



Sportstracker/Setanta College Coaching Conference Programme

08.00 Conference Registration and viewing Conference Exhibition

09.30 OFFICIAL OPENING ADDRESS : PADRAIG HARRINGTON - IRISH SPORTS PERSON OF THE YEAR—TRIPLE MAJOR CHAMPION

10.00 KEYNOTE PRESENTATION 1— Long Term Player Development: What we know and don't know — Dr. Liam Hennessey

YOUNG PLAYER AND ATHLETE Chair: Michael McGeehin	TRAINING FOR POWER Chair: Colin Buckley	GAMES DEVELOPMENT Chair: Dave Moriarty	INJURIES AND SPORTS MEDICINE Chair: Dr. Liam Hennessey	TRAINING SCIENCE Chair: Kevin Craddock	PERFORMANCE MANAGEMENT Chair: Liz Howard	FIELD FITNESS Chair: Michael McCorry	GOLF ROOM Chair: Tadhg Harrington The TPI Experience. Dr. Greg Rose, David Philips and Lance Gill A Woman's Perspective: Interview with Rebecca Coakley. With Roddy Carr
Improving Function, Speed, Strength and Power in Young Athletes. Des Ryan	Organisation of a High Performance Programme. Gary Keegan	Gaelic Football: Men & Ladies football: Training with Purpose. Eamon Ryan	Acute Injury Management at pitch side. Ailbe McCormack	The importance of Nutritional Recovery for Sport. Richelle Flanagan	Rugby: Development of Specific Fitness through Skill Drills & Games. Mark Bennett	Functional Screening. Jim Kilty	
Developing a training progression for Youth Team Sports. Al Vermeil	Field-based Strength & Power Training for Sports. Paul Pook	Hurling & Camogie: How to Coach skills. Fitness for Hurling. Paudie Butler & Michael Dempsey	Medical issues and the Adult Athlete. Dr. Eanna Falvey	Recovery from Exercise. Dr. Malachy McHugh	County Team Management. Pete McGrath	Kettlebell Training. Robbie Williams and Phillip Morrow	

13.00 LUNCH BREAK

14.00 KEYNOTE FORUM— MEET THE MANAGERS: Mickey Harte, Brian Cody & Guests - Q&A

YOUNG PLAYER AND ATHLETE Chair: Michael McGeehin	TRAINING FOR POWER Chair: Colin Buckley	INJURIES AND SPORTS MEDICINE Chair: Liam Hayes	TRAINING SCIENCE Chair: Kevin Craddock	PERFORMANCE MANAGEMENT Chair: Liz Howard	FIELD FITNESS Chair: Michael McCorry	GOLF ROOM Chair: Tadhg Harrington Golf Biomechanics. Dr Paul Hurrien Swing Styles. The TPI Team Fitness for Golf. The TPI Team
Practical Techniques for Improving Concentration Skills in Athletes. Prof. Aidan Moran	Functional Weight Lifting for Team Sports. Martin Zawieja	Sports Medicine and the Young Athlete. Mr. Pat Kiely	Achieving Performance Impact from Video Analysis. Denise Martin	The Assessment and Development of Physical Competence. Kelvin Giles	Planning for Success at Inter-County Level. Pat Flanagan	
What 50 years Experience has taught Coaches. Al Vermeil	Speed and Agility Training for Team Sports. Dr. Tom Comyns	Coaching and the Anti-Doping Perspective. Siobhan Leonard	Telling the Story from the Inside. Dr. Alan Ringland	Endurance Training for Team Sports. Prof. Niall Moyna	Practical Power Training Circuits. Robbie Williams and Phillip Morrow	
		Benefits of Orthotics/ Insoles in Sport. Dr. Paul Barrett	Sports Vision: Maximise Vision, Maximise Performance. Dr. Arthur Cummings	2009 Anti-Doping Rules: What you must know. Larry Fenelon		

Sunday 26th

09.15 The Young Player: Practical Strength Training Session.
Al Vermeil

11.15 Functional training and progressions for players and athletes.
Kelvin Giles

10.15 Using Olympic lifts to improve performance: Coaching the lifts and progressions.
Martin Zawieja

12.15 Roundtable Discussion on Long Term Player Development.
Dr Liam Hennessey, Al Vermeil, Martin Zawieja, Kelvin Giles, Michael McGeehin