

Tuesday 27 February – Thursday 1 March 2007
The Wanderers Club, North Street, Illovo, Johannesburg

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
- Explosive Power & Strength for Sport Performance
- Nutrition

Exhibitors & Sponsors:



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 27 February 2007 – Thursday 1 March 2007

The Wanderers Club, North Street, Illovo, Johannesburg

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

This time the Expo will be bigger and better. It will be held at the beautiful and unique clubhouse – The Wanderers Club in Johannesburg. The Clubhouse boasts as the headquarters of cricket in SA as well as a centre and heart of all sports, recreation and business dealings in SA.

Once again, 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**
- **Explosive Power & Strength for Sport Performance**
- **Nutrition for School Players**

There will also be a one-day **Conference on School Sports: Ensuring Safety and Effective Management**, with **Andre Watson, Professional Rugby Referee** 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.

Best regards,

Wan Brown

School Conferences

WINTER SPORTS SCHOOL EXPO 2007

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WORKSHOPS FOR SCHOOLS

Fee for each workshop – R450 per seat, inclusive of course materials and refreshments

Morning Session (3 hours)	Tuesday 27 February 2007	Wednesday 28 February 2007	Thursday 1 March 2007
8:00 Registration	WORKSHOP A HOCKEY	WORKSHOP C SOCCER	WORKSHOP E NETBALL
8:30 Workshop	Workshop Leader: Ros Howel	Workshop Leader: Eddie Lewis	Workshop Leader: Elsje Jordaan
10:30 Tea Break	<i>Ex National Coach, Ex National Captain & Deputy Head St. Marys Waverley</i>	<i>Former Manchester United player & Coached Kaizer Chiefs, Wits, Morocco Swallows</i>	<i>PhD, MA Sports Science, Franchisee & trainer for SPSS equipment & XLR8R training programs. Ex Spar National Captain, Played 48 Tests, 13 as Captain</i>
11:00 Workshop	Workshop Outline: <ul style="list-style-type: none"> • Basics – hitting, stopping, pushing • Training Drills • Technical Skills – Pop, Flip • Tactical Awareness – Strategies, formations, set pieces 	Workshop Outline: <ul style="list-style-type: none"> • Formations – expansion & contraction • Defense – pressure & coverage, first defender • Attack – penetration, spatial awareness • Tactics – possession passing, flank play, flank attack, vision, combining, middle third, heading for attack, incorporating goalkeeping into the attack • Coaching Tips • Lessons & planning of lessons 	Workshop Outline: <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.
12:00 Workshop ends			
Afternoon Session (3 hours)	Tuesday 27 February 2007	Wednesday 28 February 2007	Thursday 1 March 2007
13:00 Registration	WORKSHOP B TENNIS	WORKSHOP D RUGBY	WORKSHOP F BASKETBALL
13:30 Workshop	Workshop Leader: Cavin Bergman	Workshop Leaders: Chris Buitendach	Workshop Leader: Johnny Dominguez
15:30 Tea Break	<i>President, South African Tennis Coaches Association, Ex David Cup Coach, Ex National Tennis Champion</i>	<i>Manager -Game Enhancement, Golden Lions Rugby Union & Frans Ludeke</i>	<i>National Coaching Co-ordinator Basketball SA</i>
15:45 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: <ul style="list-style-type: none"> • Decision Making Process • Attack the line of engagement – the scrum • New laws for 2007 • Coaching tips & winning strategies 	Workshop Outline: <ul style="list-style-type: none"> • The A – Z of coaching basketball for beginner coaches
16:45 Workshop ends		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 comprehensive coaching manual from Basketball SA
		Each delegate will receive a SA Coaches Logbook – Practical and Technical Guide to a Safer Game of Rugby	
		Sponsor: Weider Nutrition	

WINTER SPORTS SCHOOL EXPO 2007

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WORKSHOPS FOR SCHOOLS

Fee for each workshop – R450 per seat, inclusive of course materials and refreshments

Morning Session (3.5 hours)	Tuesday 27 February 2007	Wednesday 28 February 2007
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7.30	Registration	WORKSHOP 1 SPEED, AGILITY & FLEXIBILITY FOR SCHOOL PLAYERS
8.00	Workshop	WORKSHOP 3 NUTRITION FOR SCHOOL PLAYERS
10.30	Tea Break	Workshop Leader: Mario van Biljon <i>Muscle Science co-founder, NHDip Microbiology, training and nutritional advice columnist for Muscle Evolution</i>
11.00	Workshop	Workshop Outline: <ul style="list-style-type: none"> • 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?"
12.00	Workshop ends	Sponsor: Muscience

Afternoon Session (3.5 hours)	Tuesday 27 February 2007
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12.30	Registration	WORKSHOP 2 EXPLOSIVE POWER & STRENGTH FOR SPORT PERFORMANCE
13.00	Workshop	Workshop Leaders: Will Mbanga <i>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 programmes.</i>
15.30	Tea Break	Dr Maya Van Gent <i>Ph.D in Sport Science & published articles in local & international sports science journals & lectured at Potch University's Institute of Sport Science & Development</i>
15.45	Workshop	Workshop Outline: <ul style="list-style-type: none"> • Explosive speed, power and strength using Powerbag and Plyometric principals
16.45	Workshop ends	

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 28 February 2007

The Wanderers Club, North Street, Illovo, Johannesburg

CONFERENCE FOR SCHOOLS

Fee - R1100 per seat, inclusive of course materials, lunch and refreshments

8.00 – 9.00 Morning Tea/Coffee & Registration

9.00 – 10.00 KEYNOTE ADDRESS

Andre Watson, Professional Rugby Referee

Andre offers unique insight into the world of professional rugby. His anecdotal information is based on his extensive travel on the world circuit including refereeing the Rugby World Cup final in 1999. Andre has refereed in 70 Currie games, 34 Super 12 games and 17 Tests. He has been in the middle for every Currie Cup final since 1996 and has also refereed the Super 12 final in 1999 and 2000. He brings his audience behind the scenes, what happens in the change rooms and after the game, what happens on the field and what is said by whom! He discusses the 'lighter' side of refereeing and also addresses certain myths about refereeing and the game of rugby by sharing his personal experience in the modern era of rugby.

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 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

Greyling Viljoen M.A. (Clin Psych)

Former springbok canoeist and current manager of the national team

UP Psychologist in private practice in sport and clinical psychology

Rooms in South Street Hatfield and the High Performance Centre (hpc) @ UP

12.30 – 13.30 Lunch & Visit to the Expo

13.30 – 15.00 SEE, DECIDE & DO: ACHIEVING SPORTING EXCELLENCE BY COMBINING SKILLS TRAINING, SPORTS VISION AND CONDITIONING

Jeff Lunsky, Fitness and Sportsvision trainer for Highveld Lions cricket and Squash SA, Lecturer for Boston Education in coaching & training, sport medicine, and sociology

Warren McCann, a sports conditioning expert, trainer for Golden Lions Rugby, a Springbok athlete and provincial rugby player

VISUAL FITNESS IN SCHOOL

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

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

15.00 – 15.15 Afternoon Refreshments & Visit to Expo

15.15 – 16.00 CASE STUDY: OFFICIATING IN SCHOOL SPORTS

- The Official as an uncontrollable variable
- Role of Officials as managers of the game
- Understanding team work, respect and sportsmanship in school sports
- Challenges for Officials

**Mary Parr, Director of Sport
Brescia House School**

16.00 – 16.45 CASE STUDY: ETHICAL LEADERSHIP MANAGEMENT IN THE SPORTS DEPARTMENT

- Selecting and managing coaches
- Managing different personalities
- Time and stress management
- Setting standards
- Enforcing ethics in sports

**Tom Hamilton, Headmaster
St Albans College**

16.45 Conference Ends

Registration Form (please photocopy form if more than 3 delegates)

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: 27 February – 1 March 2007

FEE – R450 per delegate per workshop inclusive of course materials and refreshments

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

Date: 28 February 2007

FEE – R1100 per delegate inclusive of course materials, lunch and refreshments

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

VENUE: The Wanderers Club

21 North Street, Illovo, Johannesburg

Tel: (011) 788 5010 Website: www.wanderersclub.co.za

DELEGATE INFORMATION

Delegate Name: Mr/Mrs/Ms _____

Job Title: _____

Workshop: A/ B/ C/ D/ E/ F/ 1 / 2 / 3

Conference: Yes / No

Delegate Name: Mr/Mrs/Ms _____

Job Title: _____

Workshop: A/ B/ C/ D/ E/ F/ 1 / 2 / 3

Conference: Yes / No

Delegate Name: Mr/Mrs/Ms _____

Job Title: _____

Workshop: A/ B/ C/ D/ E/ F/ 1 / 2 / 3

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 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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