


DAY 1

4 September 2023

Crowne Plaza Terrigal

#AISNSWSport

9.00am	Registration and interact with exhibitors <i>Light refreshments available on arrival</i>	Hawkesbury Lobby			
9.45am	Acknowledgement of Country and Opening Address Jo McLean, AISNSW	Grand Ballroom			
10.10am	Keynote address: Our green and gold decade of opportunity Kieren Perkins OAM, Australian Sports Commission	Grand Ballroom			
11.00am	Reflections Darryl Buchanan, AISNSW	Grand Ballroom			
11.10am	Plenary 1: Insights from the field: learnings from school sport reviews Katrina Mostyn & Jo McLean, AISNSW	Grand Ballroom			
11.55am	LUNCH <i>Interact with exhibitors with delegates</i>				Hawkesbury Lobby
12.50pm	<i>Please move to your next session</i>				
12.55pm	3 minutes of good ideas Game changing ideas presented by your colleagues in a short and sharp format	Grand Ballroom			
1.15pm	Walk and Talk This semi-structured session will enable you to connect with colleagues, share expertise and explore new opportunities whilst enjoying the beautiful environment that Terrigal has to offer	Grand Ballroom / Terrigal Beach			
2.20pm	Feedback and sharing from Walk and Talk	All rooms			
2.40pm	AFTERNOON TEA <i>Interact with exhibitors with delegates</i>				Hawkesbury Lobby
3.00pm	<i>Please move to your next session</i>				
3.05pm	WORKSHOP SESSION 1				
	Common strapping techniques and tricks Forrester Room Ed Alarca & Jamie Exton Coastal Physio	Megatrends shaping the sports sector Henry Kendall I Dr Lucy Cameron CSIRO	Positive parental engagement Henry Kendall II Fiona McCarthy Mind & Body Balance	Creating a Child Safe Culture Avoca & Terrigal Rooms Maria Costa & Shelley Johns AISNSW	Coach induction Wamberal Room Katrina Mostyn AISNSW & Independent schools
4.00pm	INTERACTION WITH EXHIBITORS				
6:00pm	Pre-dinner drinks	Hawkesbury Lobby			
6:30pm	Conference dinner	Grand Ballroom			

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NOTE: AISNSW reserves the right to make any changes as required.



DAY 2

5 September 2023

Crowne Plaza Terrigal

#AISNSWSport

6.45am	MORNING WELLBEING AND FITNESS SESSION (Optional) <i>Provided by local Central Coast organisations</i>			
	Yoga Hotel Foyer <i>then pool deck/indoor venue</i> Jennifer Bateman, Yogabeings	HIIT session Hotel Foyer <i>then beach</i> Impact Gym	Guided run Surf Club Café <i>near big tree in front of beach</i> Terrigal Trotters	
8.30am	Registration and hotel check out			Hawkesbury Lobby
8.50am	Acknowledgement of Country and Welcome Jo McLean, AISNSW			Grand Ballroom
9.00am	Plenary 2: Leadership that lifts team performance Robyn Edwards, AISNSW			Grand Ballroom
9.35am	3 minutes of good ideas Game changing ideas presented by your colleagues in a short and sharp format			Grand Ballroom
9.50am	Plenary 3: Reflections on the dangers of a perfectionistic climate (Virtual) Dr Mustafa Sarkar & Dr Julie Johnston, Nottingham Trent University, UK			Grand Ballroom
10.30am	BRUNCH MORNING TEA			Hawkesbury Lobby
11.00am	<i>Please move to your next session</i>			
11.05am	WORKSHOP SESSION 2			
	Myths of perfectionism and managing this for individuals (Virtual) Henry Kendall I Dr Mustafa Sarkar & Dr Julie Johnston Nottingham Trent University, UK	Exploring leadership that lifts team performance Henry Kendall II Robyn Edwards AISNSW	Elevating school sport through a project management approach Avoca & Terrigal Rooms Katrina Mostyn AISNSW	The Importance of Growth and Maturation in Youth Sport Wamberal Room Prof. Stephen Cobley & Dr Shaun Abbott University of Sydney
12.05pm	WORKSHOP SESSION 3			
	Concussion and brain health Henry Kendall I Dr David Hughes Australian Institute of Sport	Empowering all students through strong sport foundations Henry Kendall II Dr Juanita Weissensteiner NSW Office of Sport	Coaching More Than the Game Avoca & Terrigal Rooms Alex Butt Ascham School	The Importance of Growth and Maturation in Youth Sport (repeat session) Wamberal Room Prof. Stephen Cobley & Dr Shaun Abbott University of Sydney
12.50pm	<i>Please move to the Hawkesbury Lobby</i>			
12.55pm	Closing remarks Jo McLean, AISNSW			Hawkesbury Lobby
1.15pm	NETWORKING LUNCH in the Seasalt Restaurant			
2.15pm	Conference conclusion			

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