

Saturday 6th & Sunday 7th October 2018

UWA Aquatic Centre, 35 Stirling Highway, Perth.

Lecture 1 in the Sport Science Building



David Lush

David Lush who originally hails from Perth is the current ASCTA Coach of the year following the performances of his swimmer Emily Seebohm at the FINA World Championships in Budapest in 2017.

David, who has been an Australian Team Coach since 2015, is the Director of Swimming at Brisbane Grammar School. In 2003, he followed his coach from Swan Hills (Matt Brown) to Nudgee College and remained in Queensland since.

Over the past three years, David has had a Gold Medallist at every significant international event; 4 Golds at World Championships in Kazan, 1 Gold & 2 Silvers at the Rio Olympic Games, 2 Golds World SC Championships in Winsor, 1 Gold at World Championships in Budapest and 1 Gold, 2 Silvers & 1 Bronze at the Gold Coast Commonwealth Games.

Other roles that David performs include consultant to Cricket & Tennis Australia, founder of Sports People Recruitment and an ASCTA QLD Board Member.

Coaching Stream - Keynote Speakers

JUNIOR & REGIONAL COACHING STREAM

Deborah Jones	Head Coach St. Hilda's Swimming Club
Marshall McAleese	Head Coach Albany Swimming Club
Nick Watkins	Head Coach Southside Penrhos Wesley Dolphins

AGE GROUP/PERFORMANCE COACH STREAM

William Scott	WAIS Head Coach – Southern HPTC
Matt Magee	Head Coach Perth City Swimming Club
Myles Dennis	WAIS Sport Scientist

Saturday 6 October 2018

ALL COACH STREAMS		
8.00 – 8.30	REGISTRATION & COFFEE	
8.30 – 9.30	Welcome & State of Sport	Darren Beazley <i>Swimming WA Chief Executive Officer</i>
9.30 – 10.15	SWA Keynote Speaker	Rob Clement CEO Basketball WA
10.15 – 10.45	MORNING TEA	
10.45 – 12.15	From Rottneest to Rio	David Lush <i>Director of Swimming Brisbane Grammar School</i>
12.15 - 1.00	LUNCH	

JUNIOR & REGIONAL COACH STREAM		
1.00 - 2.00	Priorities in Developing Junior Swimmers	Deborah Jones <i>Head Coach St. Hilda's Swimming Club</i>
2.00 - 2.15	BREAK	
2.15 - 3.15	Developing Top Swimmers from a Regional Club	Marshall McAleese <i>Head Coach Albany Swimming Club</i>
3.15 – 3.30	BREAK	
3.30 – 4.30	Pool Session – Turns; Teaching Progressions	Nick Watkins <i>Head Coach Southside Penhros Wesley Dolphins</i>

AGE GROUP/PERFORMANCE COACH STREAM		
1.00 - 2.00	Preparing the Mature Athlete for Elite Competition	William Scott <i>WAIS Head Coach – Southern HPTC</i>
2.00 - 2.15	BREAK	
2.15 - 3.15	Physiology of Developing Distance Swimmers	Matt Magee <i>Head Coach Perth City Swimming Club</i>
3.15 – 3.30	BREAK	
3.30 – 4.30	The Scientific Thinking behind Altitude Training and Heat Training	Myles Dennis <i>WAIS Sport Scientist</i>

ALL COACH STREAMS		
4.45 - 5.15	I started as a Coach of Juniors and ended up Australian Coach of the Year!	David Lush <i>Director of Swimming Brisbane Grammar School</i>
5.15 – 5.30	BREAK	
5.30 – 5.45	asctaWA Annual General Meeting	Chris Twomey <i>asctaWA Chairman, Head Coach South Shore SC</i>

Sunday 7 October 2018

8.30 - 9.00	REGISTRATIONS & COFFEE	
9.00 - 5.00	Swim Australia™ Teacher of Competitive Swimming	Fiona Nijrich <i>Coach Southside Penrhos Wesley Dolphins</i>
9.00 - 5.00	Swimming Australia Bronze Licence	Chris Twomey <i>Head Coach South Shore Swimming Club</i>
9.00 - 1.00	Silver Licence Module Stroke Theory, Technique & Biomechanics	David Lush <i>Director of Swimming Brisbane Grammar School</i>
2.00 - 6.00	Silver Licence Module Coaching in a Performance Environment	David Lush <i>Director of Swimming Brisbane Grammar School</i>
9.00 - 5.00	Gold Licence Module Leading & Influencing	Leigh Nugent <i>State Head Coach WA/SA</i>
1.00 -2.00	LUNCH will be provided to all course participants between 1.00 – 2.00pm.	

REGISTRATION	MEMBER	NON-MEMBER
Conference Registration Saturday 6 th October	\$100	\$120
Swim Australia Teacher of Competitive Swimming Sunday 7 th October	\$350	
Swimming Australia Bronze Licence Course Sunday 7 th October	\$360	
Swimming Australia Silver Licence Module Stroke Theory, Technique & Biomechanics Sunday 7 th October	\$200	
Swimming Australia Silver Licence Module Coaching in a Performance Environment Sunday 7 th October	\$250	
Swimming Australia Gold Licence Module Leading & Influencing Sunday 7 th October	\$300	

REGISTER TODAY

COACHING

myswimresults.com.au/CalendarEvent.aspx?ID=AUS|841

TEACHERS

myswimresults.com.au/CalendarEvent.aspx?ID=AUS|842

Teaching Stream - Keynote Speakers



Skye Bond teaches swimmers of all ages and levels, babies from four months, non-swimmers, safety classes, stroke correction and squad training. She has been involved with coaching up to Bronze level and has worked under Gold Level Olympic and Ironman coaches since becoming a qualified instructor.

Skye has been extremely active in Surf Lifesaving for over 30 years and achieved state, national and world titles.

Skye prides herself on personally tailoring a program for every child's individual needs, ensuring every child develops a strong swimming competency in and around the water.

SWIMMING TEACHER STREAM

Shannon Townsend	Swim School Director Glennie Aquatic Centre
Fiona Njrich	Aquatics Educator & Coach Southside Penrhos Wesley Dolphins
Chris Twomey	asctaWA Chairman & Head Coach South Shore Swimming Club

Saturday 6 October 2018

8.00 – 8.30	REGISTRATION & COFFEE	
8.30 – 4.30	Swim Australia Teacher of Swimming Course	Sally McKittrick <i>ASCTA Professional Development Manager</i>
4.45 - 5.15	I started as a Coach of Juniors and ended up Australian Coach of the Year!	David Lush <i>Director of Swimming Brisbane Grammar School</i>
5.30 – 5.45	asctaWA Annual General Meeting	Chris Twomey <i>asctaWA Chairman, Head Coach South Shore SC</i>

Sunday 7 October 2018

8.30 - 9.00	REGISTRATIONS & COFFEE	
9.00 - 10.00	SWIM TEACH, LOVE, REPEAT	Skye Bond <i>Sunny Skyes Swim School</i>
10.00 - 10.15	BREAK	
10.15 - 11.15	Mind, Body, Swim.	Shannon Townsend <i>Swim School Director Glennie Aquatic Centre</i>
11.15 – 11.30	BREAK	
11.30 – 12.30	Butterfly & Breaststroke Progressions	Fiona Njrich <i>Aquatics Educator & Coach Southside Penrhos Wesley</i>
12.30 – 1.00	LUNCH	
1.00 - 2.00	Mini-Squads – Teaching Racing Skills	Chris Twomey <i>asctaWA Chairman, Head Coach South Shore SC</i>
2.00 – 2.15	BREAK	
2.15 – 3.15	A.L.I.V.E.	Skye Bond <i>Sunny Skyes Swim School</i>
3.15 – 3.30	Summary	Sally McKittrick <i>ASCTA Professional Development Manager</i>

REGISTRATION	MEMBER	NON-MEMBER
Conference Registration Sunday 7 th October	\$60	\$75
Swim Australia Teacher of Swimming Saturday 6 th October	\$350	