



Building Resistance To Injury

Strength and Conditioning Clinic

Saturday October 13th 2007

NSCA Ireland would like to invite you to attend a Strength and Conditioning Clinic on Saturday October 13th 2007 at the University Of Limerick. The theme of this one day Clinic is "Building Resistance To Injury". Injuries are a source of frustration for many athletes and coaches, well designed evidence based strength and conditioning programs have been shown to increase an athlete's resistance to injury. The aim of this clinic is to highlight ways in which an athlete can reduce their risk of injury.

The clinic is aimed towards coaches, trainers, athletes, sports scientists, physiotherapists, sports science students, sport rehabilitators, athletic trainers, sports therapists, personal trainers and physical education teachers who are interested in developing and promoting evidence based strength training and conditioning for their target population and their sport.

Clinic Venue:

Dromroe Village Hall
University Of Limerick

Clinic Contact:

Derek Malone
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Clinic Timetable

Time	Title	Presenter
10am -10.30am	Registration	
10.30 - 10.45	Welcome Address	
10.45 – 11.45	Prevention of injury - recovery and regeneration in sport	Johnson McEvoy, BSc, MSc, MISCP, MCSP, PT
11.45 – 12.45	Use of eccentric training in the rehabilitation of chronic tendon injury	Dr. Drew Harrison, Ph.D
12.45 – 14.00	Lunch	
14.00 – 15.00	The conditioning aspect of Strength and Conditioning	John Kiely, HDip, BScHons(Sports sci), MSc(S&C)
15.00 – 16.00	Warm-Up : Priming athletes for optimal performance	Derek Malone, BEng Hons (Computer Eng), CSCS

Presenter Biographies

Johnson McEvoy : is a Chartered Physiotherapist in private practice who specialises in sports physiotherapy and chronic musculoskeletal pain. He graduated from Trinity College Dublin with the BSc in Physiotherapy and worked at the National Rehabilitation Hospital in Dublin. He practiced in the USA for four years after taking the State boards in Physical Therapy in Florida in 1994. On returning to Ireland he completed the MSc in Sports Physiotherapy at UCD. He is currently head physiotherapist for Irish amateur boxing high performance programme. Johnson was an accredited physiotherapist at the Athens Olympics 2004. He is a member of the International Myopain Society and the International Association for the Study of Pain. He has a particular interest in myofascial trigger point pain and dysfunction and dry needling. He has trained over 400 physiotherapists in trigger point palpation.

He will talk on *Prevention of injury - recovery and regeneration in sport*. Certain factors lead to increased risk of injury in sport - paying attention to these factors coupled with recovery and regeneration after sport may help to reduce the risk of acute, chronic and overuse injuries. This talk aims to address aspects of physical recovery and training that may help the athlete and coach prevent injury occurrence.

Drew Harrison: is a Senior Lecturer in Biomechanics and Head of The Department of Physical Education and Sport Sciences at the University of Limerick in Ireland. He has research interests in muscle dynamics related to the Stretch Shortening Cycle, Biomechanics of athletic performance, Biomechanics of lower limb injury and rehabilitation and Biomechanical adaptations related to training. Recently he has carried out research examining the Biomechanics and rehabilitation of chronic Achilles Tendon injury. Drew is also a UK Athletics level 4 Coach in sprint and jump events and has coached many athletes of all levels including numerous national champions, numerous national record holders, and three Olympians to date.

His talk *Use of eccentric training in the rehabilitation of chronic tendon injury* will focus on recent research of eccentric training and how this may be used to protect against injury or optimise recovery from tendon injury.

John Kiely: is Head of Athletic Conditioning, UKAthletics

Upon graduation from University of Limerick worked for the National Coaching & Training Centre providing physiology & sport science support service to a variety of Irish athletes & sports. In 2002 achieved a Masters degree in Strength & Conditioning from the University of Edinburgh where he studied under Professors Mike Stone & Dave Collins.

On returning to Ireland worked with a variety of sporting organisations including Athletics Association of Ireland, Paralympic Association of Ireland, Munster Rugby, the Irish Rowing Union, as well as lecturing on the Sports Science course in the University of Limerick.

In November 2005 took up position as Strength & Conditioning Specialist with UKAthletics with a focus on Podium hopes for Beijing 2008. Currently leads a nationwide team of 9 S&C specialists responsible for providing service to athletes ranging from World Class Talent programme preparing for 2012 to Beijing 2008 Podium hopefuls.

Is currently co-authoring a chapter on Planning & Periodisation, for Performance Psychology for Physical Challenge (eds, D. Collins, H Richards, A. Abbot).

Has recently returned from the World Athletics Championships in Osaka.

His talk *The conditioning aspect of Strength and Conditioning* will highlight why maximum strength is not the most important factor in reducing injury risk. Many other attributes such as proprioception, co-ordination and muscle balance can increase an athlete's resistance to injury.

Derek Malone: is a full-time athlete based at the University Of Limerick. He graduated from the University of Limerick in 2003 with an Honours Degree in Computer Engineering. He attained his CSCS qualification in November 2006. He has been competing internationally in athletics since 1998. He has represented Ireland at two Paralympics in 2000 and 2004 and 3 World Championships 1998,2002, 2006. He has won medals at Paralympic, World and European level.

His talk *Warm-Up: Priming athletes for optimal performance* will focus on all aspects of warm up. A well designed sport specific warm-up including the most important dynamic sport skills at an appropriate intensity is essential for optimal sports performance. Proper preparation for competition and training can reduce an athlete's risk of musculoskeletal injuries.

Registration Form

Name: _____

Address: _____

Phone No: _____

Email: _____

Adult

Student

Early Registration Deadline Friday September 28th 2007

N.B. Numbers are strictly limited so register early to guarantee your place

Clinic Fees

Early Registration

Adults €50

Students €35

Late Registration

Adults €65

Students €45

Special Needs Request _____

Cheque's made payable to:

NSCA Ireland

Contact Postal Address:

Derek Malone,
153 Woodhaven,
Castletroy,
Limerick.

Receipts will be issued at Welcome desk on Clinic date.

Lunch facilities available on campus.

CEU's awarded to Certified NSCA Members for Clinic Attendance.