**9th – 13th November 2020  
Virtual Connection | Microsoft Teams**

**Objective**

* Connect to share and challenge current strength and conditioning high performance system practice

**Invitees**

* NSO and NIN employed Strength and Conditioning Coaches;
* Embedded Strength and Conditioning Coaches within NSO or NIN programs;
* Invited guests.

**Themes**

* **Translational science and its importance within the interdisciplinary team and coach/athlete dynamic;**
* **The use of emerging technology and psycho-social understanding to better transition the athlete from rehabilitation to performance;**
* Identifying characteristics of success to aid strength and conditioning coaches improve personal and professional performance;
* Improve understanding of how the interdisciplinary team can work together to optimise athlete performance through the use of technology, and the resultant data.

# Program

**Day 1**Monday 9th November 2020, 1.00pm-3.00pm AEDST.

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| **Time** | **Session** | **Speaker** |
| **1.00-1.05** | **Workshop Opening**  Acknowledgement of Country  Housekeeping | Workshop Format | **Pete Culhane | Host**  *National S&C Network Lead, AIS & Senior S&C Coach, TIS* |
| **1.05-1.10** | **Introduction by Session Lead** | **Pete Culhane** |
| **1.10-2.00** | **Management, Translation & Application of Knowledge in Sport** | **John P. Wagle** *Director, Performance Sciences / Player Development, Kansas City Royals* |
| **2.00-2.05** | **Break** | |
| **2.05-2.55** | **Practical Experiences with Translational Science – The Coach’s Perspective** | **Mike Barber**  *High Performance Athletics Coach, Athletics Australia*  **Ross Smith**  *Performance Services Lead, AIS* |
| **2.55-3.00** | **Session Closing** | **Pete Culhane**  *National S&C Network Lead, AIS & Senior S&C Coach, TIS* |

**Day 2**Tuesday 10th November 2020, 1.00pm-3.00pm EADST.

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| **Time** | **Session** | **Speaker** |
| **1.00-1.05** | **Welcome**  Acknowledgement of Country  Housekeeping | **Pete Culhane | Host**  *National S&C Network Lead, AIS & Senior S&C Coach, TIS* |
| **1.05-1.10** | **Introduction by Session Leads** | **Geish Hori**  *S&C Coordinator, WAIS*  **David Young**  *Senior S&C Coach, NSWIS & S&C Coach - Women, Rowing Australia* |
| **1.10-2.00** | **Blood Flow Restriction Best Practice Guideline**  **Performance Enhancement Using Blood Flow Restriction** | **Justin Crow** *Senior Manager - High Performance, Paralympics Australia*  **Selwyn Griffith** *Athletic Development and Rehabilitation Coach, Brisbane Lions AFC* |
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| **2.00-2.05** | **Break** | |
| **2.05-2.55** | **Pain – The Athletes Voice and the Interdisciplinary Team** | **Kellie Wilkie**  *Managing Director and Principal Physiotherapist of BODYSYSTEM Physio in Hobart*  **Karsten Forsterling**  *World Champion Rower, Olympian and dual Olympic Medallist*  **Pete Culhane**  *National S&C Network Lead, AIS & Senior S&C Coach, TIS* |
| **2.55-3.00** | **Session Closing** | **Geish Hori & David Young** |

**Day 3**Thursday 12th November 2020, 1.00pm-3.00pm EADST.

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| **Time** | **Session** | **Speaker** |
| **1.00-1.05** | **Welcome**  Acknowledgement of Country  Housekeeping | **Pete Culhane | Host**  *National S&C Network Lead, AIS & Senior S&C Coach, TIS* |
| **1.05-1.10** | **Introduction by Session Leads** | **Krystle Tate**  *Head of Athletic Performance, ACTAS*  **Ross Smith**  *Performance Services Lead, AIS* |
| **1.10-2.10** | **Unique Perspectives on Coaching Excellence and Success** | **Lisa Alexander** *High Performance Coach*  **Andrew MacLeod** *Lawyer, Humanitarian, Military Officer* |
| **2.10-2.15** | **Break** | |
| **2.15-2.55** | **Q&A** | **Speakers as listed above** |
| **2.55-3.00** | **Session Closing** | **Krystle Tate & Ross Smith** |

**Day 4**Friday 13th November 2020, 1.00pm-3.00pm EADST.

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| **Time** | **Session** | **Speaker** |
| **1.00-1.05** | **Welcome**  Acknowledgement of Country  Housekeeping | **Pete Culhane | Host**  *National S&C Network Lead, AIS & Senior S&C Coach, TIS* |
| **1.05-1.10** | **Introduction by Session Leads** | **Luke Knappstein**  *Senior S&C Coach, SASI*  **James Tatham**  *Senior S&C Coach, AIS* |
| **1.10-1.55** | **A Long-term Approach to Data Collection and Information Sharing** | **James Tatham**  *Senior S&C Coach, AIS* |
| **1.55-2.00** | **Break** | |
| **2.00-2.55** | **Technology Driven Data Use within the S&C Environment** | **Damien OMeara**  *Head of Biomechanics and Performance Analysis, NSWIS*  **Jake Cowin**  *S&C Coach, TIS* |
| **2.55-3.00** | **Workshop Close** | **Pete Culhane** |

# Speaker Bio

**John P. Wagle**

Dr. John P. Wagle is the Director, Performance Science / Player Development for the Kansas City Royals. During the 2019 season, he served as the Minor League Strength & Conditioning Coordinator. Before joining the Royals, he provided support in strength and conditioning and sport science to university and U.S Olympic Training Site athletes while a doctoral fellow in the Sport Physiology & Performance program at East Tennessee State University. Prior to the opportunity to join ETSU, Wagle was the Director of Sports Performance at DePaul University, overseeing all aspects of the department while working with men’s basketball, women’s softball, and men’s tennis. He has been a published author, invited speaker, and consultant on several topics, including training theory, athlete monitoring, and accentuated eccentric loading. Wagle received his M.S. in exercise science from Western Illinois University. He also holds two graduate degrees in business administration from Loyola University (MBA) and North Park University (MNA).

**Mike Barber**

Mike is a High Performance Coach based at the AIS in Canberra. Mike has a squad of elite and developing Olympic and Paralympic athletes and specialises in the field events. In 2019, Mike coached Kelsey-Lee Barber to the World Title in javelin throw and the 12th longest throw of all time (67.70m). Mike started at the AIS as a post-graduate in Biomechanics before transitioning to coaching full time in 2015.

**Ross Smith**

Ross is currently leading a multidisciplinary service support team at the Australian Institute of Sport across multiple sports on site and camps based. He has worked at the AIS since 2004 hold positions of Senior S&C coach and Head of S&C. He has work with athletes across numerous sports and multiple Olympic, Paralympic, Winter Olympic, Commonwealth Games and World Championships. Across his career he has also worked for NSWIS, coached Athletics athletes and consulted to professional sports.

**Justin Crow**

Justin is currently Senior Manager, High Performance at Paralympics Australia. Justin has recently transitioned into this role from professional sport where he worked at both the Essendon and Collingwood Football Clubs. In this role Justin supports the performance and wellbeing of Para-sports and Para-athletes, and is responsible for leading the Performance Support team at the Paralympic Games. Justin is accredited as an Elite Strength and Conditioning Coach (PCAS), is a registered physiotherapist (AHPRA) who consults into the Transport Accident Commission Clinical Panel, and an accredited High Performance Manager (ESSA). Justin has been awarded a Bachelor of Physiotherapy, Master of Applied Science (Exercise Rehabilitation), and a Master of Enterprise (Executive Leadership) at Melbourne Business School. Justin has also recently submitted his doctoral thesis and is nearing the conclusion of the Doctor of Physiotherapy program at the Latrobe Sport and Exercise Medicine Research Centre.

**Selwyn Griffith**

Selwyn Griffith has been an integral part of the Brisbane Lions High Performance Department for nine years, during this time he has held a number of positions both in the Medical and Strength and Conditioning Departments. He holds Masters degrees in Osteopathy and High Performance Sport and is an accredited High Performance Manager with Exercise Sports Science Australia (ESSA) and Level 2 Strength and Conditioning Coach with the Australian Strength and Conditioning Association (ASCA). Selwyn’s current role involves the development and implementation of strength and power programs for the AFL squad and return to performance programs for injured athletes, including strength and power assessments and programming, re-conditioning and training load management.

**Kellie Wilkie**

Kellie Wilkie is a Managing Director and Principal Physiotherapist of BODYSYSTEM Physio in Hobart. She is an APA Titled Sports Physiotherapist and was the Lead Physiotherapist for Rowing Australia in the Rio Olympic cycle. Kellie travelled with The Australian Rowing Team for 9 consecutive years including being an Australian Olympic Team Physiotherapist for the 2012 London and 2016 Rio Games. Kellie is passionate about ensuring that lessoned learned in the elite environment can be transferred into preventing injury for developing rowers. She is currently partnering with Dr Lari Trease, to develop specific education for Coaches, Physiotherapists and Doctors involved with rowers at all levels. Kellie is a clinician with special interest in the sporting spine and shoulder girdle complex. Kellie is a business owner that is passionate about providing a work environment that prioritises the health and wellbeing of all staff. She also lectures on Leadership.

**Karsten Forsterling**

Karsten is a former World Champion Rower, an Olympian and a dual Olympic Medallist in the Quadruple scull.  He represented Australia at 10 World Championships and two Olympic Games.  In March 2019 he was selected into the Australian Rowing Team as a 39-year old, competing in the Eight at the 2019 World Championships where the team qualified the boat for Tokyo 2020.  He retired from international competition in January 2020, closing an international rowing career spanning over 20 years.  Karsten is a husband to Fiona and father of three children; Henri 7, Lotte 5 and Charlie 2. He is a Design Manager at Arup, currently delivering major rail projects in Victoria.

**Peter Culhane**

Peter is currently the Senior Strength and Condition Coach at the Tasmanian Institute of Sport, a position he has held for the last 19 years. Over this time he has prepared athletes for five Olympic and Paralympic cycles in a range of sports. For the last two years Peter has also been employed by the Australian Institute of Sport as the National Strength and Conditioning Network Lead where he is tasked with creating connection and building system capability in Australia’s high performance sports science and sports medicine system. Peter has attained the highest levels of S&C Coach accreditation (Master – PCAS) and certification (Level 3) with the Australian Strength and Conditioning Association (ASCA), and was awarded the 2017 ASCA Bruce Walsh Memorial Award ‘for services to the ASCA and the profession of strength and conditioning’.

**Lisa Alexander**

Lisa has been a winning high performance coach for the past thirty years. Currently, sitting on the Victorian Institute of Sport Board, as the Performance and Coaching Expert. A Secondary Physical Education and Mathematics Teacher by profession, her CV is varied and eclectic, with stints as a Lecturer of Undergraduate Physical Education students, an author of student textbooks and a small business owner, to the very pinnacle of International High Performance Sport as the most recent Head Coach of the Number One ranked netball team in the world for the past 9 years and 102 test matches, 2014 Commonwealth Games Gold medallists, 2015 World Champions, 8 times Constellation Cup Winners, 5 times Quad Series Winners, the Australian Diamonds Netball Team. Lisa has always sought to educate her

community along the journey, and feels passionately about this responsibility. She has coached the entire spectrum of netball as a sport from Under 10's right through to school teams and regional teams to state teams and the Australian 21/U Team and the Australian Diamonds. It has been a long journey to the top of the sport of netball, with many bends and twists along the way. Lisa has taken up the challenges with great gusto and with a big sprinkling of common sense. She is guided by her unending quest for excellence and learning more about the world she inhabits. Lisa is an exceptional leader who is able to create a winning and success-driven environment through knowing the athletes in her care exceptionally well, person first, athlete second. She is driven by the philosophy that there is always room for improvement and that “we before me” is a timeless principle of all team sports.

**Andrew MacLeod**

An acclaimed speaker, Professor Andrew MacLeod brings diversity of experience. He aims to entertain and have audiences thinking “I never thought of things that way”. MacLeod has deep understanding of today’s changing geo-politics and what it means for people, businesses and governments. As a futurist he looks at existing trends and changes to advise on future scenarios. He has been critical in start-up to growth in sustainable investing fintech, led award-winning practices and critical environment advice. He has built long lasting private sector/not for profit partnerships, built massive humanitarian response operations and is a global leader in innovative safeguarding. His UN work included Chief of Operations of the UN Emergency Coordination Centre in Pakistan, where he negotiated a complex partnership between Pakistan, US and UK military and international NGOs and UN agencies. MacLeod is one of the founders of HearTheirCries.org, a Swiss based association aimed at eliminated child exploitation and abuse in the aid industry. In that role he has been advising several governments and has a high profile on international media. He remains an officer of the Australian Army Reserve.

**James Tatham**

James is a Senior Strength and Conditioning Coach at the Australian Institute of Sport, recently assigned to the role in December 2019. For the past 11 months he has supported Basketball Australia to conduct their Men’s Centre of Excellence Program on the AIS Campus; contributed S&C servicing to visiting high performance camps; and completed project work within the AIS Performance Services Team. Prior to his current role, James was a self-employed strength and conditioning coach, contracted to prepare emerging athletes with Volleyball Australia’s Centre of Excellence Program and Tennis Australia’s National Academy in the ACT since 2016. James also has a background in the Vocational Education & Training (VET) industry - facilitating adult learning as a Trainer and Assessor with the Canberra Institute of Technology developing Sports Coaching, Project Management and Athlete Development skills to students enrolled in both the Certificate IV and Diploma of Sport Development. James completed a Bachelors Degree in Exercise Science (Rehabilitation), an Honours Degree in Exercise & Sport Science; he is a PCAS Elite Coach and holds Level 2 Strength and Conditioning Coach Certification with the ASCA.

**Damien O’Meara**

Damien has held the position of Senior Biomechanist at the NSW Institute of Sport for the last 12 years. Over this time he has developed systems and provided insights that have contributed to the technical preparation of athletes for four Olympic and Paralympic games across a range of individual and team sports. Damien has expertise and experience developing and applying Biomechanics tools, in particular his PhD and Postdoctoral position at the University of Sydney focused on 3D motion capture and force sensor technology.  His experience from working in other industries, such as the Building & Construction industry (ergonomic project), Corporate Health (personal trainer, 5yrs FT) and Academic (HDR supervision, unit coordinator, lecturer), provides him with a broad perspective.

**Jake Cowin**

Jake is currently a Sports Performance Officer at the Tasmanian Institute of Sport. This role involves working across both the strength and conditioning and sport science domains. Over this role he has worked to assist a range of different sports including netball, cycling, rowing and canoe slalom in multiple capacities. In addition to this, Jake is also completing a PhD at The University of Tasmania investigating movement variability and dual force platform use for athletic populations. Jake was awarded the Australian Government Research Training Program scholarship in 2017 and received the Exercise and Sport Science Australia (ESSA) Victorian State Chapter Award in 2016.