



HPSCE Summit

High Performance Sports Coaching Excellence Summit

HIGH PERFORMANCE SPORTS COACHING EXCELLENCE SUMMIT 2017

Thursday 8th – Friday 9th June 2017
Dublin, Ireland



www.hpsce-summit.com

Supported By

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Coaches of high performance athletes are required to facilitate the continuous learning of new technical skills by those they are responsible for. To achieve this, they will need to develop their own understanding of the knowledge gathering and learning process in elite sport coaching.

ABOUT THE EVENT

This conference has been designed for those working within elite sport and the coaching industry. It will provide attendees with an advanced knowledge base and an insight into how psychology, physiology, strength and conditioning, sports science and performance technologies impact on sporting performance.

It aims to provide delegates with an interactive approach to performance coaching which will enhance and develop your ability to reflect on current elite level coaching practice, plan appropriate training programmes and critically analyse existing approaches to high performance coaching. Attendees will also develop comprehensive knowledge of the key issues that support the high-performance sports coaching environment.

High Performance Sports Coaching Excellence (HPSCE) Summit 2017 features contributions from global leaders in athletic performance training, coaching and rehabilitation. Our experts will share the cutting-edge knowledge and techniques they've used with Olympians as well as top athletes and teams from the elite sporting organisations, leagues and associations from around the globe.

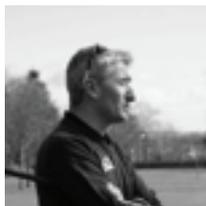
CONFERENCE HIGHLIGHTS:

- *Developing a High Performance Culture in Elite Sport and the Coach's Role within it*
- *How to be a Great Coach: Innovative Approaches to Coaching & Understanding how Athletes Learn*
- *Building Successful High Performance Sports Teams*
- *Performance Analysis in Elite Sport Coaching*
- *Achieving the Vision and Long Term Plan for Athlete Development from Grassroots to Elite Status*
- *Learning & Development in the High Performance Coaching Environment*
- *Sports Science and how it Affects Elite Athlete Coaching*
- *ParaSport Elite Coaching Techniques*
- *Assessing the Key Issues Affecting Athlete Recovery and Developing Regeneration Strategies*
- *Building a Strong, Lasting Coach – Athlete Relationship*
- *Developing Creative Solutions and Individual Specific Support to Enable the Athlete Achieve Full Potential*

HPSCE SUMMIT 2017 SPEAKERS



Garry Cahill
Performance Director,
Tennis Ireland



Dr Edward Coughlan
Lecturer in High Performance
Sport & Skill Acquisition Specialist
/ Athlete Development Coach



Dr Nick Winkelman
Head of Athletic
Performance & Science,
IRFU (Irish Rugby Football
Union)



Prof Werner Helsen
Dept. of Kinesiology, Movement
Control & Neuroplasticity Research
Group, KU Leuven (FIFA and UEFA
Sports Scientist & Training Expert



Dr David Passmore
High Performance Elite
Coaching Lead Consultant,
Pursuit of Excellence
Programme, Irish Institute of
Sport & Lecturer, Dublin City
University



Dr Catherine Norton
PhD Clinical & Performance
Nutritionist, Lecturer, Researcher,
Munster Rugby / University
of Limerick



Prof A. Mark Williams
Professor and Chair,
Department of Health,
Kinesiology, & Recreation,
College of Health, University
of Utah



Dr Kirsi Hämäläinen
Expert in Coach Development,
Finnish Olympic Committee
/ SUOMEN OLYMPIAKOMITEA



Chris Earle
Head of Education,
The English FA



Steven Macklin
National Endurance Coach,
Athletics Ireland



Aidan O'Connell
Senior Strength &
Conditioning Coach,
Munster Rugby



Keith Begley
Sport & Performance Psychology
Consultant - Accredited by
Irish Institute of Sport

HPSCE SUMMIT 2017 SPEAKERS



Mark Roe
Athlete Development
Coach, GAA National
Injury Surveillance
Database



Kyle Ferguson
Director of the Centre for Sports
Enterprise at Ulster University
& Board Member, Sport NI



Kornelius Kraus
Sports Scientist, Bundeswehr
University Munich & Coach
, PROathlete



Faye Downey
Consultant Elite Performance
Manager at Oracle Elite
Performance Management



Dr Richard Shuttleworth
Coaching Consultant,
Rugby Football Union



Prof Chris Cushion
Professor of Coaching
& Pedagogy, Coach Educator
at Loughborough University



Ken Robinson
Chief Executive of DCU
Sport, Dublin City University



Dr Carlos Balsalobre-Fernández
Sports Scientist, Universidad
Autónoma de Madrid



Wendy Henderson
Anti-Doping Education
Officer, Doping Control
Officer, Sport NI
(To be confirmed)



Professor Derek M Peters,
Professor of Sport, Health
& Exercise Science, University
of Worcester (To be confirmed)



Johannes Krotzmaier
CEO, Zone-X

CONFERENCE AGENDA

DAY ONE, 8TH JUNE 2017

08.00 Registration & Coffee

09.00 Opening Remarks

09.10 Coaching & Performance Innovations in Elite Sport Organisations

SPEAKER: Dr Nick Winkelman, Head of Athletic Performance & Science, IRFU (Irish Rugby Football Union)

09.40 21st Century Sports Coach Education & Development Strategies

SPEAKER: Chris Earle, Head of Education, The English FA

10.10 Developing a Winning Mentality Among Elite Athletes & Creating a Positive Motivational Climate in a Team Environment

SPEAKER: Keith Begley, Sport & Performance Psychology Consultant - Accredited by Irish Institute of Sport

10.40 Morning Refreshments

11.10 Achieving the Vision & Long Term Plan for Athlete Development from Grassroots to Elite Status

SPEAKER: Garry Cahill, Performance Director, Tennis Ireland

11.40 Learning & Development in the High Performance Coaching Environment: Developing Bespoke Learning Programmes for Performance Coaches

SPEAKER: Dr David Passmore, High Performance Elite Coaching Lead Consultant, Pursuit of Excellence Programme, Irish Institute of Sport & Lecturer, Coaching Science and Education / Chair of PE, Dublin City University

12.10 **INTERACTIVE PANEL:** Coaching Outcomes - Are Results All That Matters?

MODERATOR: Ken Robinson, Chief Executive of DCU Sport, Dublin City University

12.40 Networking Lunch

13.40 Developments in Elite Athlete Strength & Conditioning – A Rugby Perspective

SPEAKER: Aidan O'Connell, Senior Strength & Conditioning Coach, Munster Rugby

14.10 Developing Your Sports Coaching Philosophy

SPEAKER: Prof Chris Cushion, Professor of Coaching & Pedagogy, Coach Educator at Loughborough University

CONFERENCE AGENDA

14.40 How to be a Great Coach: Innovative Approaches to Coaching & Understanding how Athletes Learn

SPEAKER: *Dr Richard Shuttleworth, Coaching Consultant, Rugby Football Union*

15.10 Afternoon Refreshments

15.40 Ultra-fast High Speed Oxygen Measurement for a Simple Spirometry Device

SPEAKER: *Johannes Krottmaier, CEO, Zone-X*

16.10 Creating a Challenging Training Environment for High Performance Athletes

SPEAKER: *Dr Edward Coughlan, Lecturer in High Performance Sport & Skill Acquisition Specialist / Athlete Development Coach*

16.40 Best Practise & Techniques in Coaching Endurance Athletes

SPEAKER: *Steven Macklin, National Endurance Coach, Athletics Ireland*

17.10 INTERACTIVE PANEL: Building Successful High Performance Sports Teams

17.40 Closing Remarks & End of Day One

17.45 Networking Drinks Reception

CONFERENCE AGENDA

DAY TWO, 9TH JUNE 2017

08.00 Registration & Coffee

09.00 Opening Remarks

09.10 Coach Education from a National Olympic Committee Viewpoint:
Evaluating Coaching Skills & Learning Programmes

SPEAKER: Dr Kirsi Hämäläinen, Expert in Coach Development, Finnish Olympic Committee / SUOMEN OLYMPIAKOMITEA

09.40 Performance Enhancement and Injury Prevention in Elite Sport

SPEAKER: Prof Werner Helsen, Department of Kinesiology, Movement Control & Neuroplasticity Research Group, Perception & Performance Laboratory, KU Leuven (FIFA and UEFA Sports Scientist and Training Expert)

10.10 Preventing / Managing Hamstring Injuries in Elite Gaelic Football

SPEAKER: Mark Roe, Athlete Development Coach, GAA National Injury Surveillance Database

10.40 Morning Refreshments

11.10 Elite Athletes & Related Issues in the Study of Expert Performance in Sport Psychology

SPEAKER: Prof A. Mark Williams, Professor and Chair, Department of Health, Kinesiology, and Recreation, College of Health, University of Utah

11.40 **INTERACTIVE PANEL:** Managing Elite Athletes – Building a Strong, Lasting Coach – Athlete Relationship

12.10 Training Design with the Pareto-Principle: Motor Control and Performance Assessment in High Performance Athletes

SPEAKER: Kornelius Kraus, Sports Scientist, Bundeswehr University Munich & Coach, PROathlete

12.40 Networking Lunch

13.40 Performance Nutrition in 21st Century Elite Sport

SPEAKER: Dr Catherine Norton, PhD Clinical & Performance Nutritionist, Lecturer, Researcher, Munster Rugby / University of Limerick

CONFERENCE AGENDA

14.10 Performance Analysis from the Screen to the Pitch - What to do with the Data from a Coaching Point of View

SPEAKER: Kyle Ferguson, Director of the Centre for Sports Enterprise at Ulster University & Board Member, Sport NI

14.40 Upskilling and Creating a Mentoring Programme for Sports Coaches & why this is Important

SPEAKER: Faye Downey, Consultant Elite Performance Manager at Oracle Elite Performance Management

15.10 Afternoon Refreshments

15.40 New Performance Testing Technologies in Elite Sports

SPEAKER: Dr Carlos Balsalobre-Fernández, Sports Scientist, Universidad Autónoma de Madrid

16.10 Educating Coaches & Athletes on Sport Anti-Doping Strategies

SPEAKER: Wendy Henderson, Anti-Doping Education Officer, Doping Control Officer, Sport NI (To be confirmed)

16.40 High Performance Disability Sport Coaching

SPEAKER: Professor Derek M Peters, Professor of Sport, Health & Exercise Science, University of Worcester (To be confirmed)

17.10 Closing Remarks & End of Day Two

ATTENDEE PROFILE

The audience at High Performance Sports Coaching Excellence (HPSCE) Summit 2017 will be mainly executives from international professional sports organisations (such as football, athletics, rugby, basketball, cycling, swimming, hockey etc.) and also representatives from Olympic Federations with typical job titles:

- **Head Coach**
- **Fitness Coach**
- **Strength & Conditioning Coach**
- **Head of Academy**
- **Sport Nutritionist**
- **Sports Physiotherapist**
- **Head of Performance**
- **Sports Psychologist**
- **Paralympic Coach**
- **Head of Sports Science**
- **Director of Youth and Training**
- **Technical Director**

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Ultra-fast high speed oxygen measurement for a simple spirometry device

The TecSense company has developed an ultra-fast oxygen sensor. This sensor is used for spirometry measurements to detect and to calculate aerobic and anaerobic thresholds as well as a relative VO₂ curve. The brand name for this system is Zone-X.

The main feature of Zone-X is, that with a very simple measurement setup the same results will be achieved compared to laboratory spirometry systems. No volume flow and no additional CO₂ measurement is needed, as the main flow is being analysed with a sampling rate of 500Hz. Out of this ultra-fast measurement all relevant parameters like O₂ consumption and thresholds are being calculated automatically and with highest accuracy.

CONTACT US

For information about **High Performance Sports Coaching Excellence (HPSCE)Summit** please get in touch:

Programme Director

High Performance Sports Coaching Excellence (HPSCE)Summit

98 The Woodfields
Surrey CR2 0HF

UK: +44 (0)7956 67 55 21

UK: +44 (0)208 657 4062

Email: info@pinnacle-management.com



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