

Strength and Conditioning of the Lower Limb

20-21 July 2019 | Australian College of Physical Education, Sydney

	SATURDAY 20th July	SUNDAY 21st July
08:00-08:25	Registration	
08:25-08:30	Welcome	
08:30-09:00	Testing and assessing strength & power	Strength and conditioning in youth and adolescent - Lorenzo Campagna
09:00-09:30	Elliot Taylor	Feet... 66 Joints of Untapped Potential -Tim Brandson
09:30-10:00	Modifying exercises for the injured athlete	Putting S & C programming into practice: program writing – Clint Hill
10:00-10:30	Elliot Taylor	
10:30-11:00	Networking and Coffee Break	Networking and Coffee Break
11:00-11:30	Strength & conditioning for calf injuries – David Joyce	Low back pain? Advanced S & C considerations - Tim Rowland
11:30-12:00	Strength & conditioning for adductor/groin injuries – David Joyce	Knee pain? Advanced S & C considerations - Tim Rowland
12:00-12:30	Progressions 101 - Luke Khoury	Developing rotational power - Matthew Wall
12:30-13:30	Networking and Lunch Break	Networking and Lunch Break
13:30-14:00	Rehab to performance	The deadlift: variations and common faults
14:00-14:30	Lachlan Wilmot	Andrea Feinbier & Brad Immerman
14:30-15:00	Plyometrics	The squat: variations and common faults
15:00-15:30	Lachlan Wilmot	Nick Papastamatis
15:30-16:00	Networking and Coffee Break	
16:00-16:30	Strength & conditioning for Hamstring injuries - Lachlan Wilmot	
16:30-17:00	Breathing - Andrew D'Ath-Weston	