

REGISTRATION FORM

WORKSHOPS

(Please note that numbers are limited on some workshops and places will be allocated on a first come first served basis)

SUNDAY 14 SEPT 12:45 – 14:45 (3 & 4)

Please make a selection from the interactive workshops below.

12.45 - 13.45

- 3.1** Rod Thorpe
- 3.2** Antoni Girod
- 3.3** Foppe de Haan

13.45 - 14.45

- 4.1** Rod Thorpe
- 4.2** Antoni Girod
- 4.3** Foppe de Haan

FORUM FEE €200

Includes

Forum Saturday and Sunday
Sat - Tea/Coffee Break
Lunch
Bar-B-Que
Proceedings and CD Rom
Sun - Tea/Coffee Break
Light lunch on departure

ACCOMMODATION (B&B)

Please select the type of accommodation that you require:

- €48 Single Room
- €84 Double Room

Cheques payable to: NCTC, University of Limerick
Forum fee: €
Accommodation total: €
Total Paid: €
Total paid (in words):
Name on Cheque:

Return completed form to:
Brochure 2008 Forum Registration,
National Coaching and Training Centre,
University of Limerick, Limerick.

CLOSING DATE: September 5th 2008

STEPHEN ABOUD

Stephen Aboud is currently the IRFU Coach Development Manager and is responsible for the design and management of the National Coach Development Programme in Ireland. From 1994-2000 Stephen was the IRFU Elite Player Development Manager; and in this role he designed and directed the IRFU Player Academy Programme together with directing the Provincial Elite Player Programmes. In his 18 years with the IRFU, Stephen has been a technical advisor and backline coach to many representative teams including; Ireland U21, Ireland Students, Leinster, Ireland A & the Ireland Senior team. Before working with the IRFU in 1990, Stephen taught Physical Education and Mathematics in Belvedere College, Dublin, having graduated from Thomond College, Limerick in 1986.

PACKIE BONNER

Packie Bonner is a former football goalkeeper for the Republic of Ireland, who earned 80 international caps for his country. He is remembered for his famous penalty save against Romania in the 1990 World Cup finals. Packie made his international debut in a friendly against Poland in 1981 and went on to become one of the most recognizable figures in Irish sport. On 2 February 2003, following the promotion of Brian Kerr to the position of Manager for the Republic of Ireland, Packie was named as Technical Director of the Football Association of Ireland (FAI). He previously held the role of the senior football squad's Goalkeeping Coach. In addition to this Packie has worked as a football presenter with TV3 Ireland.

GARRY CAHILL

Garry Cahill has been Technical Director of Tennis Ireland since 2002, with responsibility for the development of high performance players. To date a full-time National Squad has been established in Dublin City University where fifteen players train on a daily basis. Garry has also established a regional network of "futures" squads who are under 10 and who train four times per week. He is a Level 3 Performance Coach and has trained as a Level 2 Tutor in the National Coaching Development Programme. He has presented at conferences and seminars nationwide and has also had articles published by the International Tennis Federation.

FOPPE DE HAAN

Foppe de Haan is a former coach of the Netherlands National Under-21 Football Team, with whom he won the 2006 & 2007 UEFA European Under-21 Football Championships. He is also the former coach of SC Heerenveen, serving them from 1985 until 2004. In 1999 he reached second place in the Eredivisie with Heerenveen and thus qualified for the UEFA Champions League for the first time in the club's history. In 2003, he received the Sport Award in Holland. On 10th May 2004, after his final game as coach of SC Heerenveen, he was given the title Knight in the Order of Orange-Nassau.

GERRY FITZPATRICK

Gerry Fitzpatrick is a lecturer in Sport Psychology at Waterford Institute of Technology (WIT). He is a former coach of the Irish Senior Basketball Team and has also worked in the role of Strength and Conditioning Coach with the Waterford County Hurling Team. Gerry has coached basketball in Ireland at club level with Waterford Wildcats and Neptune and has also represented Ireland at international level, coaching the Irish Senior Women's Team from 1996-2001 and then the Irish Senior Men's Team from 2001-2005. Gerry is also an accredited Sport Psychologist by the Irish Institute of Sport.

ANTONI GIROD

After 5 years as a professor of Applied Psychology in the Faculty of Sports Science at the University of Montpellier (France), Antoni Girod is now a current member of the French Institute of NLP (Neuro Linguistic Programming) and works as a consultant for major worldwide companies such as Merrill Lynch and Dell. He is also responsible for the mental training of elite athletes in many different sports including golf, free diving, America's Cup and of course tennis. He has been a regular speaker and trainer for the ITF (International Tennis Federation) since 2001. He is currently working with Tennis Ireland.

LIAM HENNESSY

Liam Hennessy is currently the Director of Fitness with the IRFU. Working with professionals in the Academy and sub-Academy he directs the fitness and conditioning programmes, with a staff of 24 full-time fitness coaches. He is also fitness coach to Pdraig Harrington and works closely with the Titleist Performance Institute (TPI) in both pro and development levels in golf. Previously Liam worked in the Cardiopulmonary Department at the Blackrock

Clinic, Dublin and was Exercise Physiologist to the Irish Olympic team in Atlanta 1996. He has worked with professional soccer teams, several inter-county Gaelic and hurling teams and Irish athletes over the years. He is actively involved in Coach Education and in sport performance research with a number of universities and colleges. His current research interests are in recovery and speed-strength development.

GERRY HUSSEY

Gerry Hussey has been working with the High Performance Boxing Team for the past three years in the role of Sports Psychologist. During this time he has developed a system of integrating psychology into the athletes' performance and preparation programmes. He has accompanied the team to various competitions, from European championships to this summer's Olympic Games. In his role Gerry helps the athletes and coaches develop psychology systems and techniques in many areas, from building self esteem and self belief to developing communication and relaxation techniques. Gerry has held similar roles with various county football teams and individual high profile athletes.

DES JENNINGS

Des Jennings works as Performance Lifestyle Coach at the Sports Institute Northern Ireland (SINI). In this role, he works with both team and individual sports and has experience of athletes engaged in sport from a wide range of perspectives - amateur and professional, development and elite, Olympic and cultural. Des has, in addition, vast experience in coaching and delivering support services within both GAA and soccer.

FRANCES KAVANAGH

Frances Kavanagh is Acting Chief Executive of Special Olympics Ireland. Prior to that, she was Director of Sport for Special Olympics Ireland, and also served as Director of Sport and Competition for the 2003 Special Olympics World Summer Games, responsible for the planning and implementation of all sport technical elements for the successful hosting of the largest sporting event ever to take place on the island of Ireland. This included overseeing the provision of 20 sports in 21 competition venues for 7,000 delegation members. She has served on many committees and boards representing Special Olympics at national, European and international level, currently chairs the International Sports Rules Advisory Committee and is a member of the Executive Committee of the Federation of Irish Sports.

LYNN KIDMAN

Lynn Kidman is a lecturer in Sports Coaching at the University of Worcester in England. During 2006-2007, Lynn was a Senior Advisor to Sport Recreation New Zealand (SPARC) in coordinating the writing and implementation of a coach development system where athlete-centred coaching is the underpinning philosophy. Lynn is the author/editor of "Athlete-Centred Coaching: Developing Inspired and Inspiring People", and three other books. She was on the Teaching Games for Understanding Task Force and advocates the TGFU approach as one that is humanistic (athlete-centred), enabling the construction of athlete awareness and learning. Lynn has coached many teams (mostly secondary school age) in the sports of basketball, swimming, softball and volleyball. Nowadays Lynn focuses on coaching coaches.

PETER MCCABE

Peter McCabe is an International Hockey Federation High Performance Coach. Currently he works at the Sports Institute Northern Ireland (SINI) where he is Athlete Services Manager. Before taking up this role, Peter delivered Performance Lifestyle Support to athletes within SINI. Peter also has experience as an applied scientist working in tertiary level education. He currently applies his coaching, service delivery and science experience to develop and enhance services for SINI athletes.

GINA MENZIES

Gina Menzies is a graduate of Trinity College in Modern Languages, holds a H. Dip in Education from TCD, a Bachelors of Divinity from Milltown Institute and an MSc in Medical Ethics and Law. She currently teaches Medical Ethics and Humanities in various third level universities. Gina was an international squash player and is a qualified squash coach. She chaired the Irish Sports Council Task Force on "Women in Sport". Gina was the first woman chair of a Rackets Committee in Fitzwilliam Lawn Tennis Club and first woman to serve as an executive of Fitzwilliam. She has also been chair of the organizing committee for Cannon Kirk Irish Squash Open for the last 4 years.

PHIL MOORE

Phil Moore is Director of Athlete Lifestyle Services with the Irish Institute of Sport. Phil is an accredited sport psychologist (BASES, British Association of Sports and Exercise Sciences) with 20 years experience working in a range of sports up to and including world and Olympic level. Phil has competed at international level as a lacrosse player and also as a lacrosse coach.

ROD THORPE

Rod Thorpe trained as a Physical Education teacher in the early 1960s and then returned to the then Loughborough College, now Loughborough University, to train teachers in 1968. During his 35 years at Loughborough, Rod coached rugby (for 10 years) and tennis (for 27 years). He was central to the development of 'sports leadership' programmes in the UK. He was one of the first National Coaching Foundation (now Sports Coach UK) tutors and developed Playsport, which provided the foundation for the Youth Sports Trust: TOP Play and TOP Sport. Rod is the co-author of a physical education initiative Teaching Games for Understanding. In the 1990s, he worked with the Australian Sports Commission and Australian Coaching Council to adapt this initiative to coaching - the result was Games Sense. Rod has received the International Olympic Committee Biennial Award for services to sport, the Munrow Award for services to sport in Higher Education and has been inducted into the UK Coaching Hall of Fame.

GILES WARRINGTON

Giles Warrington is a Sport and Exercise Physiologist and lecturer in the School of Health and Human Performance at DCU. He is also Head Sports Physiologist to the Olympic Council of Ireland and was a member of the medical team at the Athens Olympics and also for this summer's Olympics in Beijing. Prior to taking up his academic role at DCU in 2006, he worked for 12 years at the National Coaching and Training Centre where he was Head of Player/Athlete Services. Giles was also previously employed by the British Olympic Association where he worked as an Exercise Physiologist at the British Olympic Medical Centre. He was educated at St. Mary's University College where he has a BSc in Sports Science, a Ph D. from the University of Surrey and is also a Fellow of the American College of Sports Medicine. Over the past 18 years, he has gained extensive experience working with and advising developmental and elite athletes and coaches from over 20 different sports, both Olympic and non Olympic.

RUTH WOOD-MARTIN

Ruth Wood-Martin is a registered Sports and Exercise Nutritionist (SEN UK), has gained Technical Membership in Nutrition with the Irish Institute of Sport and currently works full time as the Performance Nutritionist with the Irish Rugby Football Union. Her main focus is with the National Senior Squad where she is responsible for nutrition education of players as well as advising on meal plans and hydration and recovery strategies during national camp assemblies. Ruth is also involved in the education of coaches and has implemented a programme of nutrition education for schools coaches. Prior to taking up this post, Ruth's work included consultant sport nutrition services to the Sports Institute Northern Ireland to athletes in rugby, athletics, hockey, swimming and rowing.

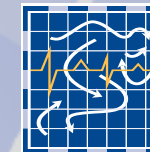
EUGENE YOUNG

Eugene Young commenced his employment with the Ulster Council in November 2001 as High Performance Director at the Sports Institute Northern Ireland. At present he is Director of Coaching and Games Development at the Ulster Council. Eugene is a member of the Henry Joy McCracken's club in Moneymore, Co. Derry. He has represented Derry and Ulster in Gaelic Football and has also played provincial and international basketball for Ireland at Commonwealth, European and pre-Olympic Tournaments.

MARTIN ZAWIEJA

Martin Zawieja is a former Olympic Weightlifting medalist (1988). His outstanding achievement in this sport was recognised when he was appointed National Weightlifting Coach in Germany. Over the years he has coached several world and Olympic competitors and his success in this field is unparalleled. He has worked with several sport associations throughout Europe in setting up strength and power development programmes. He is the external examiner for all IRFU and Setanta College based courses in strength-related fitness. He has also published many articles in the area of weightlifting for sport.

DEVELOPING DECISION MAKERS IN SPORT



**NATIONAL
COACHING & TRAINING
CENTRE**

IONAD NAÍSÍÚNTA OILIÚNA AGUS TRAENÁLA

9TH COACHING FORUM

**INCLUDING LAUNCH OF
COACHING IRELAND**

**AND
COACHING STRATEGY
FOR IRELAND**

**VENUE
The Helix
Dublin City University**

13-14 SEPTEMBER 2008

MAIN TIMETABLE

SATURDAY 13TH SEPTEMBER (MORNING)

9.00am **Arrival and Registration**
10.00am **KEYNOTE ADDRESS**
Developing decision makers – an athlete centred approach
Lynn Kidman

11.00am B R E A K

11.30am **WORKSHOP 1**
 No's 1.1- 1.11 (see workshop outline)

1.00pm L U N C H

SATURDAY 13TH SEPTEMBER (AFTERNOON)

2.00pm **LAUNCH OF COACHING IRELAND & COACHING STRATEGY FOR IRELAND**

2.30pm **KEYNOTE ADDRESS**
Developing decision makers takes time – do we have to look again at how we coach? Some practical examples.
Rod Thorpe

3.30pm B R E A K

4.00pm **WORKSHOP 2**
5.30pm No's 2.1 – 2.11
 (see workshop outline)

8.00pm B B Q

SUNDAY SEPTEMBER 14TH

10.00am **KEYNOTE ADDRESS**
Decide or don't decide – the key questions in efficient decision making
Antoni Girod

11.00am B R E A K

11.15am **KEYNOTE ADDRESS**
From concept to game plan
Foppe de Haan

12.15pm L U N C H

12.45pm **WORKSHOP 3**
 No's 3.1 – 3.3 (see workshop outline)

1.45pm **WORKSHOP 4**
 No's 4.1 – 4.3 (see workshop outline)

2.45pm **QUESTIONS & ANSWERS SESSION**
 Antoni Girod, Rod Thorpe,
 Lynn Kidman, Foppe de Haan,
 Michael McGeehin

3.15pm C L O S E

SATURDAY 13TH SEPT

MORNING

10.00 – 11.00am **KEYNOTE 1**
Lynn Kidman
Developing decision makers – an athlete centred approach

11.30 – 1.00pm **INTERACTIVE WORKSHOP 1**

DEVELOPING DECISION MAKERS

1.1 Gerry Fitzpatrick
Vision, decision, precision. Influencing good performance decisions

1.2 Packie Bonner
Developing the holistic player - making their own decisions

1.3 Lynn Kidman/Sunnhild Bertz
From object to subject: moving the athlete to centre stage and supporting coaches to do so

1.4 Stephen Aboud
Developing decision makers in rugby

1.5 Garry Cahill
The use of technology in athlete decision-making: a practical example

1.6 Gina Menzies
From sidelines to centre court: changing the landscape of womens' sport in Ireland – what do we need?

1.7 Frances Kavanagh
Make decisions – change lives

ROLE OF THE COACH IN A PLAYER/ATHLETE LIFESTYLE

1.8 Giles Warrington
The 24 hour athlete - the importance of a balanced approach

1.9 Phil Moore
Choice, competence and connection: The 3 Cs of a balanced athlete lifestyle

1.10 Des Jennings/Peter McCabe
Minimizing distractions: maximizing performance

ROLE OF STRENGTH & CONDITIONING IN ATHLETES' LONG TERM DEVELOPMENT

1.11 Liam Hennessy/Martin Zawieja
Preparing for strength, power & speed training

SATURDAY 13TH SEPT

AFTERNOON

2.30 – 3.30pm **KEYNOTE 2**
Rod Thorpe
Developing decision makers takes time - do we have to look again at how we coach? Some practical suggestions

4.00 – 5.30pm **INTERACTIVE WORKSHOP 2**

DEVELOPING DECISION MAKERS

2.1 Gerry Fitzpatrick
Vision, decision, precision. Influencing good performance decisions

2.2 Packie Bonner
Developing the holistic player – making their own decisions

2.3 Lynn Kidman/Sunnhild Bertz
From object to subject: moving the athlete to centre stage and supporting coaches to do so

2.4 Stephen Aboud
Developing decision makers in rugby

2.5 Garry Cahill
The use of technology in athlete decision-making - a practical example

2.6 Gerry Hussey
From obedience to responsibility: developing a system for greater athlete responsibility

2.7 Eugene Young
Is coaching Gaelic football becoming a game of chess?

ROLE OF THE COACH IN A PLAYER/ATHLETE LIFESTYLE

2.8 Giles Warrington
The 24 hour athlete - the importance of a balanced approach

2.9 Phil Moore
Choice, competence and connection: The 3 Cs of a balanced athlete lifestyle

2.10 Ruth Wood-Martin
Guiding the coach through the nutritional maze

ROLE OF STRENGTH & CONDITIONING IN ATHLETES' LONG TERM DEVELOPMENT

2.11 Liam Hennessy/Martin Zawieja
Preparing for strength, power & speed training

SUNDAY 14TH SEPT

10.00 – 11.00am **KEYNOTE 3**
Antoni Girod
Decide or don't decide – the key questions in efficient decision making

11.15 – 12.15pm **Foppe de Haan**
From concept to game plan

12.45pm **INTERACTIVE WORKSHOP 3**

3.1 Rod Thorpe
Examples of Games Sense/Teaching Games for Understanding – does it fit your sport?

3.2 Antoni Girod
Using multiple intelligences in decision making

3.3 Foppe de Haan
To read the game and transfer to training

1.45pm **INTERACTIVE WORKSHOP 4**

4.1 Rod Thorpe
Examples of Games Sense/Teaching Games for Understanding – does it fit your sport?

4.2 Antoni Girod
Using multiple intelligences in decision making

4.3 Foppe de Haan
To read the game and transfer to training

2.45pm **QUESTIONS & ANSWERS SESSION**
 Q&A with Antoni Girod, Rod Thorpe,
 Foppe de Haan, Lynn Kidman,
 Michael McGeehin

DENOTES PRACTICAL SESSION

REGISTRATION FORM

Name:

Address:

County:

Tel:

Email:

Org./Sport:

DOB:

WORKSHOPS

(Please note that numbers are limited on some workshops and places will be allocated on a first come first served basis)

SATURDAY 13 SEPT 11.30 – 13:00 (1)
Please make a selection from the interactive workshops below.

Developing Decision Makers

- 1.1** Gerry Fitzpatrick
- 1.2** Packie Bonner
- 1.3** Lynn Kidman/Sunnhild Bertz
- 1.4** Stephen Aboud
- 1.5** Garry Cahill
- 1.6** Gina Menzies
- 1.7** Frances Kavanagh

Role of the Coach in Player/Athlete Lifestyle

- 1.8** Giles Warrington
- 1.9** Phil Moore
- 1.10** Des Jennings/Peter McCabe

Role of Strength & Conditioning in Athletes Long Term Development

- 1.11** Liam Hennessy/Martin Zawieja

SATURDAY 13 SEPT 4.00 – 5:30: (2)
Please make a selection from the interactive workshops below.

Developing Decision Makers

- 2.1** Gerry Fitzpatrick
- 2.2** Packie Bonner
- 2.3** Lynn Kidman/Sunnhild Bertz
- 2.4** Stephen Aboud
- 2.5** Garry Cahill
- 2.6** Gerry Hussey
- 2.7** Eugene Young

Role of the Coach in Player/Athlete Lifestyle

- 2.8** Giles Warrington
- 2.9** Phil Moore
- 2.10** Ruth Wood-Martin

Role of Strength & Conditioning in Athletes Long Term Development

- 2.11** Liam Hennessy/Martin Zawieja