

# Sport Science and Sport Medicine conference 2020

How can Sports Science and Sport Medicine practitioners bring Optimal Athlete Development Framework to life in clubs?

Sunday 8 March 2020

Hilton East Midlands Airport, M1, Junction, 24 Derby Rd, Derby DE74 2YZ

Conference timetable	
9.30am	Registration
9.50am	<b>Welcome</b> Diane Elliot
10.00am	<b>Outline of OADF / Club awards and how it can be used in clubs</b> Lindsay Trimmings
10.15am	<b>Developing key psychological thinking and behaviours to enhance performance in the pool</b> Helen Davis
11.15am	<b>Break</b>
11.30am	<b>How to maximise great nutrition in clubs</b> Jasmine Campbell
12.30pm	<b>Lunch</b>
1.15pm	<b>How do we create a robust athlete with a great Range of movement?</b> Lisa Sharratt
2.15pm	<b>What makes an age or youth swimmer physically suitable? - The importance of correct early year's development</b> Dan Waddingham
3.15pm	<b>Break</b>
3.30pm	<b>Enjoying the Journey from a lifestyle perspective - simple ways of enhancing a lifestyle balance</b> Cameron Brodie
4.00pm	<b>How can you use this in your clubs going forward?</b> Diane Elliot, Mike Parker and Richard Blackshaw
4.45pm	<b>Conference close</b>