1.05pm <b>KEYNOTE ADDRESS</b> <b>Bill Sweetenham</b> <b>Planning for the next 4 year Olympic cycle</b> How should coaches look to produce peak performance How should coaches track athlete development and performance? Why is it important for coaches to capture knowledge and knowledge sharing	9.30am <b>KEYNOTE ADDRESS</b> <b>Matthew Driller / Ben Scarlett</b> <b>Revitalisation your body after performance</b> How should we assist athletes with minimising fatigue and maximising their recovery Novel recovery strategies and techniques. Sleep and training load monitoring Training interventions and nutritional supplementation to enhance athletic performance.
2.30pm Break and discussion time	11.00am Morning Break
2.45pm <b>KEYNOTE ADDRESS</b> <b>John Quinn</b> The difference between the professional sporting system and Institute system and what advantages that can now mean for the Australian Institute coaches system in preparing their athletes for Rio – impact on coaching What coaches need to deliver in working with HP athletes that drive performance	11.15am <b>KEYNOTE ADDRESS</b> <b>Damien Hill</b> Developing and representing the culture of a rugby union team and how to grow this within the team. Who owns this culture, what are the teams and clubs values and how does this influence team cohesion
3.45pm Afternoon Break	12.30pm Lunch and discussion time
4.00pm <b>KEYNOTE ADDRESS</b> <b>Geoff Ahern</b> Examining the world of athletes in today's social environment providing tools and techniques on how we as coaches can assist athletes to cope with these pressures in today's ever changing social environment	1.00pm <b>KEYNOTE ADDRESS</b> <b>Bill Sweetenham</b> <b>Performance on the Day</b> What is required from you to ensure this occurs
5.15pm Close for the Day	2.45pm – 3.00pm Final discussion time and close of Day

## Keynote Speakers

### Bill Sweetenham Performance Consulting

Bill Sweetenham has served as Head coach of national swimming teams at five Olympic Games for three separate countries and has coached swimmers to success at nine world championships and eight commonwealth games.

Bill led Australia in many Olympic and commonwealth game campaigns and has also held the positions of AIS Head coach (1981-1990), Head coach at the Hong Kong sports Institute(1990-1995), National youth coach for Australian Swimming(1995-2000) and National performance director of British Swimming (2000-07)

Under Bill's management, Britain's swimmers won 18 World Championship titles, broke more than 200 domestic records and produced their best ever Commonwealth Games , World Championship and Olympic Games results.

Bill is internationally acknowledged not only as one of sport's pre-eminent coaches, but also for his visionary strategic planning capabilities in both the sporting and corporate arenas



### John Quinn Great Western Sydney

John's career has spanned more than 25 years. He has worked with many of Australia's leading athletes and coaches across sports as diverse as track and field, swimming, AFL, rugby league, tennis, cricket and soccer. Just a few of John's accomplishments include:

- Team coach for the Australian track and field team at the Sydney Olympic Games
- Head fitness coach and High Performance Manager for Essendon Football Club (AFL)
- Australian fitness coach for two International Rules Series (AFL)
- Head Conditioner with the Socceroos in 2006 in a friendly competition in Kuwait
- High Performance Coach for AFL All Stars Team
- Strength and Conditioning coach in the Indian Cricket League.



Highly regarded in the sport and fitness industry, John's involvement with some of Australia's most elite sports people has made his expertise highly sought-after by both sporting teams and businesses alike - looking to find a unique insight into elite performance

## **Dr Matthew Driller Australian Institute of Sport Recovery Physiologist**

Dr. Matt Driller is a Sports Physiologist specialising in Recovery at the Australian Institute of Sport in Canberra.

Matt has worked at the AIS for three years providing sports science servicing to elite and development athletes over a range of sports. During his time at the AIS, Matt has had the opportunity to travel internationally with a number of Australian representative teams, including the Paralympic team in London this year.

Matt is heavily involved with research, particularly in the areas of minimising fatigue/maximising recovery, sleep and training load monitoring and novel recovery strategies and techniques. Prior to his work at the AIS, Matt completed his PhD in Tasmania where he worked with the Tasmanian Institute of Sport to perform research on training interventions and nutritional supplementation to enhance athletic performance. He continues his links with Tasmania where he holds an honorary research position and co-supervises a PhD student at the University of Tasmania.



## **Geoff Ahern**

"Geoff is a Clinical Nurse Specialist in Mental Health and Drug and Alcohol with extensive experience in Psychiatric Nursing (both inpatient and community), Drug and Alcohol Counselling, and Rural Nursing and Emergency Nursing.

As an educator Geoff has been involved in one-to-one mentoring and staff in-services and group facilitation right through to full-time lecturing. Geoff's work with young people has included Mental Health and Drug and Alcohol Awareness Presentations to school students and parents, and working with troubled indigenous youth in outback New South Wales.

Geoff has implemented and runs Mental Health Awareness Professional Development programs within schools across Sydney and the Newcastle/Hunter Region. He is a passionate advocate for the mental health and well-being of young people, helping parents, care-givers, teachers, youth workers and anyone else living or working with young people to know what to look for and how to help when it comes to mental health problems.



Geoff is also an accredited Master Instructor for the Youth Mental Health First Aid Program and lead presenter for Queensland, New South Wales and Victoria for the mental health training program for Ausmed, a medical, nursing and allied health education company.



## **Damien Hill Head Coach Melbourne Rebels**

One of the 'RaboDirect Rebels' first appointments, Damien Hill, played a major role in shaping the team under then Head Coach, Rod Macqueen. At the end of the 2011 Super Rugby Season, the club announced that as part of a long term succession plan, Damien Hill would take over as Head Coach of the RaboDirect Rebels.

Damien was recruited from Sydney University where he was Head Coach of the senior rugby union team, winning 3 Sydney 1st grade rugby union premierships under his guidance.

Earlier in his career, Damien was appointed as a Development Officer with the ACT Brumbies, before moving to the role of Manager, Coaching and Development in 2000.

Damien moved to Japan in 2002 to become Coaching Coordinator/Backs Coach for the Suntory Rugby Football Club before commencing at Sydney University in 2006



## **Ben Scarlett Tasmanian Institute of Sport - Sports Performance Officer**

Ben Scarlett has worked for the Tasmanian Institute of Sport as Sports Performance Officer for the last 3.5 years and has a professional interest in recovery.

The Sports Performance Unit conducts a wide range of tests on the scholarship holders and provides information to coaches and athletes regarding performance. In conjunction with this information there is assistance with training and competition and the provision of up to date information in the sports performance field.

Ben has conducted an Honours Thesis: The Effect of Ice Baths on DOMS and Performance in Netball at the University of Ballarat.



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## COACHES FORUM

### Registration Form

<u>Name</u>	
<u>Sport/Organisation</u>	
<u>Address</u>	
<u>Phone number</u>	
<u>E-mail</u>	
<u>Essential dietary requirements</u>	



Location:  
64 Anglesea St  
South Hobart Tasmania 7004

Directions / map - <http://g.co/maps/nsgyc>

Free parking is available at C3 convention centre

Return form via Email [stewart.pither@tis.tas.gov.au](mailto:stewart.pither@tis.tas.gov.au) Fax 0362720768  
or P.O. Box 149 Glenorchy Tasmania 7010

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**Thank you for attending the Tasmanian Institute of Sport  
Coaching Forum 2012**



