



KEYNOTE PRESENTERS AND WORKSHOPS

Thursday 15th November 2018

[AUT University, North Campus, 90 Akoranga Drive, Northcote](#)

9:30 – 10:00	Registration AUT Sport and Fitness Centre (AH Building)
	ROOM AF114
10:00 – 11:00	ASSOCIATE PROFESSOR SOPHIA NIMPHIUS Topic: Know “why” before “what” change of direction and agility tests Facilitator: Professor Mike McGuigan
11:00 – 12:30	EMILY NOLAN Topic: The Why, The How and The What Panel Discussion to follow Facilitator: Professor Mike McGuigan
12:30 – 1:15	Lunch
1:15 – 2:15	DAVID JOYCE Topic: Pain – a modern understanding of an ancient feeling Facilitator: Professor John Cronin
2:15 – 2:30	Afternoon Tea (<i>Keynote Presenters available for Questions</i>)

WORKSHOPS

2:30 – 3:45	<p><u>Weightlifting Derivatives: Technique, Variations, and Practical Application</u></p> <p>Timothy Suchomel Room AH216</p>	<p><u>From Pillow to Podium: Understanding the importance of sleep for athletic performance</u></p> <p>Matt Driller and Arne Niewenhuys Room AH214</p>	<p><u>HPSNZ Strength and Conditioning Workshop</u></p> <p>Shaun Paterson Ryan Turfrey Simon Chatterton Room AF116</p>	<p><u>Task and constraint drills to enhance specific strength, mobility and movement solutions for multi-directional movement</u></p> <p>Sophia Nimphius AH Stadium</p>
4:00 – 5:15	<p><u>Practical Application of Research-based Autoregulation Strategies for Strength Training</u></p> <p>Eric Helms Room AF229</p>	<p><u>How to coach a feeling</u></p> <p>Sarah-Kate Millar AH Stadium</p>	<p><u>Performance Profiling</u></p> <p>Ben Jones Room AH214</p>	<p><u>SPRINZ Strength and Conditioning Showcase</u></p> <p>Lesley Sommerfield Andrew Picardo Dustin Oranchuk Tracey Clissold Aaron Uthoff Room AF116</p>
6:00	<p><i>Networking at Backyard Bar (31 Northcote Road)</i></p>			