



HOW TO USE SPORTS SCIENCE TO ACHIEVE THE BEST RESULTS POSSIBLE FOR YOUR



SPORTS SCIENCE CONFERENCE: HOW TO USE SPORTS SCIENCE TO ACHIEVE THE BEST RESULTS POSSIBLE FOR YOUR ATHLETES

| TIME | SPEAKER'S NAME | DETAIL OF ACTIVITY |
|---------------|--------------------------------|---|
| 08h30-09h00 | | TEA ON ARRIVAL |
| 09h00 - 09h15 | Programme Director - SRSa Rep. | Welcome and Introductions |
| 09h15 - 10h00 | Session 1: Speaker 1 | PRESENTATION: SPORTS SCIENCE – A COACHES' FRIEND OR FOE? <ul style="list-style-type: none"> • Insights on working with professional athletes. • What does it take to be an elite athlete? |
| 10h00-10h30 | Session 2: Speaker 2 | PRESENTATION: SPORTS NUTRITION AND SUPPLEMENTATION |
| 10h45-11h15 | | TEA |
| 11h15 - 14h00 | Session 3: Speaker 3 | PRESENTATION: TALENT IDENTIFICATION: CAN SCIENCE SPOT A WINNER? <ul style="list-style-type: none"> • Tips to help children deal with the pressure to compete • Tips to help children deal with the pushy parent |
| 13h00-14h00 | | LUNCH |
| 14h00 - 15h30 | Session 4: Speaker 4 | PRACTICAL SESSION ONE: POST ASSESSMENT: INTERPRETING TEST RESULTS <ul style="list-style-type: none"> • Case study: where science made an impact |
| 15h30 - 16h30 | Session 5: Speaker 5 | PRACTICAL SESSION TWO: APPLYING DIGITAL TECHNOLOGY <ul style="list-style-type: none"> • Using heart rate monitors |

END OF CONFERENCE