



Strength & Conditioning Student Conference

Preparing for London 2012 and beyond

Saturday 3 March 2012

The 2012 Strength and Conditioning Student Conference aims to provide delegates with presentations that address the latest research and practices within this field of Strength and Conditioning and a platform from which students can present their work in front of an expert panel. This year we host keynote presentations from experts, Dr Raphael Brandon, Dr Rhodri Lloyd and Nik Diaper.

Price

£30. For payment please contact Lucio Versaggi: 020 4118 4747 or L.Versaggi@mdx.ac.uk

Conference address

Middlesex University, Hendon Campus, The Burroughs, London NW4 4BT. (Click for map)

<http://unihub.mdx.ac.uk/mdx/events/strengthandconditioning.aspx>



Conference outline	
Registration with tea & biscuits	10.00 - 10.30am
Opening address	10.30 - 10.40am
Keynote Speaker 1: Dr Raphael Brandon 'Why the programme makes the difference, or not! The planning and monitoring of elite athletes'	10.40 - 11.50am
Tea and biscuits	11.50 - 12.20pm
Keynote Speaker 2: Dr Rhodri Lloyd 'Looking through the 'windows' of LTAD theory to help develop children in to future champions'	12.20 - 13.30
Lunch and poster presentations	13.30 - 14.20
Student presentations (choice of 3 sessions)	14.20 - 15.30
Tea and biscuits	15.30 - 15.50
Keynote Speaker 3: Nik Diaper 'The Paralympic Athlete: Considerations for applied practitioners'	15.50 - 16.50
Closing address (including poster awards)	16.50 - 17.00

Student presentations

Student presentations

15-min presentations based on two broad themes: Designing programmes and conducting research.

Poster presentations

Not only illustrating research but also sport-specific, evidence-based approaches to programme design.

To apply to present

Please download guidelines at:
<http://unihub.mdx.ac.uk/mdx/events/strengthandconditioning.aspx>

All applications must be received by 3/2/2012. For further information, please contact [Anthony Turner](mailto:a.n.turner@mdx.ac.uk)
a.n.turner@mdx.ac.uk



Dr Raphael Brandon, PhD MSc ASCC

Is Head of Strength and Conditioning for the English Institute of Sport. Raphael has been working with elite athletes for over 15 years. Specifically, he has worked with UK Athletics for the last two Olympic cycles, along with top athletes from many Olympic and Professional sports, including Golf, Tennis, Football and Formula 1. He has recently completed his PhD into the Neuromuscular response to Elite Strength Training Methods.



Dr Rhodri Lloyd, PhD ASCC CSCS*D

Is a senior lecturer in Strength and Conditioning at the University of Gloucestershire. Rhodri's research interests surround strength and conditioning for young athletes, and the application of long-term athlete development models in the physical preparation of youths. Elected onto the USKCA board of directors in 2011, Rhodri is the inaugural convenor of the UKSCA Youth Training Special Interest Group. Rhodri is currently co-editing a textbook titled Strength and Conditioning for Young Athletes: Science and Application, which is due for release at the end of 2012.



Nik Diaper, MSc

Is the Head of Sports Science & Sports Medicine (Paralympic) for the English Institute of Sport and attended the 2004 and 2008 Paralympic Games as a sports scientist with Team GB. From 2009-2011, Nik held the post of Paralympic Talent Identification Scientist and was responsible for the development and delivery of the UK Paralympic Talent Strategy with emphasis on London 2012. Now Nik is responsible for overseeing the delivery of the EIS Sports Science and Sports Medicine strategy for Paralympic Sports.