

Tuesday 5 September 2006 – Friday 8 September 2006, (8 am – 5 pm)
W F Faulds VC Conference and Function Centre at the
SA National Museum of Military History, Johannesburg

free entrance for all visitors!

SCHOOL SPORTS EXPO 2006

the meeting place for schools sports directors/coaches
and providers of school sports equipment, apparel
and facilities...

Plus 8 Coaching Workshops and Conference on
Total Sports Management in Schools.

EXHIBITORS & SPONSORS:



FitnessWorld
EXERCISE EQUIPMENT SPECIALISTS



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Please contact us if you like to be an
exhibitor/sponsor/visitor at the Expo:

School Conferences

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SCHOOL SPORTS EXPO 2006 – Coaching Workshops

Tuesday, 5 September 2006 – Friday, 8 September 2006

WF Faulds VC Conference and Function Centre at SA National Museum of Military History, Johannesburg

Coaching Workshops Schedule from 5 September – 8 September 2006

Morning Sessions	Tuesday 5 September 2006	Wednesday 6 September 2006	Thursday 7 September 2006	Friday 8 September 2006
8:30 Registration	Workshop A CRICKET	Workshop B EXPLOSIVE POWER AND STRENGTH FOR SPORT PERFORMANCE	Workshop C NETBALL	Workshop D RUGBY
9:00 Coaching	Facilitator: Daryl Cullinan	Facilitator: Ashley Jones	Facilitator: Elsje Jordaan	Facilitators: Will Mbanga Dr Maya van Gent Roger Ferneyhough
10:30 Tea Break	Sponsor: Turftek	Sponsors: S & A Marketing / Speed Power Stability Systems	Sponsor: Opal Sportswear	Sponsor: Canterbury SA
11:00 Coaching continues				
12:00 Workshop ends				
Afternoon Sessions	Tuesday 5 September 2006	Wednesday 6 September 2006	Thursday 7 September 2006	Friday 8 September 2006
13:00 Registration	Workshop E AQUATICS	Workshop F SPEED, AGILITY & FLEXIBILITY	Workshop G STRENGTH	Workshop H NUTRITION
13:30 Coaching	Facilitator: Ron Sileno	Facilitators: Will Mbanga Fiona Hardie	Facilitators: Roger Ferneyhough Dr. Maya van Gent	Facilitators: Penny Balderson Cara Humphrey
15:00 Tea Break	Sponsor: Opal Sportswear	Sponsor: S & A Marketing / Speed Power Stability Systems	Sponsor: Body Sculpture	Sponsor: Milo
15:30 Coaching continues				
16:30 Workshop ends				

Fee & Registration for each workshop

- R350 per seat, inclusive of course materials and tea/coffee
- Book your seat quick! Seats are on a first-come-first-served basis

Coaching Workshops Outline

Cricket, Netball, Rugby & Aquatics

- Brief Introduction
- Endurance vs Short Duration Sport
- Tactics/Game Plans
- Coaching Tips and Techniques
- Conditioning/Preparation Tips/Suggested Training
- Skills Development
- Strategy Attack, Defense, Weather/Environment Adaptations
- Psychology & Mental Skills
- Match Analysis, including Opponent
- Managing Players and Team Physical, Mental/Emotional & Psychological Aspects
- Talent Identification
- Motivation and Morale
- Sportsmanship and enjoyment
- General Nutrition
- Resources Centres of Excellence, Specialist advice, Food/Supplements
- Successful Intervention
- Way Forward for Building a Good Programme in your School

Nutrition

- Introduction
- Why exercise and sports nutrition?
 - Performance model
 - Fuel for life
 - Fuel for performance
- Sources of fuel for exercise
- Carbohydrate requirements
 - Carbohydrate intake before, during and post exercise
 - Protein and its requirements
 - Fat and its requirements
 - Vitamins and minerals and their requirements
- Fluids and exercise performance
 - Fluid requirements
- Supplements and exercise performance
 - Ergogenic and ergolytic supplements
- Suggested diet plan
- Education
- Conclusion

Explosive Power and Strength for Sport Performance

Explosive speed, power and strength using Powerbag and Plyometric principals

“At last a quality speed program that focuses on the multi-directional needs of team and ball sports! XLR8 training concepts and coach education courses will open your eyes to how best develop acceleration, change of direction and sport specific speed. With XLR8 coaching knowledge you will be able to set up a speed program that will propel your athletes to the next level of sports performance. Quite simply XLR8 speed and power training is the best speed programme I have seen in my 20 years as a professional strength and conditioning coach and educator. High level sport is all about speed and at the Crusaders we use XLR8 training drills to ensure our players are exposed to the very best in speed development.” Ashley Jones

Speed, Agility & Flexibility

- Mechanics of running
- Speed – What is it & how can it be developed?
- Agility – What is it & why do we need it for sport?
- Content of a speed/agility session
- Sport specific speed/agility training
- Testing for speed & agility
- Flexibility – More than a stretch
- Types of flexibility
- Flexibility methods
- Flexibility practical

Both sessions will include demonstrations (if weather permits) so that coaches may sample the practical methodology of speed, stability, strength and explosive power to be used with their squads for any sport, from junior school through the international level.

Strength

- Physiology of strength training
- Training for strength in sport
 - Safety precautions
 - Methods of training
 - Pre- and post adolescent
- Periodisation of strength training
 - Off-season, Pre-season & In-season

SCHOOL SPORTS EXPO 2006

Conference on Total Sports Management in Schools

Thursday, 7 September 2006

WF Faulds VC Conference and Function Centre at SA National Museum of Military History, Johannesburg

Programme

8:30 – 9:00 Morning Tea/Coffee & Registration

9:00 – 10:00 **KEYNOTE ADDRESS – REACHING YOUR PEAK**
Fanie de Villiers, national cricket hero and well known television personality, established himself as a South African sports hero with his winning match performance against Australia in Sydney in 1993/4. Fanie went on to play international cricket until he retired in 1998. Better known as a 'Vinniger Fanie', he is no stranger when it comes to working hard for success and overcoming adversity. Having grown up in Vereeniging far away from traditional school cricket structures, he practiced hard and bowled his way into the Northern Transvaal team while training as a teacher in Pretoria. Since retiring from international cricket, Fanie commentates on television and performs Master of Ceremony duties at golf days and corporate functions. Fanie uses his vast experience as a sportsman and team player together with humorous stories to illustrate the pertinent points of the acronym PEAK - Passion, Enthusiasm, Attitude & Knowledge.

(Each session below is inclusive of Questions & Answers)

10:00 – 10:30 Morning Refreshments in Expo Hall

10:30 – 11:15 **OCCUPATIONAL HEALTH & SAFETY ISSUES FOR SPORTS FACILITIES AND EVENTS IN SCHOOLS**

- Regulations and compliance
- How occupational health and safety requirements apply to Sports Facilities Managers, Heads of Sports and Coaches
- Impact of legislation on schools sports facilities, sporting events and activities
- ISO 9002 certified systems and procedures
- Preparing for the audit
- Consequences of non-compliance

Rodney Scott, Occupational Health and Safety Specialist Scott-Safe

11:15 – 12:00 **CASE STUDY: KING EDWARD VII SCHOOL**

- Organising successful sporting events
- Sports marketing, promotion and sponsorship
- Raising funds from target market and sponsors
- Issues and challenges

Derron van Eden, Consultant to King Edward VII School Sports Marketing and Sponsorship (SMS)

12:00 – 13:15 Lunch & Visit to the Expo

13:15 – 14:00 **CASE STUDY: THE TREVERTON ASTROTURF – WHY AND HOW?**

- Identifying the need
- Appointing a structural engineer
- Design stage, tender process and appointing contractors
- Actual construction period
- Guarantees and maintenance

Dr Alan Staples, Chief Executive Treverton Schools

14:00 – 14:45 **SPORT PSYCHOLOGY: A TOOL FOR BETTER SPORT**

- Sport psychology in the context of school sport
- Should we be making little champions?
- Sport and psychological development
- Readiness for competitive sport
- The role of the institution and the coach in the psychological development of the child

Greyling Viljoen M.A. (Clin Psych), UP Psychologist in private practice in sport and clinical psychology Rooms in South Street Hatfield and the High Performance Centre (hpc) @ UP

14:45 – 15:30 **TRAINING, ASSESSMENT AND SPORT NUTRITION**

- Wellness and health vs. peak performance in schools sport – the debate and management perspective
- Pre-screening for school sports benefits, features and protocols
- Nutrition – energy requirements, what to eat before, during and after training and/or competition

**Glen Beever
Peak Performance Consultants**

15:30 – 15:45 Afternoon Refreshments in Expo Hall

15:45 – 16:30 **SPORTS INJURIES, PREVENTION & TREATMENTS IN SCHOOLS**

- Which sport is high risk in schools
- Types of common injuries, prevention and treatment
- Management of acute injuries on school sports field
- Fieldside care
- How essential it is to bring PT back to schools
- Concussion
- Drugs in sport

**Evan Speechly
Leicher Speechly and Davidson**

16:30 Conference Ends

Fee & Registration for Conference

- R1000 per delegate, inclusive of course materials, lunch and refreshments
- 10% discount for group registration – more than 3 delegates from same school/organisation attending the Total Sports Management Conference
- Book your seat quick! Seats are on a first-come-first-served basis!

Profile of Workshop Facilitators

Ashley Jones: (New Zealand) Head Strength, Speed & Conditioning Coach of The Canterbury Crusaders. An international strength & conditioning coach which includes New Zealand Rugby Football Union, Institute of Rugby New South Wales, Waratahs Rugby, Parramatta, Newcastle and Northern Eagles Rugby League Teams and A C Milan Soccer Club (Italy).

Cara Humphrey and Penny Balderson are a team of qualified registered dietitians, of Cara Humphrey and Associates. Their team is registered with the Health Professions Council of South Africa (HPCSA), the Association of Dietetics in South Africa (ADSA), and the South African Sports Medicine Association (SASMA). These bodies ensure that medical professionals render the best possible service to their clients, through ethical standards and integrity. Cara Humphrey and Associates have 10 years experience working in private practice & 6 years experience in business consulting, where they have been involved in the research and development of new foods and nutraceutical products. Their private practice has three main focus areas: Sports nutrition – helping clients improve their health and performance through nutrition.

Within the sports arena, they have worked with individual and team sportsmen and women, professional and Olympic level athletes, athletes training at club and provincial level, school athletes and disabled athletes.

Cara is a South African Sports Commission Accredited Dietician. She consulted to South African Athletes and Para Olympic athletes in preparation for the 2004 Olympic Games in Athens. Cara is currently the national nutritional co-ordinator of the WITS-SAFA - LOTTO soccer project and High Performance Program.

Penny is responsible for providing nutrition services to the coaches and players in Gauteng and Mpumalanga for the WIT-SAFA-LOTTO soccer project and High Performance Program.

Cara and Penny are currently contracted to provide nutrition services for Run Walk for Life, S.A.'s leading fitness and weight control programme. Weight management and ageing well focusing on promoting a healthy body through healthy eating programs. Children's health - including those with concentration problems & AD/HD, encouraging better health through healthier eating and lifestyle habits.

Darryl Cullinan: A schoolboy prodigy, scoring a first-class century at the age of 16 (to take over from Graeme Pollock as the youngest South African player to achieve this mark) Darryl established himself as a fixture in the South African Test team as a no. 4 bat. With an excellent technique, he was a model of consistency at Test level showing an ability to handle both fast and spin bowling. Cullinan made his Test debut in the final test against India in 1992/93, scoring 46 & On the tour of Sri Lanka in 1993 he made his maiden Test century in the third test. He started the 1993/94 season with a majestic South African domestic record innings of 337 not out for Transvaal against Northern Transvaal. His match saving innings against India in South Africa will always be regarded as one of the best ever played by a batsman. Since retiring from first class cricket, Darryl has been running the Darryl Cullinan Sports Centre & Cricket Shop in Lonehill, as well as conducting coaching clinics & specialised cricket coaching sessions.

Dr Maya Van Gent: With a Ph.D. in Sport Science, Maya has published articles in local & international sports science journals & lectured at Potch. University's Institute of Sport Science & Development, where she implemented her knowledge & passion for sport in the highly successful PUK Rugby academy. She has worked on a number of government research projects dealing with adolescent & adult wellness issues.

Elsje Jordaan: Currently completing her Ph.D. in "talent identification for netball", Elsje owns her own Sports practice SPORTISIMO, providing sport science services including coaching clinics, lectures, testing, psychological interventions, specialised coaching & programmes. A former SA (1999-2004, captain 2003/4, incl. World cup in Jamaica 2003) & Gauteng (2001-2003 captain) netball player, Elsje has successfully coached several school, district, U19 & U21 provincial teams in South African tournaments, as well as spending a season playing & coaching in Australia.

Fiona Hardie: A specialist Fitness instructor as well as a Specialist Control Conditioning, Pilates & Body Conditioning Instructor. Fiona runs her own studio & also sees clients in their own homes. Her focus and aim in training and consulting is to alter people's perceptions of exercise being purely for aesthetic purposes.

Roger Ferneyhough has a Bachelor of Kinesiology and a Bachelor of Education. He has been participating in sport since childhood and developed a passion for rugby from the age of 16. He has played and coached at both club and provincial level. He is committed to improving the understanding of the modern game of rugby as well as the specific conditioning that is needed to both players and coaches.

Ron Sileno, Director of Water polo at St Benedicts College, Bedfordview, is a well known figure in water polo circles. He is a dual international, having represented his country in both swimming & water polo and has significant coaching & refereeing experience at both SA schools/ mens' provincial & international tournaments.

Will Mbang: With a background in both secondary & tertiary education and sport science, Will's focus & passion lies in skills development and conditioning for sports performance. He has coached at international level in a number of sporting codes & been an instructor on a number of coach education programs, locally & internationally. He is involved with Speed Power Resource Centre, the SA partner of Speed Power Stability Systems (a NZ based international sport conditioning program developer/ equipment manufacturing company) as an XLR8™ trainer & course instructor. He is the Regional manager of the eta in Johannesburg.

Dear Schools

School Conferences is launching our inaugural School Sports Expo 2006 to be held at the SA National Museum of Military History, Johannesburg from 5 – 8 September 2006.

Suppliers, providers, vendors of school sports equipment, apparel and sports facilities will be at the Expo, showcasing their latest products and services to schools. They will also be providing special discounts and offers to schools.

Entrance to the Expo is free of charge and the Expo starts daily from 8.00 am till 5.00 pm. In this regard, we are pleased to extend an invitation to the following personnel from schools to visit the School Sports Expo:

- Director/Head of Sports
- Head Coach
- Sports Co-ordinator
- Extra-curricular Administrator
- Facilities Manager
- Principal/Vice Principal
- Headmaster/Deputy Headmaster
- Headmistress/Deputy Headmistress
- Bursar
- College Director
- Head of Department
- Project Director/Manager
- School Administrator
- Educator involved in school sports
- Buyer for school sports equipment

Concurrent to the Expo, we are also organising a series of eight half-day Coaching Workshops on Cricket, Netball, Rugby, Aquatics, "Strength", "Nutrition", "Explosive Power and Strength for Sport Performance" and "Speed, Agility & Flexibility" plus a one-day Conference on "Total Sports Management in Schools". Our guest keynote speaker is national cricket hero, Fanie de Villiers.

Do not miss this Expo! Booking is essential for the workshops and conference. Please register early as seats are limited and on a first-come-first-served basis.

Individuals who are not from schools but have an interest in sports are also welcome to visit the Expo and attend the workshops or conference!

I look forward to welcoming you at the Expo.

Best regards,

Wan Brown

School Conferences

Please contact us if you like to be an exhibitor/sponsor/visitor at the Expo:

School Conferences

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2109 Johannesburg

Phone: (011)– 482 1000/3226

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E-mail: schoolconference@lantic.net

Website: www.classicevents.co.za

Registration Form

Attention: Wan, School Conferences
Address: P.O. Box 291765, Melville, 2109
Fax: 011 482 1009/482 2543
Tel: 011 482 1000/3226
Email: schoolconference@lantic.net

School Sports Expo - Coaching Workshops

Date: 5 – 8 September 2006
FEE – R350 per delegate per workshop inclusive of course materials and refreshments

School Sports Expo - Conference on Total Sports Management in Schools

Date: 7 September 2006
FEE – R1000 per delegate inclusive of course materials, lunch and refreshments

VENUE: WF Faulds VC Conference and Function Centre at the SA National Museum of Military History, 22 Earlswood Way, Johannesburg
(Tel: 646 5513, It is located around the JHB ZOO in Saxonwold)

DELEGATE INFORMATION

Delegate Name: Mr/Mrs/Ms _____

Job Title: _____

Workshop: A/ B/ C/ D/ E/ F/ G / H

Conference: Yes / No

Delegate Name: Mr/Mrs/Ms _____

Job Title: _____

Workshop: A/ B/ C/ D/ E/ F/ G / H

Conference: Yes / No

Delegate Name: Mr/Mrs/Ms _____

Job Title: _____

Workshop: A/ B/ C/ D/ E/ F/ G / H

Conference: Yes / No

Total Amount Payable: R _____

Postal Address: _____

Postal Code: _____

Telephone: _____

Fax: _____

Email: _____

Signing this form entails your understanding of the Registration and Payment requirements:

- A confirmation letter and invoice will be faxed/emailed to you upon receipt of your registration form, reserving your seat/s.
- Kindly make payment to guarantee your seat/s as non payment may result in your seat allocated to someone else
- Electronic payment/direct deposit can be made to **Standard Bank Account #: 201 096 315. Account Name: School Conferences. Branch: Melville. Branch Code: 006105.** Kindly indicate school/delegate name/invoice as reference
- Please make cheque payable to: **School Conferences**
- An official receipt of your payment will be provided, only upon request.
- A certificate of attendance will be provided, only upon request.
- No cancellation and refund given within seven days prior to the event date but replacement delegate can be sent.
- No refund given if delegate did not show up at event but course materials, if any, can be sent.
- Organiser reserves the right to change venue, date, programme and/or speaker/s if circumstances require.
- Organiser will refund payment if event is cancelled. If cancellation is not caused by organiser i.e. natural causes, regret no refund will be provided.
- Please inquire if you need special lunch i.e. vegetarian, kosher etc. or accommodation

Signature: _____

Submitted By: _____

School/Organisation: _____

Date: _____

To inquire and register, contact:

School Conferences

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