



EASTERN CAPE AQUATICS

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2015 Teachers and Coaches Conference – Speakers List

We are thrilled to share with everyone the provisional outline of speakers and their topics for the upcoming Teachers and Coaches Conference 1 – 3 May 2015.

FINA Rules	Alan Reynolds
Developmental phases to produce a pathway for young swimmers	Pierre De Roubaix
Nutrition	Riana Greyvenstein
Multi-lateral development of the young athlete	Samantha Khatz
Swimming the Dutch way	Guest speaker from Holland
Injuries in swimming	Dr Konrad Van Hagen
Business & financial aspects of running a swimming business	Paul Leonard
Synchro demonstration	
Strengthening and Conditioning - Practical session	NMMU Sports Science Dept
Practical Session - Synchro benefits for swimming	Moira Norden
Swimming competitively after school	Pierre De Roubaix
Sport Sciences contribution to performance analysis of swimming.	NMMU Sports Science Dept
Early swimming	Nel White
Distance Freestyle	Pierre De Roubaix
Swimming Events	Michael Zoetmulder
Masters Swimming	Annemarie Dressler
SSA and where you fit in / The road to 2016	Eileen Xhakaza

We are still waiting for a few speakers to confirm their attendance as well as their topics.

I trust you will find these topics and speakers as interesting and as exciting as we do.

Should you have any queries regarding the conference, you are more than welcome to contact me.

Yours sincerely

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