

1st Spring Sport Science Summit

17-19 September 2024

Potchefstroom, South Africa

Important: All the Keynotes/Invited speakers/workshop presenters have to arrive during the afternoon of the 16th of September.

*** Preliminary Programme (14 July 2024)***

Day 1 – 17 September 2024

07:00 – 08:00 Registration

08:00 – 09:30 Official opening of the Sport Science Summit 2024 & Award Ceremony

09:30 – 10:30 Keynote Address : **Prof. Masamitsu Ito (Japan)**
Title: Coach development eliciting behavior change in Coaches: Japan's Challenge Toward Evidence-Based Athlete-Centered Coaching

Session Chair : **Prof. Hans de Ridder (South Africa)**

10:30 – 11:00 Tea/Coffee

11:00 – 13:00 2 Parallel Sessions & 2 Invited Speakers. Each parallel session starts with an Invited Speaker and then oral papers presented by conference attendees. 5 orals per parallel session (Total: 10 Orals)

Session 1 (Room 229, Building K21)	Session 2 (Building K3)
<u>Session Chair:</u> Dr. Pieter van den Berg <u>Speaker:</u> Prof. Jon Patricios (South Africa) - <i>Clearing the Clutter: Concussion in Sport</i> (30 min)	<u>Session Chair:</u> Dr. Bertus le Roux <u>Speaker:</u> Dr Desiree Vardhan (South Africa) - <i>Sports Coaching Realities in a Selection of Emerging Nations</i> (30 min)
1. xx	1. xx
2. xx	2. xx
3. xx	3. xx
4. xx	4. xx
5. xx	5. xx

Day 2 – 18 September 2024

08:00 – 09:00 Keynote Address : **Prof. Ahmad Munir C. Muhamed (Malaysia)**
Title: Global warming and its impact on physical activity and sports performance.
Session Chair: **Prof. Ben Coetzee**

09:00 – 13:00 6 Parallel Sports Specific Seminars (Rugby, Soccer, Netball, Hockey, Cricket and Athletics)

**** Rugby ****

Convenor Rugby Seminar: **Dr Pieter van den Berg (Group size capped to 40)**

Tentative program:

9:00 – 10:00 : Behavioral change - going from good to great (**Matt Proudfoot**)

10:00 – 11:00 : Building better Coach-player relationships (**Dr. Pieter van den Berg**)

11:30 – 12:30 : Split practical session: **Matt Proudfoot and Dr. Pieter van den Berg;**

Divide group in two of 20 each

- **Matt Poudfoot** (modern-day tendencies of coaching the scrum) to 1st group;
- **Dr. Pieter van den Berg** (coaching fundamental skills in rugby) 2nd group.
- After 30 min the two groups switch.

13:00 : Lunch

**** Netball ****

Convenor Netball Seminar: **Dr. Yolandi Willemse (Group size capped to 40)**

Tentative program:

09:00 – 09:15 : Introduction to Netball (**Dr. Y. Willemse**) CHHP

09:15 – 10:00 : Importance of preparing high school players for High performance levels (**Faith Motau - Mpumalanga Sunbirds Head coach, Volkskool Netball Director**) CHHP

10:00 - 11:00 : Importance of Netball Specific Training (**Colin Powell – NWU Eagles Sport Scientist**) - CHHP facilities

11:00 - 12:30 : High Performance Coaching - 3 Pillars for success (**Elsunet Du Plessis – NWU Eagles Head Coach and former Protea player & Lana Krige – former Protea player**) - NWU Netball Courts

12:30 - 13:00 : High Performance management (**Helene Botha – Manager NWU ladies sport**) CHHP

13:00 – Lunch

**** Hockey ****

Convenor Hockey Seminar: Sheldon Rostron (Group size capped to 40)

Tentative program:

9:00 – 10:00 : Thriving Under Pressure: Techniques for Effective Pressure and Performance Management (**Sheldon Rostron & Prof. Ankebe Kruger**)

10:00 – 11:00 : Unraveling the Modern Game: Exploring Trends and Traits in Hockey (**Nelson Komane-Nel & Shaun Hulley**)

11:00 – 12:30 : Performance Analysis and Measuring Efficiency in Hockey (**Sheldon Rostron & Prof. Martinique Sparks**)

13:00 Lunch

**** Soccer ****

Convenor Soccer Seminar: Kwena Mosime (Group size capped to 40)

Tentative program:

9:00 – 09:15 : Welcome and Introduction

9:15 – 10:00 : The integration of technology in football training and performance (**Kwena Mosime & Duncan Sutcliffe**)

10:00 – 11:00 : Managing player development and performance at amateur level (**Micheal Seleka**)

11:30 – 12:30 : Split practical session: Divide group in two of 20 each:

- Designing tactics for attacking football (1st group).
- Building a successful team from defence (2nd group).

Groups rotate after 30 min.

13:00 Lunch

**** Athletics (Middle and Long Distance Running) ****

Convenor Athletics Seminar (Middle and Long Distance Running): Dr. Adele Broodryk
(Group size capped to 40)

Tentative program:

9:00 – 09:15 : Welcoming and introducing the panel (**Dr. Adele Broodryk – Sport Scientist and Comrades and Two Oceans Gold medalist**)

09:15 – 10:00 : The four pillars to successful running (**Lindsey Parry – Formal Comrades, Olympic and Commonwealth Games coach**)

10:00 – 10:45 : Strength training and specific loading for running (**Devlin Eyden - Running, Cycling and Strength & Conditioning Coach**)

10:45 – 11:00 : Short break

11:00 – 11:45 : Recovery as an essential tool for optimizing running performance (**Lindsey Parry & Adele Broodryk**)

11:45 – 12:00 : Questions

12:00 – 12:30 : The reality of REDS (Relative Energy Deficiency in Sport) in running (**Shona Hendricks - Head of The Female Athlete Programme and Strength & Conditioning**)

12:30 – 13:00 : Questions

13:00 : Lunch

**** Cricket ****

Convenor Cricket Seminar: Dr. Jaco Peens (Group size capped to 40)

Tentative program:

09:00 – 10:00 : CSA Coaching and Playing Philosophy (**Gift Mathe – CSA Coach Education Manager**)

10:00 – 10:45 : High performance in Cricket (**Grant van Velden – CSA High Performance Manager**)

10:45 – 11:00 : Short break

11:00 – 11:45 : Injury Prevention (**Jackie Kriel – NWC Dragons Physiotherapist & Thebogo Mokoatedi – NWC Dragons Trainer**)

Day 3 - 19 September

08:00 – 09:00 Keynote Address : **Prof. Pieter Kruger (South Africa)**

Title: Mental health and performance in elite sport

Session Chair: **Dr. Yolandi Willemse**

09:00 – 13:00 Student Conference (postgraduate students)

Chair: Prof Andries Monyeki

09:00 – 13:00 Physical Education Colloquium

Theme: Physical Education Best Practices in well-resourced and under-resourced schools

Chairs: Prof. Dorita du Toit, Dr. Niekie van der Merwe & Dr. Chanelle Kemp

09:00 – 10:30 2 Parallel Sessions & 2 Invited Speakers. Each parallel session starts with an Invited Speaker and then oral papers presented by conference attendees. 4 orals per parallel session (Total 8 Orals)

Session 5	Session 6
<u>Session Chair:</u> Prof. Mark Kramer <u>Speaker:</u> Timothy Qumbu (South Africa) - <i>Aligning perspectives of performance teams and coaches in modern day high performance environments</i> (30 min)	<u>Session Chair:</u> Dr. Adèle Broodryk <u>Speaker:</u> Duitser Bosman (South Africa) - <i>Commercialisation of a Sport Competition as a Property</i> (30 min)
1. xx 2. xx 3. xx 4. xx (15 min each)	1. xx 2. xx 3. xx 4. xx (15 min each)

10:30 – 11:00 Tea/Coffee

11:00 – 12:30 2 Parallel Sessions & 2 Invited Speakers. Each parallel session starts with an Invited Speaker and then oral papers presented by conference attendees. 4 orals per parallel session (Total 8 Orals)

Session 7	Session 8
<p><u>Session Chair:</u> Prof. Ankebe Kruger <u>Speaker:</u> Dr. Bertus le Roux (South Africa) - <i>Action Plan for Clean Sport: Managing Banned Substances and the Safeguarding Process</i> (30 min)</p>	<p><u>Session Chair:</u> Dr. Yolandi Willemse</p> <p><u>Session:</u> <i>Understanding the Role of the Sport Scientist in Schools and Sports Clubs within the context of South Africa.</i></p>
<p><u>Speaker:</u> Prof. Lize Havemann-Nel (South Africa) - <i>Nutritional considerations to reduce illness and injury risk in athletes</i> (30 min)</p>	<p><u>Speakers:</u> Bert Moolman; Jana Storm; Kirsty Elliot</p>
<p><u>Speaker:</u> Prof. Ranel Venter (South Africa) - <i>Why barefoot matters in team sport</i> (30 min)</p>	<p><u>Panel discussion:</u> Panel of Experts</p>

12:30 – 14:30 Lunch and last interactions, meetings and goodbyes between delegates

14:30 Departure of the conference delegates