

SPORTS EXCELLENCE 2009

Achieving Outstanding Sports Performances Wednesday 27th & Thursday 28th May

Runaway Bay Sports Super Centre
Sports Drive, Runaway Bay, Queensland

You're more than just a body. Successful sports performances today come from *a holistic approach to training* – harnessing body, mind, emotions and spirit to the goal of achieving sports excellence. Come to this *practical program* for athletes and coaches to learn how to get the best out of yourself, and others.

Sports Excellence 2009 offers a unique opportunity to learn new exercises and methods from four of the most inspirational and talented coaches and thinkers in the field of coaching sports excellence. Their presentations are innovative and practical – with lots of specific techniques and drills you can immediately use to significantly improve your own coaching and/or sports performances.

What You Will Learn . . .

BODY

- ▶ Improved Hand / Eye Coordination
- ▶ Explosive Speed & Agility Training
- ▶ Postural Stability Techniques

MIND

- ▶ Anticipation & Timing Exercises
- ▶ Positive Mental Attitude Training
- ▶ Visualisation & Imagery Techniques

EMOTIONS

- ▶ Focus & Concentration Drills
- ▶ Anxiety Management Techniques
- ▶ Confidence Building Strategies

SPIRIT

- ▶ Internal Power & Strength Development
- ▶ Develop Positive Motivation
- ▶ Passion, Persistence & Courage

Presenters

Anthony Kelly (the 'arrow catcher') is an outstanding exponent of the martial arts. A Master instructor holding black belts in 9 different styles. Anthony has made or broken over 16 Guinness World Records. He is the holder for catching arrows, paintballs (both sighted and blindfolded), catching tennis balls at 135k/hr, spears from a spear-gun underwater and for the most number of punches delivered in 1 minute and 1 hour. His reaction training programs provide sportspeople with a significant advantage in speed and hand-eye co-ordination.



Mark McKean is an internationally acclaimed presenter, Certified Strength Coach and Accredited Exercise Physiologist who helps athletes improve performance through postural control, developing the right amount and type of strength, and balancing the body's movement patterns. Recognised for his many contributions to the fitness industry with awards in 2001 for author of the year, PT of the year in 2003, and in 2007 for outstanding contribution, Mark currently works with several international squads, and many individual Olympic and elite athletes.



Colin Cromack is the author of Target Oriented Golf, a new golf paradigm on DVD and coaches at the Hills International School in Queensland, working with both professional and talented amateur golfers. He studied psychological science at Griffith University and specialises in the management of performance anxiety in golfers.



Jeffrey Hodges is the author of the widely acclaimed "Sportsmind" & "Champion Thoughts, Champion Feelings" books and Sportsmind audio programs; creator of the Sportsmind Mental Mastery performance enhancement workshops and personal success coaching systems; the Coaching Excellence professional development program for sports coaches; and Director of the Sportsmind Institute for Human Performance Research. Jeffrey holds a B.Sc., an M.Sc.(Hons) and a B.Ed. in Adult Education and holds a black belt in Aikido.



Comments from previous programs...

"I've learned to look at things, especially problems, in a sometimes different way, and seeing demonstrated for the first time the power of negative thoughts and influences." **Craig Bellamy, Head Coach, Melbourne Storm RLFC**

"I've always been concerned about who coaches the coach, and helps keep him/her enthused. This conference was not only wonderfully informative, it was also a powerhouse of energy!" **Don Parry, Rugby Coach, Qld.**

"I really enjoyed the conference! Different sessions and content gave inspiration and new ideas. Well organised and fun, and practical rather than academic." **Cameron Paterson, Basketball Coach, The Shore School, NSW**

Brought to you by:



Phone (07) 5445 7994

"Excellent conference! It gave me new ideas and material to use with my athletes / students."

Mark Greer, PE Teacher, ACT

"Very informative, and a great toolbox of strategies for any coach to have, who is committed to improving performance of players."

Dave Alred, Specialist Kicking Coach, English Rugby Union, U.K.

"Thank you for running such a highly motivational conference. I was inspired by all the presenters, and I have learned so much!"

Lyn Hahn, Netball Coach, NSW

The Program

Wednesday 27th May

8.30am – 12.30pm **VISUAL POWER**
with Jeffrey Hodges



Visualisation and mental rehearsal are essential tools for all sportspeople – learn how to use basic and advanced visualisation techniques to enhance **your** performances – including exercises to improve sports skills, achieve goals, change limiting behaviours or habits, build confidence, and improve competition performances.

You will learn :

- The Sportsmind six-step, elite athlete visualisation technique
- Three different relaxation techniques for anxiety control
- Six practical sports uses for visualisation



Wednesday 27th May

1.30pm – 5.30pm **REACTION TRAINING**
with Anthony Kelly

The faster an athlete can move and deliver their skills, the more advantage they have – the more time they have to respond. Coupled with the ability to predict actions, this allows athletes to perform with co-ordination, and to take control of any competitive interaction.

In this session Anthony will demonstrate over 30 practical exercises and drills covering :

- Perceptual Training : Anticipation & Timing
- Accuracy, Control & Rhythm
- Agility & Hand / Eye Co-ordination
- Focus & Concentration



Thursday 28th May

8.30am – 12.30pm **GETTING INTO THE ZONE**
with Colin Cromack



Winners of sporting events often discuss how they stayed focused and got into their “zone”. What is it and how do they get there? This workshop will teach you the skills to achieve one pointed concentration – how to get and stay in the ‘zone’.

Coaches and athletes train sports techniques – but it’s often the conscious mind that fails us in competition. Learn how to develop and coach “mental routines” for your sport which keep your mind focused before, during and after execution, so highly competitive situations are embraced rather than feared.

This workshop covers :

- Anxiety Management
- One Pointed Concentration
- Attention Focusing
- Commitment and Acceptance

Thursday 28th May

1.30pm – 5.30pm **FUNCTIONAL MOVEMENT AND CORE STABILITY**
with Mark McKean



This session is aimed at coaches and athletes who are searching for that little bit extra to improve their performances and take them to a new level.

You can only achieve optimum movement performance for your sport by understanding the way your body behaves under certain physical conditions. In this session you will learn how to evaluate movement function and control of the ‘Core’ region (trunk and pelvic girdle) and determine the most effective methods to correct poor movement behaviour and ultimately improve performance.

- Identify and improve posture in key movement patterns
- Establish a balanced training program that meets the complete needs of the athlete
- Improve self awareness and prevent injuries

Enrolment Information

For more details phone (07) 5445 7994 or email: jh@sportsmind.com.au

ENROL EARLY & SAVE. Full fee is \$995. **Enrol by 27th March, pay just \$695 – save \$300.** *Enrol by 30th April, pay just \$795 – save \$200.* Enrolment fee includes: attendance at all sessions, morning and afternoon tea, lunch, and conference notes.

Accommodation

Accommodation is available at the Sports Super Centre at special conference rates :

Twin Share: \$70.15 per person / per night.

Single Room: \$110.15 per night

Accommodation INCLUDES breakfast, lunch and dinner AND use of the Sports Super Centre olympic pool and gymnasium.

Pre-Conference Workshop

Tuesday 26th May – 8.30am to 5.30pm

INTRODUCTION TO SPORTS NLP TECHNIQUES

with Jeffrey Hodges – **\$495**

See www.sportsmind.com.au/workshops_2.php for more information



Post with your cheque / money order to: **SPORTSMIND INSTITUTE, 77 Flaxton Mill Road, Flaxton Qld 4560**

Registration Form

- Full Fee** **\$995**
- OR** **Early Bird** **\$795**
(paid by 30th April)
- OR** **Super Early Bird** **\$695**
(paid by 27th March)
- PLUS?** **Sports NLP workshop** **\$495**
- TOTAL \$** _____

Name _____

Address _____

Postcode _____

Ph (H) _____ (W) _____ (M) _____

Email _____

Signature _____ Date _____

I have read and agree to the terms and conditions of enrolment outlined above. I also understand that professional development workshops can initiate significant personal changes and I agree not to hold the Sportsmind Institute Pty Ltd, Jeffrey Hodges and associates liable for any consequences of my attendance at the program.