



UKSCA

The UK Strength & Conditioning Association

# UK STRENGTH AND CONDITIONING ASSOCIATION

## 4th ANNUAL CONFERENCE 2008



Hosted by



University of  
**ULSTER**



**Sports  
Institute**  
Northern Ireland

Supported by



**uk sport**

6–8 June 2008  
High Performance Centre,  
University of Ulster,  
Jordanstown, Belfast

## BREAKOUT SESSIONS

Delegates will attend one breakout session each time breakout sessions appear on the timetable. So those attending all 3 days of the conference will attend 2 sessions from Breakout A and 2 from Breakout B.

### Breakout A

#### Session 1

**The strength implications of specific movements in tennis** Jeremy Green

#### Session 2

**Speed and agility in team sports** Jonny Bloomfield

#### Session 3

**Managing training programmes** Steve Plisk

### Breakout B

#### Session 4

**Olympic lifting masterclass** Leo Totten

#### Session 5

**The role of physical competence in athletic development** Kelvin Giles

#### Session 6

**Training the posture to form a stable base from which to develop athletic strength** Vincenzo Canali

FRIDAY		SATURDAY		SUNDAY	
		09:00–10:30	Keynote Presentation: Jan Hoff	09:00–10:30	Presentation: HC Institutes of Sport
12:00–13:00	Registration, lunch and trade show	10:30–11:00	Presentation: HC Institutes of Sport	10:30–11:00	Coffee break and trade show
13:00–14:30	Keynote Presentation: Steve Plisk	11:00–11:30	Coffee break and trade show	11:00–13:00	Breakout B (see left)
14:30–15:00	UKSCA workshops	11:30–13:00	Breakout A (see left)	13:00–13:45	Lunch and trade show
15:00–15:30	Coffee break and trade show	13:00–13:45	Lunch and trade show	13:45–15:30	Keynote Presentation: Greg Haff
15:30–17:00	Breakout A (see left)	13:45–15:45	Breakout B (see left)	15:30	Conference Close
17:00–18:00	UKSCA AGM	15:45–16:15	Coffee break and trade show		
18:00–19:00	Optional sporting activities	16:15–17:45	Keynote Presentation: Liam Hennessy		
19:30	Evening meal	19:30	Conference Dinner		

## Breakout A speakers

**Jeremy Green** - "The strength implications of specific movements in tennis"

Jeremy is currently in charge of the physical conditioning of Andy Murray and the rising stars of the Monte Carlo Tennis Academy. He previously divided his time between helping professional players prepare for the Tour and working as a Conditioning Consultant for the LTA. Jez has worked on the Tour for 13 years and in this time has prepared numerous players for Grand Slams, Davis Cup and Tour events, in addition to travelling extensively to tournaments at both junior and senior level. The experience he has gained from working with players, along with his degree in Sports Science, has enabled him to develop a philosophy, which is both scientifically and functionally based. His philosophy centres around the notion that tennis is a highly specific sport, where players are asked to perform tasks in a highly functional way, therefore the conditioning of these players must mirror the specific movements that occur in a match. Only then will a player's training effectiveness be

maximised. The concept endorses the methodology that elite tennis athletes must condition "movements, not muscles".

**Jonny Bloomfield** - "Speed and agility in team sports"

Jonny Bloomfield joined the Sports Institute of Northern Ireland in October 2006 having previously worked for the IRFU as a fitness advisor to Ulster Rugby and football club consultant for ProZone. His current role is to provide mainly physiological support, but also some performance analysis, to SINI athletes in hockey, athletics, cricket, squash, judo, bowls and waterskiing.

Jonny completed a PhD in Science and Football at the University of Hull in 2005. His research areas include kinanthropometry, physiology, notational analysis and strength & conditioning. He has also qualified as a Certified Strength and Conditioning Specialist (NSCA) and holds the UKSCA award.

**Steve Plisk** - "Managing training programmes" (see page 3).

## Breakout B speakers

**Leo Totten** - "Olympic lifting masterclass"

*Leo Totten is currently head coach of "East Coast Gold Weightlifting Team" and has a vast amount of experience in weightlifting coaching at the highest levels. This includes being Olympic Games Team Leader (2x), World Championships Coach and Team Leader (6x) as well as personal coach to many international athletes. Leo is also President of WerkSan Sports, USA, and has been guest speaker at numerous strength and conditioning clinics and symposiums as well as author of numerous journal articles and USAW coaching series. He was himself a competitive weightlifter between 1967-1984.*

**Kelvin Giles** - "The role of physical competence in athletic development"

*Kelvin is a highly regarded elite sports performance specialist within the Australian elite sports industry with thorough experience in International Coaching, Strength and Conditioning, Athlete Rehabilitation, Sports Analysis and high performance management.*

*He is currently the Australian Rugby Union Elite Player Development S&C coordinator and Senior Consultant for the new player continuum strategy. He acts in a consultant role for a number of organisations including Queensland Academy of Sport S&C department, the Australian Soccer Federation and a number of rugby league clubs.*

*Kelvin has a wide range of impressive coaching credentials including coaching 14 olympic athletes, 4 commonwealth medallists and 7 Australian record holders. He is also a NSCA Examiner.*

**Vincenzo Canali** - "Training the posture to form a stable base from which to develop athletic strength"

*Vincenzo has worked for over 20 years as National Coach in gymnastics, trampoline and pole vault. For the past 10 years he has worked alongside international pole vault coach Vitali Petrov and together they have written the book "The postural base in pole vault." He is also the Coach of Postureto Stefano Baldini and other Italian athletes.*

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## Keynote Speakers

### Manipulation of training variables to achieve optimum performance

**Steve Plisk** has over two decades in the trenches as a Sports Performance and Strength & Conditioning professional working with collegiate, professional and scholastic athletes. He earned his BS in Sport & Exercise Science at SUNY Buffalo, his MS in Kinesiology at the University of Colorado, and is a Certified Strength & Conditioning Specialist (recertified with distinction) through the NSCA. He is an Associate Editor for Strength & Conditioning Journal, a chapter author for the Essentials of Strength Training & Conditioning textbook, and he chaired the NSCA's Strength & Conditioning Professional Standards & Guidelines project.

### Research and practice in strength & conditioning for elite soccer

**Jan Hoff** is Professor of Medicine, PhD at Norwegian University of Science and Technology, Faculty of Medicine and at St.Olav's University Hospital, Dep.of Physical Medicine and Rehabilitation. Jan is a world leading researcher in the field of strength and endurance training in sports, and is a former head coach for the Norwegian Athletic Federation and former President of Alpine Skiing in Norwegian Ski-association. He has consulted for several world class soccer teams including Rosenborg FC, Molde FC, Celtic FC, Olympiakos FC, FC Barcelona, British FA, Swedish FA, Norwegian FA and several international individual players. He has also worked with several Olympic and World Cup winners and medallists in individual sports.

### Contrast training: principles into practice

**Liam Hennessy** is currently the Fitness Director for the IRFU and has been involved in several sports as a coach, sports scientist and consultant, chiefly in GAA, athletics, rugby, soccer and golf. He has a PhD in applied Physiology, an MSc in Clinical Physiology and Exercise Physiology and has recently collaborated with the University of Limerick, Trinity College and the University of Frankfurt on research in speed-strength and recovery strategies.

### Periodisation: let the science guide our programme design

**Dr. Greg Haff** is currently an Assistant Editor and Chief for The Journal of Strength and Conditioning and serves as an Associate Editor of The Journal of Strength and Conditioning Research. Dr. Haff is a Certified Strength and Conditioning Specialist with Distinction, a founding Fellow of The National Strength and Conditioning Association, a current NSCA board member, a Regional Level Weightlifting Coach, and A Level 3 Cycling Coach. He has served as a strength and conditioning consultant for Team Arrow a Collegiate Cycling Team, Canadian Track Cycling champion Mark Ernsting, and several other national and international level athletes in the sports of cycling, weightlifting and track & field. Dr. Haff competed nationally in weightlifting from 1989-2000 and has competed in masters track cycling.

# exhibitor information

We are inviting a limited number of companies to exhibit at the fourth Annual UKSCA Conference.

Over 150 of the top strength & conditioning practitioners in the UK will attend the 3 days representing both elite and professional sport.

The conference is being hosted by Sports Institute Northern Ireland, at the High Performance Centre, University of Ulster and all activities (excluding the Conference Dinner) will take place on site.

## where and when

**6–8 June, 2008**

**High Performance Centre,  
University of Ulster,  
Jordanstown, Belfast.**

# PROMOTIONAL OPPORTUNITIES

## TRADE SHOW AREA

Registration, all refreshment breaks including lunch breaks take place in the trade show area, maximising your time and access to the delegates. The options are as follows:

- Stand only** 2m table/2 chairs with space behind for banners  
@ £300
- Stand and equipment** a 3x3m area for the display of your equipment, includes:  
2m table/chairs  
2 places at the Saturday evening conference function  
post conference follow up email to all delegates  
@ £950
- Conference sponsors** limited to 1 sponsor, includes all in the stand and equipment package plus,  
insert in delegate bag  
logo on conference material, holding slides etc  
pop-up banner or similar on keynote stage  
@ £1200
- Inserts in delegate bags** @ £200

## UKSCA ANNUAL DINNER AND ACCOMMODATION

Saturday dinner tickets are available for exhibitors at £35 per head. Onsite accommodation is available for £50 per night.

***SPONSORSHIP OPPORTUNITIES ARE LIMITED – CONTACT US ASAP  
TO REGISTER YOUR INTEREST***

Please indicate above the options that interest you, fax this form back to 0870 116 1223 and we will contact you to discuss your requirements.

Name \_\_\_\_\_

Job title \_\_\_\_\_

Organisation \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

*25% deposit is required at time of booking and the full payment will be invoiced after the conference.*

## CONTACT DETAILS

**Contact: Sarah Kilroy**

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