



COACHING IRELAND  
OILIÚINT ÉIREANN



# From Playground to Podium

Saturday 11<sup>th</sup> September 2010 - Dublin Convention Centre, Spencer Dock  
Coaching Irelands 10th Forum "From Playground to Podium" promises to be the most exciting and challenging forum to date. It will address coaching issues at all levels of Sport & Physical Activity.

The key notes and workshops will be delivered by National & International experts, with practical knowledge and experience of dealing first hand with real coaching issues. Keynote speakers include:

**Istvan Balyi** ■ Leading International expert in Long Term Athlete Development

**Christy Cooney** ■ President of the GAA

**Liam Harbison** ■ CEO Paralympic Council of Ireland

**Gary Keegan** ■ Director of the Irish Institute of Sport

**Brian Kerr** ■ International Soccer Manager

**David Malone** ■ International Paralympian

**Gary Rice** ■ Sport Law Partner, Beauchamps Solicitors

**Henry Shefflin** ■ GAA All-Star & 7 time All-Ireland Hurling Medal winner

**Billy Walsh** ■ High Performance Boxing Coach



Workshops will be delivered in the following strands, Coaching Children, Club Coaching, Developing Talent, Performance Coaching, and Women in Coaching. The workshops will challenge coaches to consider in more detail good practice related to the participants/performers and the environment in which they coach. An applied approach will guide the workshops with coaches given the opportunity to discuss and reflect how each of the workshops can impact on their own coaching.

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Fee €75

Fee Includes: 7 Keynotes and 3 workshops of your choice. Tea/Coffee & 3 course Lunch. Proceedings: Forum Pack including T-shirt and CD-Rom

**Return completed form with cheque made payable to Coaching Ireland, University of Limerick, Limerick**  
Credit Card payment available on line [www.fromplaygroundtopodium.com](http://www.fromplaygroundtopodium.com)

More information available on [www.fromplaygroundtopodium.com](http://www.fromplaygroundtopodium.com)

- Full conference timetable
- Speaker list and profile
- Travel information including special rate details
- Exhibitor List
- Strand & Presentation information
- Venue



Workshop 1 12.00 - 1.00pm	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8
Workshop 2 3.10 - 4.10pm	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8
Workshop 3 4.10 - 5.10pm	3.1	3.2	3.3	3.4	3.5	3.6	3.7	3.8

9.00 - 10.00am	Welcome Registration		
10.00 - 10.15am	Opening Address - Michael McGeehin, Director of Coaching Ireland and Guests		
10.15 - 11.00am	Keynote 1	Istvan Balyi	Long-Term Athlete Development - The Canadian and other International Experiences
11.00 - 11.45am	Keynote 2	Billy Walsh/Brian Kerr	Sporting Pathways and the Importance of the Coach
11.45 - 12.00	Break		
Workshop 1 12.00 - 1.00pm	Coaching Children	1.1 Paul Hamill & Greig Paterson	Child Centered Coaching, A Club Approach
		1.2 Terance Mc Williams	Building blocks for Success, Physical literacy and beyond
	Club Coaching	1.3 Simon Toole & David Smyth	Helping Clubs to Develop their Coaches
		1.4 Rosemary Ryan	Hydration, you are what you drink - Strategy for Clubs
	Developing Talent	1.5 Chris McNicholl	Functional Screening and Injury prevention for the young athlete
	Performance Coaching	1.6 Istvan Balyi	Paradigm Shifts in Sport & Coaching
		1.7 Giles Warrington	Physiological Determinants to Sports Performance: Implications for training practice
Women in Coaching	1.8 Niamh Murphy	Participant, taxi driver, but NOT coach! Strategies for engaging women in coaching roles	
1.00 - 2.00pm	Lunch		
2.00 - 2.20pm	Keynote 3	Gary Rice	Legal issues for Coaches
2.20 - 2.40pm	Keynote 4	Christy Cooney	Developing potential "A GAA perspective"
2.40 - 3.10pm	Keynote 5	Liam Harbison/David Malone	Paralympic Sport - Driving Success for Ireland
Workshop 2 3.10 - 4.10pm	Coaching Children	2.1 Melanie McKee & Richard Gormley	Developing Physical Literacy Through Multi-skills: Wildcats Activ8 Clubs
		2.2 Paul Hamill & Greig Paterson	Child Centered Coaching, A Club Approach
	Club Coaching	2.3 Colin Moran	Club Coaching – Nourishing the Roots
		2.4 Simon Toole & David Smyth	Helping Clubs to Develop their Coaches
	Developing Talent	2.5 Fergal O'Callaghan	Weight Training for Young People - Common Myths
	Performance Coaching	2.6 Billy Walsh	The High Performing Coach - The challenges at the highest level
		2.7 Istvan Balyi	Paradigm Shifts in Sport & Coaching
Women in Coaching	2.8 Stellah Sinnott	Coaching at Elite Level "My Experience"	
Workshop 3 4.10 - 5.10pm	Coaching Children	3.1 Terance McWilliams	Building blocks for Success, Physical literacy and beyond
		3.2 Melanie McKee & Richard Gormley	Developing Physical Literacy Through Multi-skills: Wildcats Activ8 Clubs
	Club Coaching	3.3 Brendan Hackett	The key to successful coaching? – There is none!
		3.4 Colin Moran	Club Coaching – Nourishing the Roots
	Developing Talent	3.5 Gary Cahill	From mini tennis to grand slams - the player and coaches journey together
	Performance Coaching	3.6 Giles Warrington	Physiological Determinants to Sports Performance: Implications for training practice
		3.7 Billy Walsh	The High Performing Coach - The challenges at the highest level
Women in Coaching	3.8 Heather Coyle	Girl Power - How to have your cake - and Not Want to eat it!	
5.10 - 5.30pm	Break		
5.30 - 6.00pm	Keynote 6	Gary Keegan	High Performance Execution (The Power of Coaching, Science and Medicine Collaboration)
6.00 - 6.30pm	Keynote 7	Henry Shefflin	The Coaching Chain - "My Pathway"
6.30 - 6.45pm	Closing Address		

Note: This programme is subject to change.

## Registration Form OR To register on line please log on to: [www.fromplaygroundtopodium.com](http://www.fromplaygroundtopodium.com)

Detach and Return 

Please select workshops on reverse side.

### Personal Details

Name:

Address:

Telephone:

Email:

Organisation/Sport:

Special Requirements: