

# 29 JANUARY 2017 DEVELOPMENT COACH CONFERENCE



## PRESENTERS

**MIKE WHITTINGHAM –  
SPORTSCOTLAND  
INSTITUTE OF SPORT**

**NIK DIAPER –  
ENGLISH INSTITUTE  
OF SPORT**

**INTERNATIONAL  
COACHES AND  
PERFORMERS**

**MATT HAMMOND –  
GB BOCCIA**

## REFLECTIONS ON RIO

Stirling Court Hotel, University of Stirling, FK9 4LA

0930 Registration, 1000 Start, 1530 Close

Scottish Disability Sport would like to invite you to register for the Reflections on Rio: Development Coach Conference 2017. There is no cost to attend as SDS recognizes the huge contribution coaches make to disability sport in Scotland.

A video of the 2014 conference can be [seen here](#).

For more information or to register contact

[admin@scottishdisabilitysport.com](mailto:admin@scottishdisabilitysport.com)

0131 317 1130

or [register online here](#)



SCOTTISH DISABILITY  
SPORT

**sportscotland**  
the national agency for sport

# CONFERENCE PROGRAMME

*09.30 – 10.00*

Registration, refreshments and hot filled rolls

*10.00 – 10.50*

Conference welcome, opening remarks and keynote addresses

Nik Diaper EIS head of sport science and sport medicine (Paralympic sports) provides an overview into Rio 2016 and an insight into future planning for Tokyo

Matt Hammond – GB Boccia Performance Manager reflects on Rio 2016 from sport's perspective

*10.50 – 12.20*

Choice of workshops: please make your selection using the descriptors and form below.

Refreshments will be available in each breakout room.

*12.20 – 13.00*

Lunch and Networking

*13.00 – 14.30*

Workshops repeated: please make your selection using the descriptors and form below.

*14.30– 14.50*

Discussion Panel

A panel of athletes, players and coaches discuss topical issues, and future aspirations, and respond to questions from the floor.

*14.50-15.15*

Looking Forward

Mike Whittingham

*15.25*

Thanks and Summary

*15.30*

Close

## Workshop 1

Athlete Support – the transition periods of an athlete and how coaches can support the athlete through these transition phases.

Susie Elms – Lead Manager Lifestyle, SIS.

## Workshop 2

Leadership and Mentoring

Michael Cavanagh, former Chair of Commonwealth Games Scotland and Leadership Trust Coach, will explore the leadership role of a coach and how to support successful practice.

Lyndon Williams, International Para Badminton Representative on the Badminton World Federation, and Mentor on two key SDS coach programmes.

## Workshop 3

Understanding the basic principles of performance nutrition and hydration to support para athlete training and recovery.

Irene Riach, sportscotland Institute of Sport

## Workshop 4

Developing a strength and conditioning programme for para athletes.

The outcomes of the workshop are a better understanding of developing a strength and power programme for your athletes, and adapting physical prep programmes for athletes with a disability within your coaching session.

## Workshop 5

Communication: the use of technology for ensuring communication is relevant to the needs of adults and children with a variety of disabilities.

Annalu Waller, Chair of Human Communication Technologies, University of Dundee

## Workshop 6

Planning and periodisation for coaches: consideration will be given to goal setting, competition and coping with unforeseen circumstances.

## SDS Development Coach Conference Registration

Name: \_\_\_\_\_

Please indicate your workshop choice in order of preference from 1-5, with 1 being your first choice and 5 being your last choice.

Please complete and return to: Caroline Lyon, Scottish Disability Sport, Caledonia House, South Gyle, Edinburgh EH12 9DQ, email to [admin@scottishdisabilitysport.com](mailto:admin@scottishdisabilitysport.com), or complete [online here](#).

Number and title of workshop	Preference
Example: Workshop 1 Athlete Support	3
Workshop 1 Athlete Support	
Workshop 2 Leadership and Mentoring	
Workshop 3 Nutrition and Hydration	
Workshop 4 Strength and Conditioning	
Workshop 5 Communication	
Workshop 6 Planning and Periodisation	