AUSTSWIM KING NEPTUNE AQUATIC CONFERENCE 2009

Joondalup Resort, Connolly - Western Australia
Sunday 11th October 2009

Venue: Joondalup Resort, Connolly - Western Australia
Date: Sunday 11th October, 2009
Cost: $140.00 per person Inc GST. Includes:

- Morning tea, Lunch and Afternoon tea
- 10 professional development hours
- WA AUSTSWIM State Awards Ceremony (Includes complimentary canapés and drinks)

($10.00 discount applies to conference bookings of 6 or more delegate)

DELEGATE REGISTRATION	7.30am
WELCOME ADDRRESS	8.15am
OPENING ADDRRESS - HON BARRY HOUSE MLC	8.30am
KEY NOTE SPEAKER - DOMINIC SHELDRICK	8.45am
MORNING TEA AND TRADE EXHIBITOR DISPLAYS	9.45am - 10.15am
SESSION 1	10.15am – 11.15am

How does the Mind Impact Performance?
Steve Stanley

All our behaviours and performance are driven by the mental models (beliefs, values and assumptions) we develop throughout our lives. The only way to enhance performance is to eliminate dysfunctional mental models and enhance the positives. Very few of us know how to find out what these are and the ones who do are powerful mentors and coaches. This presentation will talk about this 'secret' and how to unlock potential in all of us.

Teaching at the Beach
Wendy Moss

Wendy will share and provide you with some ideas and information on how to make the beach a fun and safe learning experience for both the students and the teachers. Learn about risk management, fun activities and dealing with a changing environment from a representative from Surf Life Saving Western Australia.

20 to 1 Safety and Survival Skills
Joanne Foxton

This infant session will deliver fun, educational activities and songs that will enhance your infant aquatic program. We will countdown 20 to 1 Safety and Survival Skills to include in your classes.

CHANGE OVER	11.15am - 11.30am
SESSION 2	11.30am - 12.30pm

Motivating the Reluctant Participant: From Childhood to Adulthood
Fleur McIntyre

At various stages of our lives we can often feel hesitant to try and learn new skills. The focus of this presentation will be on understanding of why children, adolescents and adults are often unwilling participants and how we implement successful strategies (with a particular focus on swimming) to motivate and encourage persistence in trying new things.

The Drowning Toll in WA and what you can do about it!
Lauren Nimmo

Drowning is one of the leading causes of unintentional death in young children in Western Australia. There is much that can be learnt from drowning statistics that are collected by Royal Life Saving on a monthly basis. Royal Life Saving has many programs in place to reduce drowning death in Western Australia, but there are many things that you can do too! So come along to learn more about what you can to assist in preventing drowning for young Western Australians.

Playtime with Preschoolers
Liz Dowse

Set your imagination to stun and come down to the play level of swim teaching. Dump the frustrations and embrace the enjoyment of being young and open minded!

LUNCH AND TRADE EXHIBITOR DISPLAYS	12.30pm - 1.30pm

This symbol indicates that all or some of this session incorporates a water component. Please bring along appropriate swimming gear for these sessions.

SESSION 3	1.30pm - 2.30pm

The Vision of Teaching
Greg Hodge

Have you ever thought about:

- Why you teach?
- What your teaching 'niche' is?
- What stroke model you should be using?
- What type of model is required as your child progresses the swimming development pathway?
- Is what you are teaching going to be helpful in the next phase or will it need to be retaught?

If so this session is for you!

If all else Fails' Breathe, Watch, Talk, Defend
Janet Boer Draffin

Through an active hands-on session, Janet will share many innovative methods to communicate effectively with students, recognize the signs of agitation in students and guide you through passive defence; showing you how to defuse the specific situations, preserve the physical and psychological integrity of both teachers and students.

Refreshing skills on Effective Rescue and Resuscitation Techniques
Holly Alvaro

Renew your resuscitation techniques and basic first aid. Practical and theory component involved also a demonstration on a rescue and resuscitation of an unconscious person in difficulty(simulated)

*Note this session also includes a CPR re-qualification certificate (additional fee of $35.00 applies if delegates wishes to receive this, see registration form for details).

CHANGE OVER	2.30pm - 2.45pm
SESSION 4	2.45pm - 3.45pm

Lets Talk About It!
Jennifer Schembri - Portelli

Most aquatic leaders don't think about looking after their throat until it starts to fail! Gain an insight to the value of looking after your most valuable asset. Also included in the session are tips and techniques on how to get your message across to colleagues and students. Some of these skills will also be transferable to take back home to the family!

Can the Supervisor do that?
Lari McDonald

Are you being managed or bullied? There is a difference, and at times the line between the two can seem very unclear. Gain insight into the attitudes, actions and behaviours of leaders and bullies and learn to recognize the difference.

Breaststroke Teaching from a Coaching Perspective
Greg Hodge

Teachers will need to get wet and be 'hands on' as a coach of Olympic and Commonwealth breaststrokers takes you through modern stroke techniques and its implications for the teaching of breaststroke.

AFTERNOON TEA AND TRADE EXHIBITOR DISPLAYS	3.45pm - 4.15pm
SESSION 5	4.15pm - 5.15pm

What can you do to Help 'Close the Gap' with Indigenous Health Equality?
Be the best Instructor you can be, be culturally aware.
Kylie Symons

Health is not just the physical well being of the individual but the social, emotional and cultural well being of the whole community. So how can you make a positive impact on our nation's Indigenous health equality? This session will provide you with information on understanding the facts, truths and principles to create outstanding swimming and water safety programs that meet the needs of our indigenous communities.

Happy Babies and Children... A teaching goal
Sylvia White and Sue Secker

This session will explore the seeming impossible task of keeping all babies and children happy and participating in class.

From learning plateaus to the great goggle debacle, from clingy children to finding the delicate balance between pushing a child and holding them back.

This session will share some teaching strategies that embrace a holistic and positive approach to making this goal a reality. We know there is another way that works and alsohelps parents along the way.

Strengthening the Core
Jennifer Schembri - Portelli

Considering efficient arm and leg movements are a contributing factor to proficiency in a swimmer. It is important to also work towards core stability. So why is it that we neglect skills and drills for this body part? Join Jennifer for an enjoyable practical session and take home effective activities for your students – beginners to squad. You too may leave with a 6 pack!

CLOSING ADDRESS followed by WA AUSTSWIM STATE AWARDS CEREMONY AND CONCLUDING WITH A SUNDOWNER EVENT (proudly supported by Joondalup Resort)	5.15pm - 6.30pm