

# Herts Coaching Conference 2010

3<sup>rd</sup> Annual Coaching Conference

[www.sportinherts.org.uk](http://www.sportinherts.org.uk)



Sunday 21<sup>st</sup> February 2010

Hertfordshire Sports Village, University of Hertfordshire, De Havilland Campus, Hatfield, AL10 9EU

# 3<sup>rd</sup> Annual Herts Coaching Conference

Sunday 21<sup>st</sup> February 2010 >

09.00	Registration - Teas & Coffees (De Havilland Refectory)						
10.00 – 11.00	Keynote Opening Address: Sir Ian McGeechan (Room N001)						
Time	Cricket Hall	Sports Hall 1	Sports Hall 2	Sports Hall 3	Room N106	Room N108	
11.15 - 12.15	Stewart Hunt (Challenging Behaviour) SESSION A	Martin Andrew (Badminton) SESSION B <i>Practical Session</i>	Andy Allford (Developing Coaching Practice in Speed and Agility Training) SESSION C	Tom Browne (Assessing Game Performance) SESSION D <i>Practical/Theory Session</i>	Tim Newenham (Herding Cats) SESSION E	James Collins (Using Supplements for Sport) SESSION F	
12.30 - 13.30	Stewart Hunt (Challenging Behaviour) SESSION G		Andy Allford (Developing Coaching Practice in Speed and Agility Training) SESSION H	Tom Browne (Assessing Game Performance) SESSION I <i>Practical/Theory Session</i>	Tim Newenham (Herding Cats) SESSION J	James Collins (Using Supplements for Sport) SESSION K	
13.30 – 14.30	Lunch (De Havilland Refectory)						
14.30 – 15.30	Keynote Address - Terry Denison – <i>Ten P's of Great Coaching</i> (Room N001)						
Time	Cricket Hall	Sports Hall 1	Sports Halls 2 & 3	New Gen 1	New Gen 2	Room N101	Room N105
15.30 – 17.00	Jamie Hewitt (Cricket) SESSION L <i>Practical Session</i>	Tony Sephton (Improve Your Game Speed) SESSION M <i>Practical Session</i>	Maggie Jackson (Netball) SESSION N <i>Practical Session</i>	Malcolm Cook* (Football: Freeflow Coaching) SESSION O <i>Finishes at 17.30</i>	Tom Browne (Coaching Sporting Concepts- Principles of Play) SESSION P <i>Practical Session</i>	David Turner* (‘All Time Greats’ Lecture) SESSION Q <i>Finishes at 17.30</i>	Dr Steve Ingham (Training Stress, Recovery and Adaptation) SESSION R
17.30	Conference Close						

Conference Fee: £10  
Includes annual membership of the Herts Coaches' Association

Online booking and hard copy booking forms available from:

[www.sportinherts.org.uk](http://www.sportinherts.org.uk)

Conference Starts at 10am  
(Registration from 9am)  
University of Hertfordshire De Havilland Campus  
Hatfield Business Park  
Hatfield  
Hertfordshire  
AL10 9EU

For further information please contact:

Event Organiser: Lynsay Evans  
01707 281008

[info@sportinherts.org.uk](mailto:info@sportinherts.org.uk)



# Speakers & Sessions >



**“McGeechan possesses one of the most distinguished careers in the world of rugby”**

## Keynote Address: Sir Ian McGeechan

“Born in Leeds but Scottish to the core, Sir Ian McGeechan was an outstanding player for both Scotland and the British and Irish Lions before embarking on a celebrated coaching career in rugby union.

A keen student of the game, Sir Ian played for Headingley before making his Scotland debut against New Zealand at Murrayfield in December 1972 at fly-half. He then continued his 32-cap international career switching between stand-off and centre, never being overlooked for selection during a seven year period. At the age of 33, a knee injury brought the curtain down on a career that had also seen him tour with the British and Irish Lions on two occasions, South Africa in 1974 and New Zealand in 1977.

Sir Ian then became Scotland's assistant coach for the 1987 World Cup before being appointed as the national team's boss the following year. He steered Scotland to Grand Slam glory at the expense of England in the 1990 Five Nations and took his country to the World Cup semi-finals a year later. After receiving an OBE in 1990, Sir Ian assumed control of rugby affairs at Northampton in 1993 and led the Saints to Allied Dunbar Premiership title success. After the 1999 World Cup, he rejoined Scotland and in 2003 was installed as the country's Director of Rugby. In the summer of 2005, he was appointed in the role of Director of Rugby at London Wasps and proceeded to steer the club to victory in the 2006 Powergen Cup Final and the Heineken Cup in 2007.

However Sir Ian is most famed for his lengthy association with the British and Irish Lions, featuring in seven tours in total, masterminding Test series victories over Australia in 1989 and the Springboks in 1997. He is the only coach in the history of the game to have worked on five different tours - 1989, 1993, 1997, 2005 and 2009. Most recently he coached the team that came up just short against South Africa, losing the Test series 2-1 last summer. Though currently taking a rest from coaching, he has hinted at being involved in some way with the 2013 tour of Australia.

In recognition of this long and illustrious career in rugby, Sir Ian was knighted in the New Year's honours list for his services to rugby.”

# Speakers & Sessions >

Terry Denison > Olympic Coach

Keynote Address: **Ten P's of Great Coaching**



Terry is a former Olympic Coach, probably best known for his role as coach to Olympic swimming gold medallist Adrian Moorhouse. He is the head coach of the City of Leeds Swimming Club and was awarded the MBE for services to sport.

*"When I was 14, I joined City Of Leeds swimming club. Terry Denison was the coach there. He guided me from being a Yorkshire championship finalist who hadn't won anything to become an Olympic champion. He had a massive impact on my career and life" –Adrian Moorhouse*

Tony Sephton > Head of Performance, Hertfordshire Sports Village

Session M: *Improve Your Game Speed*



Tony has seven years experience working in performance training with a variety of elite and talented athletes. Tony is currently the Lead Strength and Conditioning Coach for England Badminton's world futures programme, lead Strength and Conditioning Coach for England Golf and works with athletes from England & Arsenal Womens Football, Hatfield Swimming Club, Batchwood Tennis HPC, Mavericks Netball and England Squash.

Tony's workshop will discuss the fundamentals of how we move and give you the tools to evaluate your athletes. This will be built into a structured programme that will deal with acceleration, deceleration, cutting speed and re-acceleration. All of these movements are paramount for sport performance and can help develop the correct mechanics for young athletes.

David Turner > University of Hertfordshire

Session O: *All Time Greats*



David is the Principal Lecturer in Sports Coaching at the University of Hertfordshire. He has been a sports coach and an educationalist for 25 years, and a coach educator for 15 years. David has a BEd in Movement Studies, a Master of Science by Research in Coaches' Use of Racial Stereotypes and is currently actively researching in the area of cognitive and developmental change as a result of coach education.

David's workshop will examine in detail the coaching philosophies and methods of four of the greatest coaches of all time (Lombardi, Wooden, Counsilman, Cerutti). To conclude he will consider common themes, contrast their coaching styles, and consider who we would have preferred to be coached by, and try to come up with pithy maxims to summarise their idiosyncratic coaching philosophies.

Martin Andrew > Badminton England

Session B: *Badminton Masterclass*



Martin has been involved in coaching for more than 15 years. For the last 11 years Martin has worked in both England and Australasia, beginning his career as South Australian State coach from 1996-97 before joining the then Badminton Association of England in 1998 as coaching manager. He left in 2001 to become Badminton Australia National Coach and moved on in 2003 to be Badminton New Zealand High Performance Manager and National Coach.

Dr Steve Ingham > EIS - Sports Physiologist

Session R: *Training Stress, Recovery and Adaptation*



In 2005 Steve joined the English Institute of Sport at Loughborough University, and is now Head of Physiology working with teams across the country. He has extensive experience of working with Olympic coaches and athletes.

Steve's workshop will look at physical training as a stimulus for adaptation and improvement in physical fitness. The knowledge base from which we draw training ideas is questioned with the principles of training stress optimisation discussed. With its growing interest the area of recovery will be explored because if your athletes are not recovering properly they will not be improving!

Maggie Jackson > Elite Netball Coach

Session N: *Netball Masterclass*



Maggie Jackson is a former England Netball national coach, who is currently at the helm of the Mavericks Super League Netball franchise, based at the University of Hertfordshire. Maggie is widely regarded as one of the world's leading netball coaches and will deliver a practical coaching session, aimed at giving current and prospective netball coaches an insight to the game at an elite level. Additionally the session will provide coaches with a range of drills and coaching tips which will help enhance their coaching practice.

Jamie Hewitt > ECB – Performance Manager

Session L: *Cricket Masterclass*

Jamie Hewitt is an ECB level 3 coach who is currently the performance manager with the Herts Cricket Association. Jamie is an ex-county cricketer who played for Middlesex and Kent taking 150 first class wickets. At the conference, Jamie will be delivering a practical coaching masterclass for cricket coaches of all levels.

# Speakers & Sessions >

Tom Browne > NIE, Singapore

Session D & I: *Assessing Game Performance*

Session P: *Coaching Sporting Concepts- Principles of play*



Tom has taught in primary, secondary and tertiary institutions in the UK, Australia and Singapore and is currently Assistant Professor (Sport Pedagogy) at Singapore's National Institute of Education (NIE). He has been involved in coaching as coaching director and representative coach in many sports (including rugby union, cricket, and athletics) for 30 years.

Andy Alford > EIS Strength and Conditioning Coach

Session C & H: *Developing coaching practice in Speed and Agility training*



Andy is the lead strength and conditioning coach for the English Institute of Sport East region. He works with a wide range of sports. After graduating from the University of Brighton with a sport science degree in 1996 Andy has spent the past 10 years working in the fields of health, fitness and performance. Before joining the EIS full time in 2006 Andy worked for the University of Hertfordshire as Head of Health, Fitness and Performance whilst working for the EIS part time, and also being the lead strength and conditioning coach with the British Paralympic Association.

**Andy's workshop will look at how we blend the three components of agility together to ensure optimum transfer into 'real life' game situations and to ensure you're training the correct components for each individual.**

Tim Newenham > 2012 Olympics Legacy Venues

Session F & L: *Herding Cats*



Tim Newenham completed graduate and postgraduate studies at Loughborough University in Physical Education, Sports Science and Management, following which he competed internationally in athletics and bobsleigh to Commonwealth Games level. After 5 years as GB national Javelin Coach, he worked for a further 5 years on tour with Tim Henman and then with a Le Mans winning motor racing team. Currently he is Senior Project Manager for 2012 Olympics Legacy Venues, after seven years managing aspects of the English Institute of Sport, from its inception to Beijing debriefs.

James Collins > Performance Nutritionist

Session F & K: *Using Supplements for Sport*



James is a performance nutritionist working within elite and professional sport. He works with the English Institute of Sport, where he leads a special interest group within the EIS Performance Nutrition Group. At the Beijing 2008 Olympics, he helped Team GB medallists and finalists. Within professional football, he is Lead Nutritionist for Wolverhampton Wanderers Football Club. He is developing a growing reputation as a recognised authority in this important area.

Stewart Hunt > Apex Multi Sports

Session A & G: *Challenging Behaviour*



Stewart Hunt is the Managing Director of Apex Multisports Ltd, one of the leading sports coaching agencies in Hertfordshire. Stewart began Apex Multisports around 4 years ago offering affordable, high quality coaching in a wide range of sports and physical activities.

Working in partnership, Apex Multisports has expanded at an exponential rate, and now delivers coaching in over 250 educational and community settings across the county, utilising over 40 fully accredited coaching staff.

Malcolm Cook > Football Coach, Mentor and Educator

Session O: *Freeflow Coaching*



Malcolm Cook is a highly regarded and experienced football coach, mentor and educator. A boyhood friend of Sir Alex Ferguson, he played for Drumchapel Amateurs and then professionally with Motherwell, Bradford Park Avenue and Newport County, before injury ended his playing career.

He has been a coach at Doncaster Rovers, Bradford City, Huddersfield Town and Liverpool, having been appointed by then Manager Kenny Dalglish. As an author he has written five best-selling books on football coaching, and is creator of the Freeflow Coaching System.