

CONFERENCE SCHEDULE

Programme Day 1 • Wednesday, February 11th

19.00	Conference Welcome Dr. Michael Carmody, President ITT
19.15	“Winning Formulas Forum” (in association with Kerry LSP) Insights into how to create top performances from your GAA teams. This will be an open question and answer session following brief inputs at the start by all the speakers. Dr. Liam Hennessy , Director of Fitness IRFU. Mr. Pat Flanagan , Former Physical Trainer with All-Ireland Winning Kerry Team. Dr. Noel Richardson , Physical Trainer with All-Ireland Winning Kilkenny Team. Mr. Des Jennings , Performance Lifestyle Coach with Sports Institute N.I. Mr. Colm O’Connor , Journalist with the Cork Examiner will chair the forum. Venue: Solas Building, North Campus
21.30	Close

Programme Day 2 • Thursday February 12th

9.00 – 9.30	Registration (South Campus)
9.30 – 10.45	Keynote Speaker 1 Recovery strategies to optimise performance Dr. Liam Hennessy, Director of Fitness IRFU
9.30 – 10.45	Master Class 1 “Aerobic Energiser” Mr. Steve Barrett, Master Reebok Presenter UK
11.00 – 12.15	Parallel Workshops No. 1 Select 1, 2, 3 in order of preference
12.15 – 1.15	Lunch
1.15 – 2.30	Parallel Workshops No. 2
2.45 – 4.00	Parallel Workshops No. 3

WORKSHOPS SCHEDULE

PROGRAMME DAY 2 • THURSDAY FEBRUARY 12TH

Parallel Workshops No. 1 11.00 – 12.15

1.	Functional Screening for Players Dr. Liam Hennessy, Director of Fitness IRFU	4.	Yoga Fit Ms. Shelia O’Sullivan, Master Reebok Presenter Ireland
2.	Aerobic Mania Mr. Steve Barrett, Master Reebok Presenter UK	5.	Biomechanical Screening for Better Results Mr. Martin Haines, Mobilis Health Care UK
3.	Top Training Drills for Maximum Performance with GAA Players Dr. Noel Richardson, Physical Trainer Kilkenny Hurling Team	6.	Active Women – A report on a 10 week programme for overweight inactive women (Lecture) Ms. Ailish Brosnan

Parallel Workshops No. 2 1.15 – 2.30

1.	Dynamic Warm-Up for Teams Mr. Pat Flanagan, Physical Trainer with teams	4.	Yoga Fit Ms. Shelia O’Sullivan, Master Reebok Presenter Ireland
2.	Aerobic Mania Mr. Steve Barrett, Master Reebok Presenter UK	5.	Biomechanical Screening for Better Results Mr. Martin Haines, Mobilis Health Care UK
3.	Power Bags for Best Training Results Mr. Darren Ward	6.	Active Women – A report on a 10 week programme for overweight inactive women (Lecture) Ms. Ailish Brosnan

Parallel Workshops No. 3 2.45 – 4.00

1.	Dynamic Warm-Up for Teams Mr. Joe O’Connor, Strength and Conditioning Coach	4.	Yoga Fit Ms. Shelia O’Sullivan, Master Reebok Presenter Ireland
2.	Performance Aerobics - Motivation behind the Movement Ms. Astrid Longhurst	5.	Biomechanical Screening for Better Results Mr. Martin Haines, Mobilis Health Care UK
3.	Power Bags for Best Training Results Mr. Darren Ward	6.	Active Women – A report on a 10 week programme for overweight inactive women (Lecture) Ms. Ailish Brosnan