



Conference Programme

08.00 Conference Registration and viewing Conference Exhibition

09.30 OFFICIAL OPENING ADDRESS : PADRAIG HARRINGTON - IRISH SPORTS PERSON OF THE YEAR—TRIPLE MAJOR CHAMPION

10.00 KEYNOTE PRESENTATION 1— Long Term Player Development: What we know and don't know — Dr. Liam Hennessy

08.00	YOUNG PLAYER AND ATHLETE Chair: Michael McGeehin	TRAINING FOR POWER Chair: Colin Buckley	GAMES DEVELOPMENT Chair: Dave Moriarty	INJURIES AND SPORTS MEDICINE Chair: Dr. Pat Duggan	TRAINING SCIENCE Chair: TBA	PERFORMANCE MANAGEMENT Chair: Liz Howard	FIELD FITNESS Chair: Michael McCorry	GOLF ROOM Chair: Tadhg Harrington
11.00	Early Childhood Development through to a Adult Elite Performance. Alan Pearson	Improving Function, Speed, Strength and Power in Young Athletes. Des Ryan	Gaelic Football: Men & Ladies football: Training with Purpose. Eamon Ryan	Acute Injury Management at pitch side. Ailbe McCormack	The importance of Nutritional Recovery for Sport. Richelle Flanagan	Organisation of a High Performance Programme. Gary Keegan	Functional Screening. Jim Kilty	The TPI Experience. Dr. Greg Rose, David Philips and Lance Gill
12.00	Developing a training progression for Youth Team Sports. Al Vermeil	Kettlebell Training. Robbie Williams and Phillip Morrow	Hurling & Camogie: How to Coach skills. Fitness for Hurling. Paudie Butler & Michael Dempsey	Medical issues and the Adult Athlete. Dr. Eanna Falvey	Recovery from Exercise. Dr. Malachy McHugh	County Team Management. Pete McGrath	Field-based Strength & Power Training for Sports. Paul Pook	Interview with Rebecca Coakley. With Roddy Carr

13.00 LUNCH BREAK

14.00 KEYNOTE PRESENTATION 2— Managing and Coaching Teams—Martin O'Neill

14.30 KEYNOTE FORUM— MEET THE MANAGERS: Martin O'Neill, Mickey Harte, Brian Cody - Q&A

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15.30	The Assessment and Development of Physical Competence. Kelvin Giles	Practical Power Training Circuits. Robbie Williams and Philip Morrow	Rugby: Development of Specific Fitness through Skill Drills & Games. Mark Bennett	Sports Medicine and the Young Athlete. Pat Kiely	Performance Analysis: A practical coaching guide. Denise Martin	Practical Techniques for Improving Concentration Skills in Athletes. Prof. Aidan Moran	Planning for All Ireland Success. Pat Flanagan	Swing Styles. The TPI Team
16.30	What 50 years Experience has taught Coaches Al Vermeil	Functional Weight Lifting for Team Sports. Martin Zawieja	Speed and Agility Training for Team Sports. Dr. Tom Comyns	Drugs in Sport: Practical concerns for the coach. Siobhan Leonard	Endurance Training for Team Sports. Prof. Niall Moyna	Telling the Story from the Inside. Dr. Alan Ringland		
17.30				Getting your feet ready to Perform. Dr. Travis McDonough	Sports Vision: Maximise Vision, Maximise Performance. Dr. Arthur Cummings	2009 Anti-Doping Rules: What you must know. Larry Fenelon		Fitness for Golf. The TPI Team

Sunday 26th

09.15 The Young Player: Practical Strength Training Session.
Al Vermeil

11.15 Functional training and progressions for players and athletes.
Kelvin Giles

10.15 Using Olympic lifts to improve performance: Coaching the lifts and progressions.
Martin Zawieja

12.15 Roundtable Discussion on Long Term Player Development.
Dr Liam Hennessy, Al Vermeil, Martin Zawieja, Kelvin Giles, Michael McGeehin