

# HIGH PERFORMANCE SEMINAR

## 14 - 16 MAY 2019

Stellenbosch Academy of Sport (SAS), Markotter Conference Venue



PROGRAMME

### TUESDAY 14 MAY

13:00		<b>REGISTRATION</b>	
14:00	14:10	<b>Opening &amp; Welcome</b>	Alan Fritz
14:10	14:30	<b>Seminar overview and objectives</b>	Rocco Meiring
14:30	16:45	<b>Presentation 1 - Defining High Performance</b>	John Atkinson
		Overview of what High Performance is	
		Understanding the sport and what it takes	
		World standings	
		World Championships and the Olympic Games standard	
		What is 'On Track'	
		Who can influence performance on a nation?	
16:45	17:00	<b>Closing remarks and wrap up for the day</b>	Rocco Meiring
18:00		<b>DINNER</b>	

### WEDNESDAY 15 MAY

09:00	11:00	<b>Presentation 2 - Managing change to impact performance</b>	John Atkinson
		What we did in Canada	
		What needed to change and why	
		What a season should look like	
		Support from those in the system	
		What does meaningful support look like?	
		Strategy and strategic plans	
		How do you work?	
11:00	11:30	<b>TEA</b>	
11:30	13:30	<b>Presentation 3 - Athlete identification and national programming</b>	John Atkinson
		Identify those to work within the system ie swimmers and coaches	
		Programs to develop all areas of the sport	
		LTAD to LTAD and onto AD	
13:30	14:30	<b>LUNCH</b>	
14:30	16:30	<b>Presentation 4 - Competition framework</b>	John Atkinson
		Building an integrated system for a nation	
		Do the competition requirements align with the training needs of the athletes at all levels?	
		Clubs, Universities, HP programs all have a role to play and so do their coaches	
		How can official's help? How do coaches buy in? What else needs to happen?	
		Overall conclusions	
16:30	17:00	<b>Closing remarks and wrap up for the day</b>	Rocco Meiring
18:00		<b>DINNER</b>	

### THURSDAY 16 MAY

09:00	11:00	<b>Presentation 5 - Question and Answer Session</b>	John Atkinson
11:00	11:30	<b>TEA</b>	
11:30	13:00	<b>Plenary: Applying to strategy</b>	Rocco Meiring
13:00	13:30	<b>Closure</b>	Alan Fritz

