



Community, Sports & Recreation Workshop Series 2012



Our Workshop Presenters

The strength of our presenters lies in the fact that they are all industry professionals, working every day in their area of expertise. They are not merely professional educators covering a specific topic they may not be completely familiar with. However each of them have excellent presentation skills that allow them to relate well to audiences, backed by a huge wealth of real world knowledge.

Through our strong networks, we have access to a wide variety of highly knowledgeable, professional workshop presenters across both sporting and community non-profit specialties. All our presenters have existing experience in delivering information and education to community volunteer audiences at all levels and are able to ensure the workshop experience is a valuable one to delegates. Many are able to present across different specialty areas allowing a choice of at least two presenters for each of the workshop. For the more general topics included in the workshop series, the presenters can apply a dual focus on both the Sport & Recreational aspects of the topic (Eg Event Management) and also the wider community focus which would include information and examples for philanthropic, farming or common interest groups, to allow for a wider audience.

Many of the speakers are able to present more than one topic, allowing great flexibility in available dates and a new perspective on existing workshops. Several presenters have provided suggestions for workshops which are not included in the tender but which may be of interest to your region. Each of the presenters have access to extensive networks, both within the Sports & Recreation field and outside of it, which allow them to offer a rich source of advice, support & information to delegates, both during the workshop and in follow up enquiries. As an additional service all presenters have agreed to respond to emailed delegate queries following the workshops and many can offer specialist consultancy services should delegates wish to do more in depth work with them following the event.

The index guides over the page will help you to see the range of workshops we are able to offer your region by presenter or workshop topic, including many workshops focussing on new areas of the topic...

FOR MORE INFORMATION CONTACT:

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Our Workshops.....

SRQ Topic:

Athlete Recovery

Workshop Name:

Athlete Recovery

Workshop Duration:

3 Hours

Primary Workshop Presenter:

Angela Calder or Mark Sayers

Workshop Content:

Building recovery time into any training program is important because this is the time that the body adapts to the stress of exercise and the real training effect takes place. Recovery also allows the body to replenish energy stores and repair damaged tissues. Recovery time allows stores to be replenished and allows tissue repair to occur. Without sufficient time to repair and replenish, the body will continue to breakdown from intensive exercise. Symptoms of overtraining often occur from a lack of recovery time.

In this workshop you will learn:

What is recovery:

- The physiology of stress
- Different sources of stress: Total stress = Lifestyle, emotional, training, competition
- Does exercise reduce or increase stress?

How can you tell if an athlete is adapting to training?

- Signs and symptoms.
- The difference between over-reaching and overtraining

What type of fatigue is the athlete experiencing?

- Specific fitness components will produce different types of fatigue. Knowing what fatigue is being produced is essential to planning your recovery strategy.

Recovery strategies:

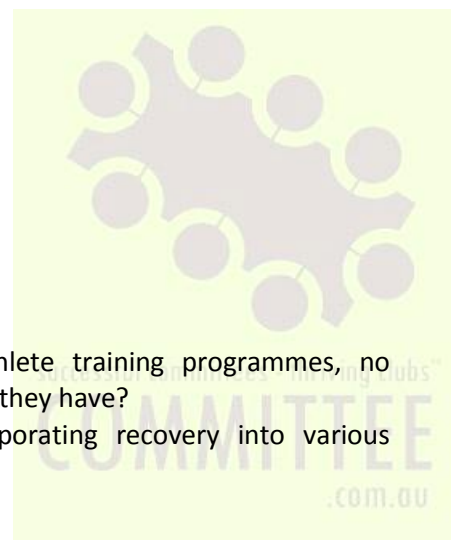
- Hydrotherapies
- Compressive clothing
- Massage/Acupuncture
- Nutrition
- Rest
- Modifying the training program

How can you build recovery into athlete training programmes, no matter what level or training experience they have?

- A practical approach to incorporating recovery into various training programs

What about coach recovery?

- Coaches also go through the same stress response as athletes -



an overstressed coach is not an effective coach!

SRQ Topic:

Athlete Recovery

Workshop Name:

Sports Science Specific

Workshop Duration:

3 Hours

Primary Workshop Presenter:

Angela Calder or Mark Sayers

For further details on any workshop related to sports science, contact Leisa Donlan 0414 932 095.

SRQ Topic:

Beginning Coaching Level 1

Workshop Name:

Beginning Coaching

Workshop Duration:

3 hours including breaks

Workshop Presenter/s:

Dion Walmsley or Damian Mednis

Workshop Content:

The Beginning Coaching workshop offers coaches the opportunity to increase their knowledge and their skill ensuring continued improvement of our sporting talent and it is a nationally accredited qualification.

In this workshop you will learn:

1. The role of the coach
2. Planning and reviewing
3. Risk management
4. Coaching communication
5. Developing sport skills
6. Game sense & Inclusion
7. Group management
8. Athlete Development



SRQ Topic:

Club Committees

Workshop Name:

Disaster Management For Community Clubs

Workshop Duration:

3 Hours

Workshop Presenter:

Leisa Donlan

Workshop Content:

When disasters strike any community it is a challenge for volunteers to manage their clubs and organisations, often when their own lives have been negatively affected. Preparing for a disaster and planning can lessen the impact and workload on everyone. Managing the recovery and understanding how your club are likely to be effected into the future, following a disaster is vital.

In this workshop you will learn:

- How to anticipate what disasters could affect your club.
- When to begin planning and how to write a quick and effective disaster plan.
- Using communication tools to prepare for a disaster and what you can do if they are not available after a disaster.
- Technology that is either very cheap or free to ensure your club can continue to do business without any physical assets left.
- How to understand exactly what will be covered by insurance and how to ensure your policy is worth the investment.
- Using your key stakeholders to help in the recovery effort.
- What the likely effects are of a disaster on future financial health and membership.
- How to prepare now to make the recovery as quick and painless as possible.

SRQ Topic:

Club Committees

Workshop Name:

Duty of Care To Sports Participants

Workshop Duration:

3 Hours

Primary Workshop Presenter:

Sebby Balsamo

For further details on any workshop related to sports science, contact Leisa Donlan 0414 932 095.



SRQ Topic: Club Committees

Workshop Name: Excellent Club Committees (Cornerstone Workshop)

Name:

Workshop Duration: 3 Hours

Workshop Presenter: **Leisa Donlan**

Workshop Content: Being on a committee brings lots of challenges and it is often difficult to find out what your job really is. Even for those who have been on committee for a long time, changes to legislation and regulations can mean we have to change the way our club has always done things. Being on a committee isn't only about the law, it's also about ensuring we are getting the best out of our members and keeping the club on track. In this workshop you will learn:

- What are the laws that relate to your club's committee and what do they say you must do.
- How can you monitor the finances of the club to ensure you have enough money.
- What is the difference between strategic leadership and operational activity and how can you avoid being operational in meetings.
- What are the most important aspects of management for your committee and how can you get those skills.
- Are ethics important when you are a volunteer committee member.
- What are some great strategies for increasing volunteering.
- Using existing templates to help evaluate and improve management in your club.

SRQ Topic: Club Committees

Workshop Name: Effective Meetings & AGM's

Workshop Duration: 3 Hours

Workshop Presenter: **Leisa Donlan**

Workshop Content: One of the most important aspects of being on any club committee is to ensure that the club's meetings are run properly and effectively, so things get done. The workshop will focus solely on the meeting process for both committees and members. In this workshop you will learn:

- How often your club should meet
- What kind of meetings do you currently have
- Does your quorum work for your club?
- What is the right number of people for your committee
- How does the constitution affect your meeting process
- What is the proper process for AGMs
- Why you may need to call a special general meeting and ways to avoid it!



- Tips to ensure your regular meetings don't take hours and achieve nothing.

SRQ Topic: **Club Committees**

Workshop Name: **Managing Clubs in 2011 – For Advanced Club Committee**

Workshop Duration: 3 Hours

Workshop Presenter: **Leisa Donlan**

Workshop Content: Associations can be very traditional and for some organisations that's just the way they like it, while others are ready to embrace change and be on the "the cutting edge" of non-profit management. No matter what type of club you are involved with, there have been some major changes and developments that will affect how you manage your club in 2011. This workshop isn't about forecasting a distant future, it's about major changes that have happened in the last year, or things that are happening now that your club must understand to ensure your committee is fully aware and managing the business of your club appropriately! In this workshop you will learn about:

- Legal: Ground breaking legal actions from members and staff against their clubs, legislative changes & new taxation office rulings that will affect how you need to run your club.
- Risk: Understanding what your club and your members are really insured for, how much your excess could be and how recent incidents, accidents & deaths within clubs will mean changes to your operations to protect yourselves.
- Technology: How you can use existing free technology, no matter what your skill level to build websites, communicate more effectively with your members and store your data safely in cyberspace.
- People: Why people seem harder to manage than ever, how to connect with the younger generation and how you will have to change to just maintain your current level of participants.



SRQ Topic:

Club Committees

Workshop Name:

Media Relations For Non Profit Organisations

Workshop Duration:

3 Hours

Workshop Presenter:

Leisa Donlan

Workshop Content:

It isn't always easy to attract the notice of media for the promotion of your club or organisation. There are easier ways to do it than to send constant letters, faxes or make calls to each individual media outlet. For those organisations that do have to handle the media when things go wrong, it can be a terrifying experience, loaded with pitfalls. In this workshop you will learn"

How to build a database of good media contacts

Services that are already available to send your media release

How to prepare a media release that will get noticed

What to do when your club makes news

How to prepare or both good and bad media attention

Ways to prepare a media plan to ensure your organisation's activities are always covered!

SRQ Topic:

Club Committees

Workshop Name:

The Roles of Club Executives

Workshop Duration:

3 Hours

Primary Workshop Presenter:

Leisa Donlan

The Executive committee members of any organisation often hold more responsibility to get the work done and manage the members than the rest of the committee. In some clubs it isn't uncommon for there to be a misunderstanding of these roles and who on committee should perform certain tasks, which can often lead to problems and politics! In this workshop you will learn:

- What are the key roles within the Executive
- What the law says about meeting outside of the full committee
- How can you ensure you have the best people in the club in those important positions
- Tips on working together without the static of politics to disrupt the club
- Ways to report to each other without encouraging criticism
- Why it's important the Executive fully support each other and the remainder of the committee



Workshop Details:

Easy Event Management For Local Clubs

Workshop Duration:

3 Hours

Primary Workshop Presenter:

Leisa Donlan

Workshop Content:

Most clubs will have an opportunity to host an event and it can be a daunting prospect, whether it's a small local competition, a regional event or even an international one. Events are a rewarding activity that can increase your sports profile, add to participation at your club and earn extra revenue if well run.

In this workshop you will learn:

- How to decide if you want to organise an event at your club or venue.
- Preparing a risk management plan as a first step.
- Budgeting the event and taking steps to ensure you don't lose money.
- Building strong relationships with your regional, state & international stakeholders.
- The key planning steps to use to ensure there are no surprises on the day including how to develop a concept and feasibility plan for the event.
- What preparation your club will need to do, to ensure success.
- How to plan for, roster & follow up with volunteers.
- How to monitor the progression of the event to avoid problems and increase success.
- Finding sponsors and marketing the event to your members and the public.
- Liaising with emergency services.
- Ensuring your volunteers have appropriate training to get the job done on the day.
- What are the biggest problems you are likely to face, including legislation you must be aware of.
- What you should do following the event to report to your club and be able to improve processes for next time.



SRQ Topic:

Financial Management

Workshop Details:

Money, Money, Money

Workshop Duration:

3 Hours

Primary Workshop Presenter:

Leisa Donlan

Workshop Content:

Most community organisations need more money. It's a priority that can get lost in doing the business of your club but without good financial management, nothing else can succeed. Managing and raising funds isn't only for the Treasurer or Fund Raising committee. Everyone involved in the management of your club holds a liability for it's proper financial management. The days of raising money through lamington drives and raffles are a thing of the past for most struggling clubs, however there are fantastic new ideas to help you raise money, some with very little effort. In this workshop you will learn:

- Why budgets are important, not matter what size club you are
- How to develop and implement a budget to ensure a profit
- What it means to be a "non profit" organisation
- Funding schemes that are available to your own organisation, no matter what your focus
- The OFT category of your club and what that means for your end of financial year reporting
- What an audit means and how to read the report from your accountant
- Making the most of what you have by clever banking & investment
- What is a member benefit scheme and how you can develop one for your own organisation
- Modern fundraising options that actually raise funds



SRQ Topic:

Marketing & Sponsorship

Workshop Details:

If You Build It, They Will Come - Marketing, Promotion & Sponsors Made Easy

Workshop Duration:

3 Hours

Primary Workshop Presenter:

Leisa Donlan

Workshop Content:

Marketing and promoting your club and its identity is vital to make it attractive to members, government and sponsors. Good marketing is more than the occasional add in the paper or distributing a flyer and is a basic step to achieve both recognition and sponsorship. Sponsorship can be a vital way for your club to raise much needed funds and often clubs feel it's just too difficult to ask for money and be successful. By learning how to identify good prospective sponsors, finding out what is important to them and providing it, your club can build strong long term relationships with business that benefit both of you. In this workshop you will learn:

- What's the difference between advertising and marketing our club.
- How can our club easily build a marketing plan that makes sense and doesn't create too much work.
- Resources that may be available to help us get a marketing strategy for free.
- How you can find good prospective sponsors close to home and on a national scale
- What sponsors are looking for and how you can provide innovative solutions that will increase your chances of a cheque.
- What should be in a sponsorship proposal and how much money should we ask for.
- Utilizing sports agencies for high profile clubs and teams.
- Why communication is vital when you have sponsors.
- How to build a strong, long term relationship with sponsors.



SRQ Topic:

Sports Nutrition

Workshop Details:

Sports Nutrition

Workshop Duration:

3 Hours

Workshop Presenter/s:

Kerry Leach or Mark Sayers

Workshop Content:

Aside from training, nutrition is the most important influence on sports performance. To reach one's highest potential, all of the body's systems must be working optimally. The best way to achieve this is to eat a variety of nutritious foods. Calories , carbohydrate , protein , fat , vitamins , minerals , and fluids all play a unique and crucial role. It's vital that your coaches, athletes and parents understand this complicated process to get the best performance possible.

In this workshop you will learn:

- What is the best diet for both training and competing
- Effective hydration and the importance of protecting the body with appropriate fluid levels
- What is active recovery
- Which supplements actually work and which can be dangerous
- How to prepare for long competitions and carnivals

And

- Have an opportunity to discuss sport specific questions and case studies.



SRQ Topic:

Sports Psychology

Workshop Details:

Sports Psychology

Workshop Duration:

3 Hours

Workshop Presenter:

Tracey Veivers

Workshop Content:

Sport psychology has been known in one form or another for almost as long as people have played professional sports and it's not just for professional athletes. The psychology of sports is interesting not only to professional athletes, but to anyone with an interest in the mind, especially if they are into the psychology of peak performance. Competitive thinking starts long before any competition and its crucial your club's coaches and athletes understand the process to be continuing successful.

In this workshop you will learn:

- How to develop a winning attitude in your athletes.
- Defining what "win" means to you.
- Building self-esteem and confidence, no matter what level of performance or competition.
- Setting and achieving goals.
- Using the power of your mind to your best advantage.
- How to manage when things don't go according to plan.



SRQ Topic:

Beginner Sports Strapping

Workshop Details:

Sports Strapping (Beginner)

Workshop Duration:

3 Hours

Primary Workshop Presenter:

Sebby Balsamo

Alternative Workshop Presenter:

None

Workshop Content:

This beginner's workshop is aimed at providing a basic understanding of the fundamentals of strapping and bandaging techniques for sports participants. It allows the coaches, managers, trainers and volunteers to assist players of all ages to safely manage injuries which are minor in nature or which have been cleared to return to sport but require some injury prevention. The workshop combines basic theory with hands on practical demonstration and allows the delegate to practice the techniques in real time. At the same time answer frequently asked questions which these volunteers of have will be answered.

The workshop will cover topics such as:

1. What is strapping and the reasons for its use?
2. Pre and post tapping safety checks lists and legal requirements.
3. Preparing the player for tapping.
4. When to tape and when not to tape.
5. When to refer to a professional for assessment of an injury.
6. Demonstration of correct strapping techniques for the thumb, finger and ankle.



SRQ Topic:

Advanced Sport Strapping

Workshop Details:

Sports Strapping (Advanced)

Workshop Duration:

3 Hours

Primary Workshop Presenter:

Sebby Balsamo

Alternative Workshop Presenter:

None

Workshop Content:

The Advanced Sports Strapping workshop attempts to build on the knowledge base created by the Beginners Workshop. The principles of sports injury assessment and management are discussed in a very basic and practical manner aimed directly at sports volunteers. The overall aim of the workshop is to arm the volunteer with enough knowledge to make safe discussion on whether or not the player can play on or need to be referred to another professional. The workshop also demonstrate some more advanced strapping techniques such as strapping of the knee and shoulder and wrist.

The workshop will cover topics such as :

1. How to perform a basic injury assessment.
2. How to identify some of the more serious injuries which may require immediate medical assistance,
3. The theory behind strapping of the knee, shoulder and wrist.
4. Practical demonstration of strapping of the knee, shoulder and wrist



SRQ Topic:

Strength & Conditioning

Workshop Details:

Common Myths In Sport & Training
First Aid Kit Preparation For Different Sports
Heat Injury In Sports Participation
Injury Assessment For Volunteer Coaches
Stress & Exercise
Travelling With Sports Teams
Warm Up & Injury Prevention
Weight Mangement For Teenagers

Workshop Duration:

3 Hours

Workshop Presenter/s:

Various Presenters Within Their Specialty

Workshop Content:

For further details on any workshop related to sports science, contact Leisa Donlan 0414 932 095.

SRQ Topic:

Strength & Conditioning

Workshop Details:

Strength & Conditioning

Workshop Duration:

3 Hours

Workshop Presenter/s:

Damian Mednis or Dion Walmsley

Workshop Content:

No matter what your sport, it's vital your club's coaches have the skills to plan, implement & review physical training sessions that are effective & appropriate for all levels of athletes. This workshop will focus purely on the strength and conditioning aspects of coaching with a practical emphasis.

In this workshop you will learn:

- How to build appropriate strength in your athletes.
- Techniques to increase speed
- What is conditioning and how you can achieve it.
- Recovery Techniques to protect fitness.
- What is Periodisation and why is it important.
- Dynamic Warm Up sessions.
- Stretching routines that are beneficial and appropriate.



SRQ Topic:

Physical Activity For Older People

Workshop Name:

Physical Activity For The Elderley

Workshop Duration:

3 Hours

Workshop Presenter:

Dion Walmsley

Workshop Content:

As our population ages, it's even more important for us to engage our older people in physical activity. Understanding the aging body and creating fun and inspiring programs isn't only for our sporting youth.

In this workshop you will learn:

How old is old when it comes to your physical prime?

What physiological changes occur with ageing?

- Which changes are from ageing and which are from inactivity?
- Weight, bone mass, muscle mass, strength, fitness, flexibility.

What type of exercise is best to reduce the effects of ageing?

Can you still do Personal Bests in your 30's or 40's (or older)?

Specific programs for specific purposes:

- Masters athletes
- Health programs
- Rehabilitation programs
- Fall prevention programs
- Types of programs include: strength, fitness, balance, flexibility
- Fun ways to achieve health benefits from physical activity e.g. Wii games, bowls, golf, gardening

The workshop will be presented in theory and practice, with a focus on providing practical exercise programs for fall prevention, improved functionality, and masters athletes.



SRQ Topic: Succession Planning

Workshop Details: Agony Free Strategic Planning

Workshop Duration: 3 Hours

Workshop Presenter: **Leisa Donlan**

Workshop Content: Most of the work performed at club level is the operational aspects, such as organising the competitions, paying the bills and managing the politics but there is another very important part of the role that busy volunteers don't usually have the time to think of, strategic planning for the future of their club. The Crawford Report released in 2009 raises some interesting views of the future of community sport in Australia that highlight both the opportunities for forward thinking clubs and the dangers to those that don't plan for change. In addition funding programs are changing to require strategic planning to be an integral part of the application process. Employing experts to write a strategic plan isn't the best solution for many clubs and it's easy to do yourself. In this workshop you will learn:

- How changes in your local area are likely to affect your organisation
- What changes your club, charity or sport can expect over the next ten years
- Can your biggest threats also be opportunities?
- How to prepare your club for the process of strategic planning
- What to do to make sure everyone is involved
- What does SWOT mean and how can that help your club
- How to actually write a simple plan that's perfect for your own organisation
- What to do with the plan when it's written!



SRQ Topic: **Succession Planning**

Workshop Details: **Planning Your Club’s Future – For Excellent Club Committees**

Workshop Duration: 3 Hours

Workshop Presenter: **Leisa Donlan**

Workshop Content: There are many examples of thriving clubs with very experienced committees members and even more examples of what can happen to those clubs when volunteers move on and fail to plan for the future. Putting together plans and having time to think about the club’s future just doesn’t seem possible when you are already too busy working on what will happen this week. Unfortunately if your club and it’s committee can’t make some plans to change for the better, every week will continue to be too busy! The good news is that planning isn’t difficult, it doesn’t take months, you don’t need a consultant or any extra money and if you plan properly you will be doing less work with more focus and lot’s more help. In this workshop you will learn about:

- Operational Plans : how to effectively work out what your club will focus on in the short term, who will do what and how reporting can ensure that everyone is working equally hard!
- Strategic Plans : how to begin strategic planning tomorrow all on your own, to make sure your club can exist and thrive in the future.
- Succession Plans : how to manage & mentor volunteers so when you are ready to step down there is someone ready to take your club into the future Guaranteed!

SRQ Topic: **Technology Made Simple**

Workshop Details: **Athlete Related Technology For Sport**

Workshop Duration: 3 Hours

Workshop Presenter: **Mark Sayers**

Workshop Content: For further details on any workshop related to sports science, contact Leisa Donlan 0414 932 095.



SRQ Topic:

Technology Made Simple

Workshop Details:

Technology To Save Your Club Time & Money

Workshop Duration:

3 Hours

Primary Workshop Presenter:

Leisa Donlan

Workshop Content:

Sporting & Community organisations are often challenged to find the money or time to communicate with their members. Social networking sites such as My Space and Facebook are becoming primary tools for talking to member and each other but how does the effect member's privacy and protect children in junior clubs? There are secrets to developing your clubs website that can not only increase your member's interest but also provide some additional and probably desperately needed funds. Technology projects can be an excellent way to involve youthvolunteers in your organisation by providing a range of fun, exciting and high profile opportunities for them tocontribute, even if they aren't members.

In this workshop you will find out:

- What technology is available for use now for free or at a minimal cost
- How to set up pages for your club on My Space & Facebook
- What are the privacy implications of using social networks
- Protecting children on your site
- Prioritizing your website for search engines
- Understanding member's behaviour in viewing your website
- How your club can write and maintain your own website for free
- How to make a professional website pay its own way
- What free tools are available to help improve the quality of your website or email newsletter
- How to find out who is reading your emails, what they are looking at and how to improve your chances of getting member's attention.
- And, if you aren't technology minded, who can you go to for free or low cost assistance in developing new
- technology for your club.



SRQ Topic: Volunteer Management

Workshop Details: Volunteers In The New Millennium

Workshop Duration: 3 Hours

Workshop Presenter: **Leisa Donlan**

Workshop Content: Everyone knows its harder to get help these days, but is that really true or do we need to find a different way to ask? As we become busier and work longer hours, the pool of available people gets smaller, so clubs need to be much smarter about the effort they put into managing volunteers. It's important not only to work smarter to get help but to protect and reward those great volunteers your club can't do without, to make sure you have enough help so the work is spread more evenly and to plan ahead for the committee to make sure no-one is stuck there forever. This workshop includes some great strategies for managing your precious helpers and defines a way for you to leave your club when you are ready without the guilt. In this workshop you will learn:

- How to increase the amount of volunteers you have now.
- What resources you already have that you can utilize to get more help.
- How to engage with people outside of your club including youth, senior and internet volunteering strategies.
- What are the legal implications of having volunteers and what must your club do to ensure you are meeting them.
- How to author and market policies to your volunteers, so they are followed whether you are there or not.
- The basics of managing a group of volunteers so they are happy and productive.
- Planning to ensure no-one is overworked.
- How to recognise and reward your valued volunteers.

Other Suggested Workshops You May Not Have Considered

Through our existing networks, we are able to provide a range of new topics which may be of interest. Should these appeal, we would be happy to provide more specific details for consideration.

Young Athletes
Building a Team Culture
Hybrid Games in the Warmup
Managing Team Dynamics
Planning for the Season



Our Presenters.....

Presenter: **Sebby Balsamo**
 Physiotherapist

Workshop Topics:	Advanced Sports Strapping	Advanced Sports Strapping
	Beginner Sports Strapping	Beginner Sports Strapping
	Club Committees	Duty of Care To Sports Participants
	Strength & Conditioning	First Aid Kit Preparation For Different Sports
	Strength & Conditioning	Heat Injury in Sports Participation
	Strength & Conditioning	Injury Assessment For Volunteer Coaches
	Strength & Conditioning	Travelling With Sports Teams
	Strength & Conditioning	Warm Up & Injury Prevention

Sebby Balsamo is a Bachelor of Physiotherapy of some 23 years experience with post graduate qualifications in Sports Medicine. He is currently senior lecturer and faculty head of Sports and Fitness and Physiotherapy at the Australian Institute of Applied Sciences and a practicing Physiotherapist and has extensive experience in all facets of physiotherapy with particular focus on musculo-skeletal and sports medicine injury management.

Sebby's post graduate studies have also allowed him to develop great expertise and experience in the area of exercise physiology and fitness/performance training for both individuals and teams.

His lecturing and workshop presentation experience includes:

- a) 2005 to present: Curriculum development and coordination/delivery of Diploma of Sport and Diploma of Fitness at the Australian Institute of Applied Sciences
- b) 1996 – 2002: President, curriculum development/ delivery of level1, 2 and 3 Sports Trainer Courses for Sports Medicine Australia in Far North Queensland.
- c) 2001-2004: Consultant Physiotherapist to the Queensland Academy of Sport, North Queensland under Warrick Cann.
- d) 2001-2002: Curriculum development /delivery of "Workplace Health & Safety "Safelift BackCare" program to Queensland Ambulance Services under Director Sally White from Mackay to Cooktown.
- e) 1998- 2004: Consultant Lecturer/ Mentor to "Level 2 Post graduate Sports Physiotherapist" and Continuing Education for General Practitioners North Queensland chapter.
- f) 2000: Guest Lecturer James Cook University (Cairns Branch) on workplace Health and Safety for Nursing Students.
- g) 1998: Curriculum development/delivery Cairns College of TAFE for Personal Trainers.
- h) Consultant physiotherapist and contracted provider to many elite national and international sporting teams including the Cairns Taipans Basketball team, Australian Men's Futsal tour of Brazil, Four nations International Hockey Tournaments in Cairns, Australian Paralympic Swimming Team and Queensland State Secondary Schoolboys Rugby Union Championship for ten years.
- i) 2000- 2003: Development and delivery of Physiotherapy services to the Far North Aboriginal Land Council based in Normanton. Responsible for the treatment and education of the community for the improvement of Musculo-skeletal health through sports and fitness programs.

Current Qualifications:

- a) Bachelor of Physiotherapy with recognized post graduate sports medicine. Physiotherapy Registration Board of Queensland and insured.
- b) Diploma of Sport.
- c) Diploma of Fitness, Fitness Australia and insured.
- d) Senior First Aid and CPR
- e) Taa40104 Certificate IV in Training and Assessment.





Presenter: **Angela Calder**
Lecturer

Workshop Topic: Athlete Recovery Athlete Recovery



Angela Calder (B.A., M.A. (Hons), B.App.Sci.) is a lecturer in Coaching Science in the School of Health and Sport Sciences, University of the Sunshine Coast, Australia. She delivers the courses on Coaching Science to all sport and exercise science students. Prior to this position Angela was employed for over 12 years at the Australian Institute of Sport (AIS) primarily as a Recovery and High Performance Consultant (1995-2001) and as a Sport Science Editor, Coach Educator and Massage Therapist (1989-1995). Since the late 1980's Angela's publications, lectures, research, and education about recovery training have been disseminated widely throughout Australia and overseas. Her enthusiasm for helping coaches and athletes to recognise and use appropriate recovery strategies in order to enhance training and competition performances, has ensured that she has been consulted extensively by over 50 professional and non-professional sports world wide.

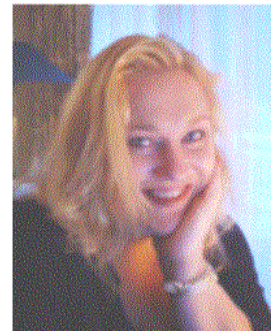
Angela produced recovery guidelines for all the Australian Olympic and Paralympics sports for Sydney 2000, the Commonwealth Games in Kuala Lumpur in 1998, and Manchester in 2002. In addition to these and AIS sports (34 programs) Angela has been a recovery consultant to the Australian Rugby Union (coaching and referee courses, Wallabies, Wallaroos, U21's, 7's), the ACT rugby union (Brumbies, Vikings) the New Zealand Rugby Union (All Blacks, 7's, and Rugby Academy programs), Australian Football (coach and referee courses, drafts camps, Essendon, Carlton, Hawthorn, North Melbourne, Geelong, Sydney, Adelaide), Australian and New Zealand rugby league teams (Brisbane, Parramatta, Cronulla, Canberra, Balmain, North Sydney), Soccer Australia (coaching courses, Olyroos, Matildas), Tennis Australia (coaching courses and conferences, Davis and Federation Cup, and development players), Basketball Australia (coaching courses, Townsville, North Melbourne), Australian Cricket (National Men's and Women's teams), Surf Life Saving Australia, Volleyball Australia, Squash Australia, Sports Medicine Australia, and most state institutes and academies of sport and state coaching centres (ACT, NSW, Northern Territory, Victoria, Tasmania, Bendigo, Illawarra), plus many other sports including the winter Olympic disciplines.

Recovery consultancies have not been confined to Australia, with the Canadian Coaching Institute, New Zealand Coaching, Hong Kong Institute of Sport, South African Swimming, American Swim Coaches Association, Welsh Institute of Sport, Welsh Rugby Union, the International Tennis Federation, and many others utilising Angela's expertise and knowledge about recovery training. In concert with recovery consultancies Angela has extensive experience in planning for high performance programs. In 1995 she designed and implemented a simple system to help AIS coaches and sport science staff use an integrated approach to annual planning. This was so successful it is still used by the AIS and it has become an integral component of performance evaluation for all its sports programs. This process has also been adopted by other Australian sports institutes and academies. Angela has often been consulted as an advisor or reviewer of high performance programs relating to issues about the training and preparation of athletes.

Competition planning is another area where Angela has extensive experience. In addition to developing guidelines and strategies for Olympic and Commonwealth Games situations, Angela has designed specific competition and travel recovery strategies for Australian rugby union teams, ACT rugby union, Australian Women's water polo, Brisbane rugby league and many other sports. Educating coaches and athletes represents a large aspect of the work that Angela has undertaken over the last 20 years. Angela has presented at conferences, workshops and seminars in Australia, New Zealand, Canada, Hong Kong, South Africa, UK, and the USA. Since 1991 she has produced educational materials for, and taught modules in, the Graduate Diploma in Coaching course run by the Australian Sports Commission and then by the University of Queensland.



Presenter: Leisa Donlan
Non Profit CEO



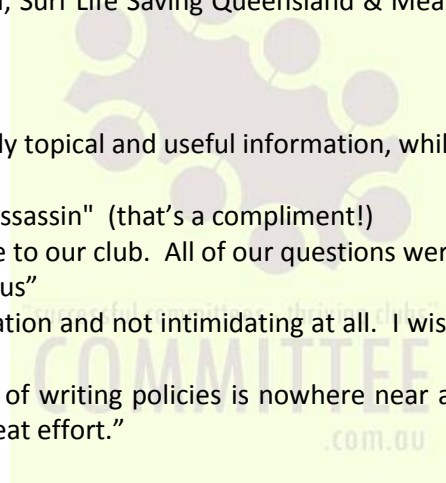
Workshop	Club Committees	Excellent Club Committees
Topics:	Club Committees	Effective Meetings & AGMS
	Club Committees	Managing Clubs in 2011
	Club Committees	Media Relations For Non Profits
	Club Committees	The Roles of Club Executives
	Event Management	Easy Event Management For Local Clubs
	Financial Management	Money, Money, Money
	Marketing & Sponsorship	If You Build It, They Will Come!
	Succession Planning	Agony Free Strategic Planning
	Succession Planning	Planning Your Club's Future
	Succession Planning	Succession Planning
	Technology Made Simple	Technology For Community Club & Committees
	Volunteer Mangement	Volunteer Management In The New Millenium

Leisa Donlan holds a Bachelor of Applied Science (Psychology) and is a Fellow of the Australian Society of Association Executives with fifteen years experience in the non profit sector. Leisa began working in the competitive fuel industry as an analyst and quality manager until joining the non profit sector. In 1999 Leisa was awarded the Australian Association Executive of the Year for her work with the Association of Rotational Moulders Australasia, an industry trade organisation, representing members around the world. As Chief Executive Officer of ARMA Leisa has led the organisation to increase it's membership by over 400% to become the largest association for the process in the world. In 2003 she took over the global organisation and based it in Queensland to develop its business plan and manage the start up until handing over to the new European office in 2008.

She began her volunteer roles the way most people do, because of her family and over the past 20 years she has been involved in every possible type of committee role on over 110 different committees and non profit organisations including trade & industry groups, philanthropic & community organisations and sporting clubs. For the past eight years Leisa has presented to thousands of clubs and their committees ranging across sports clubs, community groups, industry, indigenous communities and for Government. Her experience with these clubs and committees have resulted in a wealth of real world solutions to share with you.

Leisa regularly provides interviews for radio and television on non profit management and her other specialist areas, she is a regular contributor to four international magazines and presents across the globe. For the past five years she has been a regular presenter for Sports & Recreation Queensland and for several major sporting organisations including Queensland Rugby League, Gymnastics Queensland, Surf Life Saving Queensland & Meals on Wheels Queensland.

- Snaps:
- "If you could put her brain in a bottle, I would order 100"
 - "Great workshop thanks, Leisa was excellent, she gave us highly topical and useful information, while being enthusiastic and approachable."
 - "Leisa is a cross between the Vicar of Dibley and the Smiling Assassin" (that's a compliment!)
 - "It was fabulous, heaps of excellent advice that was applicable to our club. All of our questions were answered, very approachable and helpful facilitator. Marvellous"
 - "Very informative and clearly presented, packed with information and not intimidating at all. I wish my whole committee had come along"
 - "All of us found the two sessions very informative. The idea of writing policies is nowhere near as daunting. To go for three hours each night as you did was a great effort."





Presenter: **Kerry Leech**
Nutritionist

Workshop Topic: Sports Nutrition Sports Nutrition



Kerry Leech B.Sc., Grad.Dip.Dietetics, APD has been a dietician for 15 years. After graduating she first gained a broad clinical experience in various hospitals. For the last 12 years Kerry has been working with Holly Frail in what is now Eat Smart Nutrition Consultants where she has widened her experience in dietetics even further.

Her interest in food and nutrition, especially in the sporting area started as an aspiring elite netball player at the Australian Institute of Sport. Despite not reaching her goals in netball she has found her niche helping people, including athletes, to reach their goals with a healthy diet. She has been working with the Australian Netball team for the past 10 years.

As well as her experience in private practice treating a wide variety of clinical conditions, during the past four years she has been the Nutrition Co-ordinator for the Qld Academy of Sport. At the QAS she also consults with the swimming, softball and women's football teams as well as a wide variety of individual athletes. She also consults with the AIS Squash unit that is based in Brisbane, and is an active member of Sports Dieticians Australia.

Kerry regularly lectures to athletes, coaches and the general public on both nutrition for a healthy lifestyle and sports nutrition and at the Qld Dental School to dentists and oral hygienists on providing nutrition information to their clients.

She has three children and an interest in helping all members of families to eat well and stay sane at the same time. She stays fit and healthy by including regular social sport into a weekly schedule with netball, basketball and tennis being the main fixtures.

Finally, her passion is food and cooking and she loves to find ways to make food a healthy and tasty part of everyday living.



**Presenter: Damian Mednis
Coach**

Workshop Topics: Beginning Coaching Level 1 Coaching
 Strength & Conditioning Strength & Conditioning

Damian holds a Dip Ed (Health and Physical Education), a Bachelor of Education, a Masters Health Science (Major Human Movements) and is a Level 2 strength and Conditioning Coach.

He is currently the Strength and Conditioning Coordinator with Qld Bulls including all Qld cricket squads, from 2004-2007 was Head of Strength and Conditioning in Munster Rugby, Ireland and from 1995 until 2004 he was Head Strength and Conditioning with the Queensland Rugby Union. Seven Super 12 campaigns and three years with the Reds Academy.

Damian's Team Achievements:

- 2009 Qld Bulls One Day Domestic Champions
- 2009 Qld Bulls Sheffield Shield finalists
- 2006 Munster European Rugby Champions – Heineken Cup
- 2005 Munster Celtic Cup Champions
- 2001 Qld Reds Super 12 Semi Finalists

Damian's Personal Achievements:

- Australian Track and Field Squad member 1986-1988
- Former Number 1 ranked High Jumper in Australia 1987
- Ranked Number 15 in the Commonwealth for High Jump
- 4 times Qld High Jump Champion
- Qld Decathlon Champion

Damian has already completed 21 workshops from Mornington Island, Bamaga, Cairns, through to Millmerran and Toowoomba to great reviews. He brings his extensive experience and knowledge to provide the information in an entertaining way, perfect for primarily volunteer audiences.



Presenter: Dr Mark Sayers
Lecturer



Primary Topic:	Athlete Recovery	Athlete Recovery
	Athlete Recovery	Sports Science (Any Topic)
	Strength & Conditioning	Common Myths in Sport & Training
	Technology Made Simple	Athlete Related Technology For Sport

Mark Sayers is currently the Chair of USC Human Research Ethics Committee, Discipline Leader – Sport and Rehabilitation Sciences, School of Health and Sport Sciences, Faculty of Science, Health and Education, University of the Sunshine Coast (USC). & Head of School of Health and Sport Sciences (Acting). Faculty of Science, Health and Education, USC.

He is also Senior Lecturer in Sports Biomechanics, Faculty of Science, Health and Education, USC and is responsible for convening undergraduate courses in Biomechanics and providing specialist lectures in Sports Coaching. He is also responsible for supervising research students undertaking biomechanics or performance analysis projects through Honours, Masters and Doctoral degrees.

His previous positions & experience include:

Senior Lecturer in Biomechanics, Centre for Sports Studies, School of Health Sciences, University of Canberra (UC). & Course Convenor – Coaching Science programs (*since 1997*)

Director of Gadi Research Centre

Deputy Head of Department – Centre for Sports Studies (*since end 2002*)

Sports Science Coordinator (half time), ACT Academy of Sport

Lecturer (half time), UC (*joint position with above*).

Lecturer, ACT Institute of TAFE (*now Canberra Institute of Technology*)

Mark has extensive experience in all areas of sports science and hold professional memberships in International Society of Biomechanics in Sports, Australian and New Zealand Society of Biomechanics, Australian Association for Exercise and Sports Science & Australian Track and Field Coaches Association. He makes regular contributions to *International Journal of Sports Physiology and Performance*, *Sports Biomechanics*, *Journal of Applied Biomechanics*, *Journal of Sports Sciences & Sports Coach*.

Mark's Major Consultancies:

2004-2007: Biomechanist – New Zealand Rugby Union (*All Blacks*).

2004-2007: National Resource Coach – New Zealand Rugby Union.

2004-2005: Biomechanist and Specialist Skills Coach – Queensland Rugby Union

2003: Biomechanist and Skills Coach – Federazione Italiana de Rugby.

2002-2003: Biomechanist – Australian Rugby Union (*Wallabies*).

2002-present: Biomechanist – Australian Institute of Sport Rugby League Program.

2000-present: Biomechanics consultant on rugby equipment – adidas® International.

1998-2004: Biomechanist and Specialist Skills Coach – ACT Rugby Union

2000-2001: Biomechanist and Skills Coach - New Zealand Rugby Union (*All Blacks*).



Presenter: **Tracey Veivers**
Performance Perspectives

Primary Topic: Sports Psychology Sports Psychology



Tracey Veivers holds a BA Dep Psych MPsych (Sport & Exercise) MAPS and has worked in the sport, exercise and performance psychology profession since 1991. She has her own private practice (named Performance Perspectives) where she currently works with individuals and teams from a large variety of sports from the junior development level through to the professional level. This performance enhancement and wellbeing work has now extended to the corporate environment with services varying from Employee Assistance Programs to individual coaching. She has presented at international conferences and has publications in the SportsMed News, The Modern Athlete and Coach, the Triathlon and Multi-Sport and Weight Watchers magazines, having conducted research into varying topics such as performing under extreme conditions, attentional and interpersonal style, eating disorders and team cohesion. She has also regularly been quoted on radio, television and in national newspapers on topical editorials. Furthermore, Tracey has been a regular guest lecturer in sport and exercise psychology and team/group processes at Queensland University of Technology and James Cook University since 2002.

Tracey has worked with the Australian Institute of Sport in Canberra across all elite sports and in Brisbane with squash, diving, rugby union and canoeing. Tracey has also travelled domestically and internationally as a sport psychologist with Australian representatives to sporting events such as State and National Championships, world Cup events and World Championships and also the 1992 Olympics. She is currently a service provider as a Sport Psychologist with the Queensland Academy of Sport, AFL, Australian Rugby Union, Australian Basketball Association and Queensland Cricket.

Tracey continues to enjoy working with mainstream sports such as swimming, water polo, cycling, golf, tennis, track and field, triathlon/ironman, cricket, and rowing. Her specialty is 'Teams Processes' within organisations and also at the elite level in sports such as AFL, basketball, softball, netball, soccer and rugby union. She also enjoys working in non-mainstream areas such as the following sports: figure skating, gliding, equestrian/dressage, wheelchair basketball and motor racing. She also has an interest in assisting performing artists.

Tracey's expertise also extends to providing services in her general practice in the areas of weight and health management and infertility counselling.

Tracey currently is President of the Australian Psychological Society's College of Sport Psychologists.

Website: www.performanceperspectives.com.au



**Presenter: Dion Walmsley
Consultant**



Workshop Topics:	Beginning Coaching Level 1 Strength & Conditioning Strength & Conditioning Strength & Conditioning	Beginning Coaching Physical Activity For The Elderly Stress & Exercise Weight Management For Teenagers
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Dion holds a Masters of Applied Science (Sports Coaching) from the University of Queensland, a Bachelor of Education, Bachelor of Science (Anatomy), Bachelor of Physical Education and a Diploma of Fitness and is currently Head Coach for River City Swim Club and Somerville House Swim Team and has held that position for over ten years. He lectures at the AIAS and has presented for Sports & Recreation Queensland in the past year. He regularly participates in many sports including the 2009 Australian Ironman.

He designed much of the curriculum for the AIAS course, was Head Coach for the Queensland F&P Development Squad, and was on the coaching staff for the Junior Pan Pacific Championships and the Commonwealth Youth Games in 2004. In the past six seasons Dion's River City swimmers have taken the club from 2nd Division to Premiership Division within the Brisbane Club premiership. His Somerville House team has taken out the prestigious QGSSA awards in four out of the past six years. Dion's involvement in swimming started back in 1984 in Perth where he gained his Austswim accreditation and started working as a swimming teacher.

In 1986 he moved to New Zealand where, for the next 5 years, he work towards and gained two degrees - a Bachelor of Physical Education and a Bachelor of Science (Anatomy). During his time at the University he worked as a swimming teacher and assistant coach at the Waterhole Swimming Club in Auckland. He played water polo for the Otago University and at this time started competing in Triathlons and managed to struggle through the New Zealand Ironman Triathlon (4 km swim, 180 km bike ride & 42 km run). He still enjoys running and regularly competes in marathons - and has twice completed the Gold Coast marathon. He was also a road cycling competitor competing at State level.

One of Dion's greatest sources of satisfaction is seeing the number of swimmers he has taught from babies progress through the learn to swim and stroke correction programs and who are now achieving at such a high level. Over the past 20 years many swimmers under Dion's coaching have been placed on National Teams, have won over 20 National medals and have set numerous Regional and State records.

Recognition of Dion's success as a Coach who develops swimmers saw him involved in the Regional Squads and in 2003-4 season was appointed head coach of the Brisbane Achievement Squad. In 2007 he was made Head Coach for the Queensland F&P Development Squad (for National Age medallists aged 14 and under). He recently attended a Talented Coaches camp at the AIS and continues to be involved at the Regional, State and National level.

