

1st Spring Sport Science Summit

17-19 September 2024

Potchefstroom, South Africa

**** Programme ****

Registrations, inquiry desk, coffee & tea, lunches as well as the exhibitors and sponsors - Marquee Tent in front of Building K21 at the Sports Grounds of the NWU in Potchefstroom!!

Day 1 – 17 September 2024

06:30 – 08:00 Registration

**** (Conservatory Auditorium) ****

08:00 – 09:30 Official opening of the Sport Science Summit 2024 & Award Ceremony. Special Guests: Jo-Ané van Dyk, the 2024 Olympic Games silver medalist in javelin, along with her coach, Terseus Liebenberg.

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. 4 orals per parallel session (Total: 8 Orals)

Day 2 – 18 September 2024

**** (Auditorium of the GKSA) ****

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 ** (Building K3, Room 105)**

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 ** (Building K4, Room G13)**

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, former Protea player and Coach North West Flames & Lana Krige – former Protea player, National Fast5 Protea and Easter Cape Aloes Coach**) - NWU Netball Courts

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

13:00 – Lunch

**** Hockey ** (Sports Village, Seminar Room G12)**

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 ** (Sports Village, Seminar Room G17)**

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

Tentative program:

9:00 – 09:10 : Welcome and Introduction (**Kwena Mosime**)

09:10 – 09:40 : Football and Technology: Navigating the Benefits and Drawbacks (**Duncan Sutcliffe**)

09:45 – 10:45 : Reflecting on the evolution of modern football strikers/attackers: A historical South African context (**Mr. Marks Maponyane**)

10:50 – 11:20 : Exploring the critical value of amateur club football (**Kwena Mosime**)

11:30 – 13:00 : Split practical session: Divide group in two of 20 each (**Mr. Marks Maponyane & Michael Seleka**):

- 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) ** (Building K3, Room G01)**

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 ** (Building K21, Room 229)**

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

Tentative program:

09:00 – -09:30 : CSA Coaching and Playing Philosophy (**Gift Mathe – CSA Coach Education Manager**)

09:30 – 10:30 : High performance in Cricket (**Grant van Velden – CSA High Performance Manager**)

10:30 – 10:45 : Fielding: Importance of (**Gift Mathe & Grant van Velden**)

10:45 – 11:00 : Short break

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

11:45 – 12:30 : Batting; Playing spin (**Neil Levenson – NWC Dragons Batting Coach**)

12:30 – 13:15 : Fear of Failure (**Dr. Jaco Peens – CSA Coach Developer**)

13:15 : Lunch

13:00 – 14:00 Lunch

14:00 – 15:30 Panel Discussions – Ask the Experts

Panel Discussion 1 : **Innovative Training in Long Distance Running (Building K21, Room 229)**

(Panel Members: Dr. Adele Broodryk, Cor Leijenaar, Lindsey Parry, Devlin Eyden, Elroy Gelant

Chair: Dr. Bertus le Roux

Panel Discussion 2 : **The Science of Recovery (Building K3, Room G01)**

(Panel Members: Lee-Anne Diab, Dr. Phatho Zondi, Mr Marks Maponyane, Tim Qumbu, Prof. Lize Havemann-Nel

Chair: Dr. Yolandi Willemse

15:00 – 16:30 Poster session (E-posters) (Building K21, Foyer)

5-7 slides; 5 minutes

Session Chairs: Dr. Retief Broodryk & Karlien van Schalkwyk

Day 3 - 19 September

08:00 – 11:45 Physical Education Colloquium - **Building K3, Room G01**

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

08:00 – 09:30 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 5 (Building K21, Room 229)	Session 6 (Sports Village, Seminar Room G17)
<p><u>Session Chair:</u> Prof. Andries Monyeki & Prof. Mark Kramer</p> <p><u>Speaker:</u> Timothy Qumbu (South Africa) - <i>Aligning perspectives of performance teams and coaches in modern day high performance environments</i> (30 min)</p>	<p><u>Session Chair:</u> Dr. Adèle Broodryk</p> <p><u>Speaker:</u> Duitser Bosman (South Africa) - <i>Commercialisation of a Sport Competition as a Property</i> (30 min)</p>
<ol style="list-style-type: none"> 1. Duncan Sutcliffe (S) 2. Marlize Louw (S) 3. Franso-Mari Olivier (S) 4. Chante Johannes (S) 5. Thembisile Mbatha (S) <p>(15 min each)</p>	<ol style="list-style-type: none"> 1. Hannah Dwyer 2. Fanie Roos 3. Nor Farah Fauzi (Malaysia) 4. Prescott Mahlangu 5. Yolanda Stevens <p>(15 min each)</p>

09:30 – 10:00 Tea/Coffee

10:00 – 11:45 2 Parallel Sessions

Session 7 (Building K21, Room 229)	Session 8 (Sports Village, Seminar Room G17)
<p><u>Session Chair:</u> Prof. Ankebe Kruger</p> <p><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>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>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. Ranel Venter (South Africa) - <i>Why barefoot matters in team sport</i> (30 min)</p>	<p><u>Speakers:</u> Bert Moolman; Jana Storm; Kirsty Elliot, Kyra Duvenage</p>
	<p><u>Panel discussion:</u> Panel of Experts</p>

**** (Auditorium of the GKSA) ****

12:00 – 13:00 Keynote Address : **Prof. Pieter Kruger (South Africa)**

Title: Mental health and performance in elite sport

Session Chair: **Dr. Yolandi Willemse**

13:00 – 13:20 The Conclusion of the 1st Spring Sport Science Summit:

1. Presentation of the award for the best e-Poster
2. Presentation of the Prof. Dawie Malan floating trophy for the best presentation by a postgraduate student
3. Presentation of the sponsored prize by our Platinum Sponsor, LIFEMAX, to the lucky winner
4. Word of Thanks by the LOC

13:20 – 14:30 Lunch and last interactions, meetings and goodbyes between delegates

14:30 Departure of the conference delegates