

1st ITF Coaches' Conference

"Learn, Discuss, Share, Enjoy"



Detailed Timetable with Locations

Please use the campus map as a guide

Thursday June 27th

Registration at Pavilion Bar & Restaurant

12 noon to 2pm & 6pm to 8pm

Those staying on-campus will be accommodated in Cappavilla apartments, located beside the Pavilion restaurant. Breakfast is served each morning in the Pavilion

**** Important ****

Please note you must contact the organisers at coachconference@taekwondo.ie to confirm your arrival time at the campus so that we know when to expect each group/participant

Friday June 28th

08:30-09.30; **Registration** at the **Red Raisins Canteen** directly outside Jonathan Swift Lecture Theatre

10:00 **Opening & Welcome Address**

Location; Jonathan Swift Theatre, University main building

- Official Opening by Grandmaster Paul Weiler, ITF President
- Opening words by Grandmaster Bos on behalf of the Organising Committee (Grandmaster Willem Jacob Bos, Mr Adrian Byrne, Mr Stephen Ryan)
- Introduction of the presenter's team & overview of schedule
- Welcome by ITA President (Master Kenneth Wheatley)

10:15 **Keynote 1: Developing a Coach Education** by Hayley Harrison MSc.

Location; Jonathan Swift Theatre

11:15 **Keynote 2: Biomechanics for Special Technique** by Prof. Drew Harrison

Location; Jonathan Swift Theatre

12:15 **Lunch** - Recommended location is Stables Bar & Restaurant
(See map)

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13:45 Workshop 1 (PESS Building)

- **Plyometrics (development of power)** by Hayley Harrison MSc. (**Location; PESS Building Main Sports Hall**)
- **Inclusion of athletes with disability** by Brenda O'Donnell from CARA (**Location; PESS Building Multi Purpose Hall**)

15:15 **Break**

15:30 Workshop 2 (PESS Building)

- **Sparring 1 "5 All-Star Drills"** presented by Master Tomaz Barada, Master Stephen Cooley and Master Brahim Triqui (**Location; PESS Building Main Sports Hall**)
- **Pattern 1 "Powerful Patterns Performances"** presented by Sabum Silvia Farigu, Sabum Lylia Doulay, Sabum Andreas Jenstad and assisted by Grandmaster Bos & Sabum Stephen Ryan (**Location; PESS Building Multi Purpose Hall**)
- **Special Technique** presented by Dr. Drew Harrison and Sabum Adrian Byrne (**Location; PESS Building Gymnasium**)

17:00 **Break**

17:15 Workshop 3 (PESS Building)

- **Sparring 1** (repeat of earlier workshop) **"5 All-Star Drills"** presented by Master Tomaz Barada, Master Stephen Cooley and Master Brahim Triqui (**Location; PESS Building Main Sports Hall**)
- **Pattern 1** (repeat of earlier workshop) **"Powerful Patterns Performances"** presented by Sabum Lylia Doulay, Sabum Andreas Jenstad and assisted by Sabum Stephen Ryan (**Location; PESS Building Multi Purpose Hall**)
- **Pre Arranged Free Sparring** by Grandmaster Bos & Silvia Farigu (**Location; PESS Building Gymnasium**)

18:45 **Close**

Saturday June 29th

09:00 **Keynote 3: Future of ITF Competition**

Chaired by panel of Grandmaster Bos, Master Coos van den Heuvel and Master Gordon Wallace

(**Location; Jonathan Swift Lecture Theatre**)

09:45 **Breakout groups for Future of ITF competition discussion**

(**location; classrooms beside Jonathan Swift Theatre**)

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11:30 **Break**

12:00 **Workshop 4 (PESS Building)**

- **Sparring 2 “Staying Ahead of the Game”** presented by Master Tomaz Barada, Master Stephen Cooley and Master Brahim Triqui (**Location; PESS Building Multi Purpose Hall**)
- **Pattern 2 “Dynamic Kicking or Does Slow & Steady Win the Race?”** presented by Sabum Silvia Farigu, Sabum Lylia Doulay, Sabum Andreas Jenstad & assisted by Grandmaster Bos & Sabum Stephen Ryan (**Location; PESS Building Gymnasium**)
- **Performance Psychology** presented by Mr Roy Baker (**Location; PESS Building Main Sports Hall**)

13:30 **Lunch**

- 15:00 **Keynote 4: Performance Psychology** presented by Mr Roy Baker (**Location; Jonathan Swift Lecture Theatre, Main Building**)

16:00 **Workshop 5**

(**PESS Building for all except for Performance Planning**)

- **Note; Update to Schedule** Performance Planning by Mr Roy Baker and Sabum Adrian Byrne (**Location; Jonathan Swift Theatre**)
- **Sparring 2** (repeat of earlier workshop) “**Staying Ahead of the Game**” presented by Master Tomaz Barada, Master Stephen Cooley and Master Brahim Triqui (**Location; PESS Building Main Sports Hall**)
- **Pattern 2** (repeat of earlier workshop) “**Dynamic Kicking or Does Slow & Steady Win the Race?**” presented by Sabum Silvia Farigu, Sabum Lylia Doulay and Grandmaster Bos (**Location; PESS Building Multi Purpose Hall**)

17:30 **Close**

19:00 **BBQ & Entertainment in Scholars Club (see map)**

Sunday June 30th

09:00 **Keynote 5: Performance Nutrition** by Dr. Catherine Norton (**Location; Jonathan Swift Theatre**)

10:00 **Keynote 6** **Note; Update to Schedule:** **The iCoach Kids Project** by Sheelagh Quinn and Declan O’Leary of Sport Ireland Coaching (**Location; Jonathan Swift Theatre, Main Building**)

11:00 **Break**

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11:30 Workshop 6 (Choose 1):

- **Sparring 3 “System & Culture Creates Champions”** presented by Master Stephen Cooley, Master Brahim Triqui & Grandmaster Bos
(Location; PESS Building Main Sports Hall)
- **Pattern 3 “Building World Class Pattern Competitors, Step by Step”**
presented by Sabum Silvia Farigu, Sabum Lylian Doulay, Sabum Andreas Jenstad (Location; PESS Building Multi Purpose Hall)
- **Performance Analysis “Innovation with Technology”** by Sabum Adrian Byrne, Sabum Stephen Ryan & Andreas Jenstad (Location; PESS Building Gymnasium)

13:00

- **Closing, Presentation of certificates and group photo**
(Location; PESS Building Main Sports Hall)