

Tuesday 13 March 2007 – Thursday 15 March 2007
Durban Country Club, 101 Walter Gilbert Road, Durban

Free entrance for all visitors to the Expo!

WINTER SPORTS SCHOOL EXPO 2007

In association with 

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

PLUS

One-day Conference on
School Sports: Ensuring Safety and Effective Management

AND

Coaching Workshops for Schools

- Basketball
- Hockey
- Netball
- Rugby
- Soccer
- Tennis
- Speed, Agility & Flexibility
- Nutrition

Exhibitors & Sponsors:

Co-Sponsor:

 **SPORTS TEC**
International Sports Development Agency



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

School Conferences
P.O. Box 291765 Melville
2109 Johannesburg

Phone: (011)– 482 1000/3226

Fax: (011)– 482 1009/2543

E-mail: schoolconference@lantic.net

E-mail: schoolconference@classicevents.co.za

Website: www.classicevents.co.za

Entrance is free of charge for all Visitors to Expo!

Dear Schools

Winter Sports School Expo 2007

Tuesday 13 March – Thursday 15 March 2007

Durban Country Club, 101 Walter Gilbert Road, Durban

The inaugural School Sports Expo 2006 held in Johannesburg was a tremendous success! Following excellent reviews, ratings and very encouraging feedback from delegates, speakers, sponsors and exhibitors, we are now pleased to bring the expo to you in Durban, focusing on winter sports for schools.

The Winter Sports School 2007 Expo will be bigger and better. It will be held at the Durban Country Club a centre of world class sports and leisure facilities in a people friendly environment that provides fun and relaxation. Over the years, the Club has played host to celebrities, royalty, golfing greats and business functions.

Suppliers, providers, vendors of school sports equipment, apparel and sports facilities will be at the Expo, showcasing their latest products, services and special offers to schools. Entrance to the Expo is free of charge and the Expo starts daily from 8.00 am till 5.00 pm.

Directors/Heads of Sports, Sports Co-ordinators, Coaches, Facilities/Estate Managers or Educators involved in school sports are invited to visit the Expo.

Schools are also invited to book seats for the following half-day Coaching Workshops on Winter Sports!

- **Basketball**
- **Hockey**
- **Netball**
- **Rugby**
- **Soccer**
- **Tennis**
- **Speed, Agility & Flexibility for School Players**
- **Nutrition for School Players**

There will also be a one-day **Conference on School Sports: Ensuring Safety and Effective Management**, with **Pat Symcox** as our **Sports Celebrity Guest Speaker**.

Listen to the experts from the respective sport and field. You will leave the workshop and conference with valuable skills, tips, advice and updates. Premium ticket price for premium value!

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 courses!

I look forward to welcoming you at the Expo in Durban.

Best regards,

Wan Brown

School Conferences

WINTER SPORTS SCHOOL EXPO 2007

Tuesday, 13 March 2007 – Thursday, 15 March 2007

Durban Country Club, 101 Walter Gilbert Road, Durban

WORKSHOPS FOR SCHOOLS

Fee for each workshop – R350 per seat, inclusive of course materials and refreshments

Morning Session (3 hours)	Tuesday 13 March 2007	Wednesday 14 March 2007	Thursday 15 March 2007
8:00 Registration	WORKSHOP A RUGBY	WORKSHOP C TENNIS	WORKSHOP E SOCCER
8:30 Workshop	Workshop Leader: Ray Mordt	Workshop Leaders: Ross Geldenhuys & Greer Stevens	Workshop Leader: Neil Tovey
10:30 Tea Break	<i>Played for Rhodesia, Transvaal, Northern Transvaal & South Africa. Coached Lions (Currie Cup Winners 1994). Assistant Coach to Springboks.</i>	Workshop Outline:	<i>Had 52 international appearances for SA, including Captain of the team that won the African Cup of Nations (1996).</i>
11:00 Workshop	Workshop Outline:	<ul style="list-style-type: none"> • Technical – Grips, back swing, contact points, follow through • Tactical – Strategies, game plans, how to execute • Physical – Fitness, exercises, movement, stamina & recovery from movement • Psychological – Motivation, self belief, concentration, emotional control 	Workshop Outline:
12:00 Workshop ends	<ul style="list-style-type: none"> • Skills to Develop the Beginner to Intermediate Player • Technical Skills • Training Drills • Tactical Awareness, Strategies, Formation and Set Pieces • Fitness & Training for Rugby • Questions & Answers Session 		<ul style="list-style-type: none"> • Formations/Systems • Youth Development • Defense – Individual Tactics, Group Tactics, Pressing as a Team • Attack – Individual Tactics, Group Tactics, Attacking Principles • Principles of Training – Definition, Good Training Methods, Objectives • Characteristics of Speed in a Modern Day Footballer
	Half an hour will be allocated to Dr Jacques Rossouw , DSc (Biochemistry); Hons (Pharmacology); MBA who will speak about pre-season nutrition, fatigue, nutrition during training and games.		
	Each delegate will receive a SA Coaches Logbook Practical and Technical Guide to a Safer Game of Rugby		
	Sponsor: Weider Nutrition		

Afternoon Session (3 hours)	Tuesday 13 March 2007	Wednesday 2007 14 March 2007	Thursday 15 March 2007
13.00 Registration	WORKSHOP B HOCKEY	WORKSHOP D BASKETBALL	WORKSHOP F NETBALL
13.30 Workshop	Workshop Leader: Mike Cullen	Workshop Leader: Emmanuel Madonda	Workshop leader: Elsje Jordaan
15.30 Tea Break	<i>Played for SA 1993-2006, 199 test caps and 70 goals. Nominated as 1 of 5 players for world hockey player of the year in 2001.</i>	<i>Played for SA basketball team, 1999 Current. Co-Captain: Tour to Egypt, 2003. Youngest SA player to start in a match.</i>	<i>PhD, MA Sports & Science, Franchisee & trainer for SPSS equipment & XLR8R training programmes. Ex Spar National Captain, Played 48 Tests, 13 as Captain</i>
15.45 Workshop	Workshop Outline:	Workshop Outline:	Workshop Outline:
16.45 Workshop ends	<ul style="list-style-type: none"> • Skills to Develop the Beginner to Intermediate Player • Technical Skills • Training Drills • Tactical Awareness, Strategies, Formation and Set Pieces • Fitness & Training for Hockey • Questions & Answers Session 	<ul style="list-style-type: none"> • The A – Z of coaching basketball for beginner coaches 	<ul style="list-style-type: none"> • Basic skills – Passing, catching, coordination & balance, foot work, agility & speed • Defense – Man-to-man vs area defense • Attack – Style of play • Tactics – Centre passes (attack and defense), throw-ins, goal-circle play
	Each delegate will receive a comprehensive coaching manual from Basketball SA		

WINTER SPORTS SCHOOL EXPO 2007

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Durban Country Club, 101 Walter Gilbert Road, Durban

WORKSHOPS FOR SCHOOLS

Fee for each workshop – R350 per seat, inclusive of course materials and refreshments

**Morning Session
(3.5 hours)**

**Tuesday
13 March 2007**

7.30 Registration

WORKSHOP 1 **SPEED, AGILITY & FLEXIBILITY FOR SCHOOL PLAYERS**

8.00 Workshop

10.30 Tea Break

Workshop Leader:
Will Mbangwa

11.00 Workshop

Regional Manager for eta, Johannesburg, has coached at international level & is an instructor for a number of coach education programmes. He is a franchisee & trainer for SPSS equipment & XLR8® training programs.

12.00 Workshop ends

Workshop Outline:

- 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

**Afternoon Session
(3.5 hours)**

**Tuesday
13 March 2007**

12.30 Registration

WORKSHOP 2 **NUTRITION FOR SCHOOL PLAYERS**

13.00 Workshop

Workshop Leader:

Mario van Biljon
*Muscle Science co-founder, NHdip
Microbiology, training and nutritional
advice columnist for Muscle Evolution*

15.30 Tea Break

15.45 Workshop

16.45 Workshop ends

Workshop Outline:

- Nutrition – The Key to Peak Performance
- Nutrients – An overview
- Carbohydrates – The Performance Fuel
- Proteins & Amino Acids
- Fats – Athletic Significance
- Water – Hydration for Peak Performance
- Vitamins & Minerals – "The body's nuts & bolts"
- Ergogenic Aids – An overview
- Getting the Nutrients you need – "Why Take Supplements?"

Sponsor:

Muscle Science

COMMENTS BY SOME PAST DELEGATES

"A great idea."
Aurora

"Thank you, an interesting
and informative day!"
Brescia House

"Thank you for organising the
Expo, it was well organised and
structured. It is a great idea and
I learnt so much. It is also a
great way to meet other sports
co-ordinators, directors and
build relationships among
schools."
Elkanah House

"Courses attended were great!
Have given greater insight into
coaching the sport."
Glenhazel Primary

"Very well done!"
Hermannsburg

"Well organised and great
venue."
Parktown Boys

"Thank you for a wonderful 3
days!"
Riverview Prep

"Excellent idea."
Roedean

"First of its kind in my
experience! Thanks for taking
the lead in keeping school
sport informed and current."
St Stithians

"Well done on this concept!"
The Wykeham Collegiate

WINTER SPORTS SCHOOL EXPO 2007

Conference on School Sports: Ensuring Safety and Effective Management

Wednesday 14 March 2007

Durban Country Club, 101 Walter Gilbert Road, Durban

CONFERENCE FOR SCHOOLS

Fee - R1000 per seat, inclusive of course materials, lunch and refreshments

8.00 – 9.00 Morning Tea/Coffee & Registration

9.00 – 10.00 KEYNOTE ADDRESS

Pat Symcox, Former International Cricketer now Commentator

Pat has a diploma in Sports Psychology. He represented South Africa as a cricketer boasting 20 tests and 80 ODI's. Pat has recently been appointed as a National Cricket Selector. He is also a contracted cricket commentator to Supersport doing all international crickets both in SA and abroad.

Pat shares entertaining experiences from cricketing days and provides insight into the sporting environment. Using his vast experience, he will motivate school coaches to overcome fear, maintain passion, plan for success, build a team and be a team player in their school environment.

10.00 – 10.30 Morning Refreshments & Visit to Expo

10.30 – 11.45 OPENING SESSION

*Dr Jon Patricios, Sports Physician
Centre for Sports Medicine and Orthopaedics*

SPORTS INJURIES: PREVENTION AND TREATMENTS IN SCHOOLS

- Importance of individual physical examination and assessments
- Appropriate conditioning exercises and strength training for the appropriate child age
- Risks and common injuries for girls and boys in various school sports
- Proper age to specialise
- Prevention and treatments
- Importance of paramedics and fieldside care
- Management of acute injuries on school sports field

PROACTIVE STEPS FOR SCHOOLS TO PREVENT HEAD INJURIES

- Sports rules for schools to follow
- Understanding the danger of traumatic brain injury in high school contact and semi-contact sports players
- Using a clinical and computer assisted concussion testing and management programme
- Diagnosis and management of concussion – What Sports Directors should know

11.45 – 12.30 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
- ISO9002 certified systems and procedures
- Preparing for the audit
- Consequences of non-compliance

*Rodney Scott, Occupational Health and Safety Specialist
Scott-Safe*

12.30 – 13.30 Lunch & Visit to the Expo

13.30 – 14.15 SPORT PSYCHOLOGY: DEVELOPMENTS AND IMPROVEMENTS IN SCHOOLS

- Role of school, coach and parents in the psychological development of the child
- Building healthy mental toughness and motivational techniques
- Coping with disappointment and pressures of competition
- Teaching and enforcing good sportsmanship
- Parental expectations of athletes
- Effects of parents' behaviour on athletes
- Unnecessary burn out caused by parental pressure
- Dealing with pushy parents
- Positive communication with athletes during sporting events

Tim Harkness, Sport Psychologist

14.15 – 15.00 VISUAL FITNESS IN SCHOOL

- Benefits of improving visual performance skills
- Training eyes for improved reaction time, depth perception, peripheral awareness, judgement, concentration and accuracy
- Visual skills needed for various school sports rugby, cricket, soccer etc.
- Importance of visual performance for school athletes – from primary to high school

Dr Sherylle Calder, Sport Scientist

15.00 – 15.15 Afternoon Refreshments & Visit to the Expo

15.15 – 16.00 STRENGTH TRAINING FOR SCHOOL PLAYERS

- Physiology of strength training
- Training for strength in school sports
- Safety precautions
- Methods of training
- Pre and post adolescent
- Off season, pre-season and in-season

*Jason Stout, eta Learning Program Facilitator (Coaching / Fitness)
eta Durban Campus*

16.00 – 16.45 SPORTING EVENT PLANNING & MANAGEMENT IN SCHOOLS

*Janice Paddey, eta Regional Academic Manager
eta Durban Campus*

16.45 Conference Ends

Registration Form (please photocopy form if more than 1 delegate)

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 / schoolconference@classicevents.co.za

Winter Sports School Expo - Coaching Workshop

Date: 13 March – 15 March 2007

FEE – R350 per delegate per workshop inclusive of course materials and refreshments

OPTIONAL – Finger lunch package can be included for the coaching workshops for an additional R80 per delegate per day. A daily lunch voucher will be issued. This is advisable for delegates who attend both morning and afternoon workshops on same day.

Winter Sports School Expo - Conference on School Sports: Ensuring Safety and Effective Management

Date: 14 March 2007

FEE – R1000 per delegate inclusive of course materials, lunch and refreshments

DISCOUNT 10% for registration and payment by 31 January 2007!

VENUE: The Durban Country Club

101 Walter Gilbert Road, Durban

Tel:(31) 313-1777 Website: www.dcclub.co.za

DELEGATE INFORMATION

Delegate Name: Mr/Mrs/Ms _____

Job Title: _____

Workshop: A/ B/ C/ D/ E/ F/ 1 / 2

Workshop Lunch: _____ *(please indicate total number of lunch packages you require)*

Conference: Attending / Not Attending

School / Organisation: _____

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 No: 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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