



SPEAKERS

Dr. Dave Collins

“Making best use of your Biceps Cerebra (aka the brain): A Guide for S and C Coaches”

For a while, S and C has been based largely on physiology. This appears face valid but there are some other disciplines which can usefully underpin your decision making in the role. Accordingly, building on a range of research, this presentation explores important implications from coaching science, social psychology and motor control which should also be a part of the S and C coaches’ armoury.

Dr. Kevin Carroll

“Talking Shop: Bridging Biomechanics and Coaching Practice”

An understanding of the mechanical principles of human movement is fundamental to a Strength & Conditioning coach’s role in athletic preparation. Proper application of these principles has the potential to reduce injury risk and enhance performance. Within this discussion, we examine several key areas where biomechanical knowledge can elevate coaching effectiveness. Presenters will use research-based insights and practical coaching perspectives to highlight ways in which coaches can utilize biomechanical concepts to tailor training programs for specific sport demands and inform athlete monitoring practices.

Dr. Kyle Pierce

“WEIGHTLIFTING FOR YOUTH”

TOPICS

- Safety
- Benefits
- Recommended Guidelines
- Long-term Athlete Development
- Training Principles
- Recovery/Adaptation
- Considerations for Females
- Monitoring
- Goal Setting
- Appropriateness/Safesport
- Mental Health