

Child to Champion Australia – Online Conference

Saturday 20th June

	Time (EST)	Time (BST)	Time (AEST)	Session
AM	6.45pm	11.45pm	8:45am	Zoom Arrival & Registration
	7.00pm	12.00am	9.00am	Exploratory Movement Dr. Craig Harrison <i>Athlete Development Project</i>
	8.15pm	1.15am	10.15am	Individualizing Training for the Youth Athlete Gary Rafferty <i>Choose Football Performance</i>
	9.30pm	2.30am	11.30am	“Speed Development Practical” Ranell Hobson <i>ASSA Academy</i>
	10.45pm	3.00am	12.45pm	Breakout Session
PM	1.45am	6.45am	3.45pm	Zoom Arrival & Registration
	2.00am	7.00am	4.00pm	Running Based Isometrics Theory, Practical & Discussion Alex Natera
	3.15am	8.15am	5.15pm	Rehabilitation in LTAD Simon Harries <i>GWS Giants</i>
	4.30am	9.30am	6.30pm	Building & Maintaining High School Athletes to Ensure Multi-Sport Athleticism, Longevity & Social Balance Donna Miller <i>Hunter Valley Grammar School</i>
	5.45am	10.45am	7.45pm	Breakout Session

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AM	6.45pm	11.45pm	8:45am	Zoom Arrival & Registration
	7.00pm	12.00am	9.00am	“Hamstring Injuries” Mike Young <i>Athletic Lab</i>
	8.15pm	1.15am	10.15am	“LTAD Approach to Plyometrics” Lachlan Wilmot <i>Athletes Authority</i>
	9.30pm	2.30am	11.30am	“Developmental to Elite International Competitor - How we evolve the athletic attributes to ski downhill at 240kph” Kelly Beahan <i>Australia Ski & Snowboard</i>
	10.45pm	3.00am	12.45pm	Breakout Session
PM	1.45am	6.45am	3.45pm	Zoom Arrival & Registration
	2.00am	7.00am	4.00pm	Laying A Foundation: Does physical capacity build motor skill in athletes?” Sophia Nimphius <i>Edith Cowan University</i>
	3.15am	8.15am	5.15pm	“Speed: Giving Them What They Need but Don’t Get” Paul Hallam & Darrell O’Neill <i>Cranbrook School</i>
	4.30am	9.30am	6.30pm	“AFL Draftee to Debutant” Alex Natera <i>GWS Giants</i>
	5.45am	10.45am	7.45pm	Breakout Session



Please note schedule and line up subject to changes due to unforeseen circumstances