

2nd Annual Youth Talent ID and Development Conference 2015



THURSDAY: 7 May 2015

Start	Finish	Topic	Speaker
07:45	09:00	Registration	
09:00	09:15	Welcome by Morne du Plessis (SSISA)	
09:15	10:00	Predicting the future: Myths and realities of talent identification and development in sport	Joe Baker (Canada)
10:00	10:45	Training the young athlete: health promotion, injury prevention and performance	Cordelia Carter (USA)
10:45	11:00	TEA	
11:00	11:35	The measurement of growth and maturation and its implications for talent identification and performance	Kevin Till (UK)
11:35	12:10	The Carnegie Adolescent Rugby Research (CARR) project: the integration of research into professional practice	Ben Jones (UK)
12:10	12:45	Evidence for training fitness and motor variables at different biological ages	Karen Welman
12:45	13:30	LUNCH	
13:30	14:05	RECREATION: The foundation and springboard for next-level participation	Paul Hendricks
14:05	14:40	Training Skill: current perspectives	Sharief Hendricks
14:40	15:15	Early vs late specialisation	Justin Durandt
15:15	15:30	Tea	
15:30	16:00	Sex-based differences in pediatric sports injuries	Cordelia Carter (USA)
16h00	16h30	The changing role of parents across athlete development	Joe Baker (Canada)
16:30		Cocktail snacks and drinks	

FRIDAY: 8 May 2015

Start	Finish	Topic	Speaker
08:30	09:05	Participation in organized sports and physical fitness.	Cordelia Carter (USA)
09:05	09:35	Concussion in Youth Sport	Sarah Mc Fie
09:35	10:10	Building the right foundation for talent identification: The importance of early childhood physical activity and gross motor skill development	Cathi Draper
10:10	10:45	Talent identification in the Western Cape Academy system	Lyndon Bouah
10:45	11:00	TEA	
11:00	11:35	Anthropometric and physical development of professional academy rugby league players	Ben Jones (UK)
11:35	12:10	Talent identification and development in UK Rugby League	Kevin Till (UK)
12:10	12:45	Deliberate Practice: What is it and why is it important for athlete development?	Joe Baker (Canada)
12:45	13:20	Round table panel discussion:	Chair: Mike Lambert
13:20		LUNCH and drinks	

SATURDAY – (Practical strength and conditioning day)

Start	Finish	Topic	Speakers
		REFRESHMENTS	
07:30	08:00	Force velocity curve	Neil Parsley (UK)
08:00	09:00	Basics of strength training & youth strength training	
09:00	09:15	TEA AND REFRSHMENTS	
09:15	09:45	Secondary neural adaptations - why advanced strength training methods are important	Wayne Lombard
09:45	10:45	Introduction of Advanced methods	
10:45	11:15	Programming for performance	Neil Parsley (UK) / Wayne Lombard
11:15	12:15	Introduction to bands, chains, power measures, complex training	Wayne Lombard

*PLEASE NOTE: Programme subject to change

In Partnership with:



Event partners:



POWERED BY GYM AFRICA www.gymofrica.co.za

BETTER TOGETHER.