

PERFORMANCE LEADERSHIP SUMMIT – PROVISIONAL PROGRAMME

DATE and TIME	SESSION	
DAY 1	Auditorium	Breakaway Room
07:00 – 08:15	Registration	
08:15 – 08:30	Welcome:	
08:30 – 09:30	Key Note 1 <i>Announcement coming soon!</i>	
09:30 – 10:30	Key Note 2 David Epstein: Inside the science of extra-ordinary sporting performance	
10:30 – 11:00	Tea Break	
11:00 – 12:00	Session 1 Roger Barrow: Creating a culture of excellence in high performance sport	
12:00 – 13:00	LUNCH BREAK	
13:00 – 14:00	Session 2 Dr Ross Tucker: Sports science vs sport sense: Applying science to performance	
14:00 – 15:00	Session 3 The role of community programmes in talent identification	
15:00 – 15:30	Tea Break	
15:30 – 16:30	Key Note 3: The past, present and future of doping in sport: Panel discussion featuring Khalid Galant (SAIDS), David Epstein	
Day 2	Auditorium	Breakaway Room
08:30 – 09:30	Key Note 4 – David Epstein: The role of talent and training in elite sports performance	
09:30 – 10:30	Session 4 Benita de Witt: Functional strengthening based on the Lyno Method	Show me the money: How sports can create value through marketing and media: Mike Finch, Tim Whitfield and Rob Benadie
10:30- 11:00	Tea Break	
11:00 – 12:00	Session 5 The dangers of supplement use and the roles and responsibilities of athletes, parents, coaches and trainers: Panel discussion featuring Shelley Meltzer, Andrew Breetzke, Anthony Broom and David Epstein	
12:00 - 13h00	Session 6 Conditioning and injury management concepts for children and adults –Andrew Gray and Richard Woolrich	
13:00 – 13:45	LUNCH BREAK	
13:45 – 14:45	Session 7 Strength and Conditioning the elite athlete: Principles and practice - Panel discussion featuring Justin Durant, Stephan du Toit, Naat Loubser and Suzanne Ferreira	
14:45 – 15:45	Key Note 5 Paddy Upton: The New leadership - Taking your performance to the next level	

PLEASE NOTE: PROGRAMME AND SPEAKERS SUBJECT TO CHANGE

In partnership with:

