

**2005 AUSTRALIAN
STRENGTH &
CONDITIONING
ASSOCIATION**



**NATIONAL
CONFERENCE
AND
TRADE SHOW**

"tips from the top!"

**Sea World Nara Resort
Gold Coast**

25-27th November 2005

**Presented by
Australian Strength & Conditioning
Assoc.**

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Dear Coaching Director,

The ASCA 2005 National Conference and Trade Show will present a thought-provoking and stimulating program dealing with a wide range of topic at the leading edge of the Strength and Conditioning field in Australia.

The theme of the Conference *"Tips from the Top"* sets the stage for one of the most exciting events in over a decade in Strength and Conditioning in Australia. The Conference will provide an excellent opportunity for strength and conditioning professionals and coach at all levels to keep abreast of latest findings and developments from coaches and academics who are working within the Australian elite sporting environment both here in Australia and overseas.

Our Conference Program has attracted a large number of excellent presenters, all well respected and acknowledged in their respective fields with an extensive background in a large variety of sports.

The Conference will also provide delegates the opportunity to network with the presenters who are working with professional teams and athletes at the highest level. *"Tips from the Top"* will give your coaches 2 days of learning and cross pollination of the latest ideas and thoughts in the strength and conditioning field.

We cordially invite you, and your coaching staff, to join us at Sea World Nara Resort, Gold Coast from 25-27th November 2005 for this dynamic and unique event. Further information can be found at www.strengthandconditioning.org

Susan Currell

National Executive Director

DRAFT CONFERENCE PROGRAM 1st OCTOBER 2005

Friday 25th November 6.00PM TO 7.00PM – CONFERENCE REGISTRATION			
7.00 to 8.00pm	Conference Opening & Welcome (Drinks & Nibbles)		
Saturday 26th November 8.00AM TO 8.30AM – CONFERENCE REGISTRATION			
8.30 am – 10.00am	Key Note Address – Rob Newton “Tips from the top” “Current Trends and Controversies in Strength and Conditioning”		
10.00am – 10.30am	Morning Tea		
10.30-12.00pm	Stuart Cormack It’s a Long Way to the Top – The Travel Load of the West Coast Eagles	Greg Wilson “Dietary Analysis for Strength and Conditioning Coaches”	Andrew Lulham “The Road to Olympic Diving Gold”
12.00pm-1.00pm	Lunch		
1.00pm to 2.30pm	Donna O’Connor “The Road To Athens : Preparing the Australian Opals for Olympic Competition	Warren Young “Relationship Between Pre-Season Anthropometrics and Fitness Measurements in Junior Australian Rules Football Players	Simon Kent Practical Session - ‘Myth Busting’ The Olympic Lifts
2.30pm to 3.00pm	Afternoon Tea		
3.00pm to 3.30pm	<u>Focus Group - Conditioning and Endurance</u>		
3.30pm to 4.00pm	<u>Focus Group - Speed and Agility</u>		
4.00pm to 4.30pm	<u>Focus Group - Strength and Power</u>		
4.30pm to 5.00pm	<u>Pathways to and Problems in Employment in Strength and Conditioning</u>		
5.00pm to 5.15pm	<u>Registration for Special Interest Network Groups</u>		
7.30pm to 9.00pm	Conference Dinner		
Sunday 27th November 8.00AM TO 8.30AM – CONFERENCE REGISTRATION			
8.30 am – 10.00am	Steve Nance “Key Note Address” Comparative Analysis of Fitness and Training Methods between Elite Rugby Union, Rugby League and Soccer Players		
10.00am – 10.30am	Morning Tea		
10.30-12.00pm	Dan Baker “Effect of Manipulating training variables on strength power and heart rate”	Sophie Nimphius “Strength and Power Testing in Softball and Baseball Athletes”	Chris McLellan & Bruce Rawson Practical Session – Advanced Shoulder Rehabilitation/Advanced Exercise Prescription
12.00pm-1.00pm	Lunch		
1.00pm to 2.30pm	Jeremy Sheppard “Testing and Training Agility for Football Codes”	Stephen Bird “Nutrient Timing and Muscle Growth”	Glenn Jenkins “Powerbag Functional Training Workshop”
2.30pm to 3.00pm	Afternoon Tea		
3.00pm to 3.30pm	Conference Closure		

What does registration include?

Conference registration includes:

- **Attendance at all Conference sessions**
- **Registration materials (folders, Conference proceedings, program. etc)**
- **Entry to trade display**
- **Refreshment breaks, lunch on Saturday and Sunday**
- **Welcome Cocktails on Friday 25th November**
- **Conference Dinner on Saturday 26th November**

Conference registration does not include accommodation or travel costs. These are your responsibility. The ASCA has negotiated discounted accommodation prices for Conference delegates. Details of these rates are contained within this brochure.

Extra tickets are available for both the Cocktail Welcome and Conference Dinner. Please indicate on your registration form if you require any extra tickets for either of these functions.

How to register

Conference registration can be made by fax or mail. Registration will not be confirmed until payment is received. Cheques, money orders and credit cards will be accepted and must be made in Australian dollars.

To register by mail:

Complete the registration details, enclose payment or credit card details and mail to:

ASCA

PO Box 229

Browns Plains, QLD, 4118

To register by fax:

Complete the registration details, include credit card details and fax to:

ASCA

61 7 38008920

We will confirm your registration by mail within 7 working days of receipt of payment.

Cancellation policies

Cancellation of Conference registration can be made up to 24th October with a full refund minus a \$100 administration fee. Cancellations between 25th October and 8th November are refunded minus a \$150 administration fee. For cancellations after 8th November, or no notification, no refund will be made.

Hotel Information

Sea World Nara Resort is Australia's only theme park resort. Linked by monorail to Sea World, guests will enjoy the Broadwater frontage and direct private access to the famous gold Coast beaches. The 4.1/2 star low-rise resort features 5 restaurants and bars.

Located just 5 minutes to downtown Surfers Paradise, Sea World Nara Resort provides regular shuttle bus transfers to Surfers Paradise, Warner Bros Movie World, Wet-n-Wild Water World and Pacific Fair Shopping Centre

An exclusive room rate of \$166.00 per night or \$83 twin share has been arranged specifically for ASCA delegates and will be available for delegates wishing to extend for either a few days prior to or following the Conference. Why not plan a holiday and bring the family to the Gold Coast. The resort is approximately 30 minutes drive from Gold Coast Airport and 50 minutes from Brisbane International or Domestic airport. You are advised to confirm bookings early, as rooms will be heavily booked at that time of year. Bookings must be made directly with the resort on the form included with this brochure. Note that rooms need to be booked before 25th October to be guaranteed accommodation.

Registrations Close

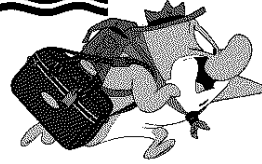
Registrations close 8th November 2005 . No refunds will be issued after this date.

Further information

For further information please contact Susan Currell at the National Office on (07) 38008890 or 0438380094. Updated information on the Conference will be posted to the ASCA website. www.strengthandconditioning.org

Stay at
SEA WORLD NARA RESORT
GOLD COAST AUSTRALIA

Number One for
Theme Park Holidays



FOR: ASCA INC CONFERENCE 25-27 November 2005

SEND TO: Facsimile No. Group Reservations: 0755910077
Email: groups@seaworldnara.com.au

Name: _____
No. Adults: _____
No. Children: _____ Child Ages: _____

Address: _____

Telephone: _____ Fax: _____

Superior room only Rate
\$166.00 per room per night
Rates extended for 5 days pre & post conference dates for all delegates

Check In Time is 14.00
Check Out Time is 10.00

Arrival Date: _____ Depart: _____

Arrival Time: _____ Signed: _____

Credit Card No: _____
\$100.00 DEPOSIT WILL BE TAKEN TO GUARANTEE BOOKING

Expiry: _____

Cheque deposit to: Sea World Nara Resort
P O Box 690
Southport Qld 4215

Rate as shown is for Superior rooms with 2 x double beds *excluding Sea World entry and inclusive of GST*. (Maximum of 4 guests per room) *Sea World entry available at the Corporate discount of \$48.00 per adult per day.*

Room upgrades are available and charges apply as follows:

Room Type:	Additional Tariff
<input type="checkbox"/> Room with view	- \$ 35.00 per night
<input type="checkbox"/> Studio Room or International Room	- \$ 35.00 per night
<input type="checkbox"/> Family Room	- \$200.00 per night – Room Only

Confirmation Details: *All reservations must be made and guaranteed before (25 October 2005)*
Requests made after this date will be subject to availability. Cancellations advised less than 48 hours prior to arrival will be charged first night's accommodation as cancellation fee.

Rate Confirmed: _____ Date: _____

Confirmation Number: _____