



# PRE CONFERENCE WORKSHOP

***“Building and Rebuilding the Complete Athlete from the Ground Up”***

**HOLIDAY INN SURFERS PARADISE**  
(Official Conference Hotel)

**FRIDAY 12<sup>TH</sup> NOVEMBER 2010**  
**9AM TO 12PM**

## **PRESENTED BY VERN GAMBETTA**

**The Goals of the Workshop include:**

- Sharing Ideas
- Provoking Thought
- Motivate You to Look Beyond Conventional Wisdom
- Excite You About the Future of Athletic Development

The emphasis will be on practical application of concepts derived from sport science, best practice and his experience designed to develop the athlete from initiation in sport through to the elite performance level.

He plans on addressing the integration of all components of athletic development into a composite whole.

Topics Include:

- How to Train Movements not Muscles
- Connect, Link & Sync – Training the Whole Kinetic Chain
- Making Injury Prevention Transparent
- Return to Play Strategies after injury
  - Getting Hip to the Shoulder
  - Game Speed – What is it?
    - Fit for What
  - The Performance Team



## VERN GAMBETTA

Vern is currently is the Director of Gambetta Sports Training Systems. He is the speed & conditioning coach for the Tampa Bay Mutiny Major League Soccer team. He served in that capacity for the 1996 & 97 seasons as well. In 1998 he served as the conditioning consultant to the US Men's World Cup Team and the New England Revolution. He is the former Director of Conditioning for the Chicago White Sox. Previous to this he worked as a conditioning coach for Vermiels Sports & Fitness working with both the Chicago Bulls and Chicago White Sox. Vern is recognized internationally as an expert in training and conditioning for sport having worked with world class athletes and teams in a variety of sports.

Vern's coaching experience spans 30 years at all levels of competition. At Santa Barbara High School he coached boys and girls track team to a combined record of 61 wins and 12 losses. From 1977-82 he headed the women's track and cross country program at the University of California, Berkeley. His cross country teams won three Region 8 titles and finished in the top ten at Nationals four consecutive years. The 1982 track squad placed second at Nationals. He has coached national record holders in such diverse events as the Men's Indoor Pentathlon and the Boys High School Ten Mile Run.

In addition Vern served as the first director of the TAC Coaching Education Program, an innovative program designed to upgrade the standard of track and field coaching in the US. He has achieved certification as a Level II Sprint/Hurdle coach as well as being Level II Lead instructor.

Vern also served on the advisory editorial board of the I.A.A.F. technical journal, New Studies In Athletics. He was the editor of the TAC technical journal, Track Technique from 1980 through 1988. He edited the TAC Coaching Manual and has authored five books Hurdling and Steeplechasing, How Women Runners Train and The Complete Guide To Medicine Ball Training, The Gambetta Method, and The 3S System - Soccer Speed. He also served on the faculty of the National Coaching Institute in Canada.

He received his BA from Fresno State University in 1968 and his teaching credential with a coaching minor from UCSB. in 1969. In 1973-74 Vern attended Stanford University and obtained his MA in Education with an emphasis in physical education.

# Registration Form – Pre Conference Workshop

Registrations will be on a first-come first served basis.

## Name

First	Last
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## Email

## Postal Address

Post Code

## Phone Numbers

Home	Mobile
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	Number	Cost	Total
Pro Structure Coach (Conference Delegate)		\$40.00	
Pro Structure Coach (Non Conference Delegate)		\$80.00	
Conference Delegate		\$50.00	
Non Conference Delegate		\$100.00	
<b>Sub-Total</b>			
<b>+ 2.5% Credit card fee if applicable</b>			
<b>Total to be paid</b>			

Payment Details  Cheque  Money Order  Mastercard  VISA

Card number

Expiry Date

Name on card

I agree to the ASCA refund policy and

Please charge my credit card the above amount, signed

### ASCA Cancellation & Refund Policy

Cancellation of workshop registration can be made up to 1st October with a full refund minus a 20% administration fee.

Cancellations between 2<sup>nd</sup> October and 1<sup>st</sup> November are refunded minus a 50% administration fee.

For cancellations after 1<sup>st</sup> November, or no notification, no refund will be made.

Please note that all payments to the ASCA are to be made in Australian Dollars. All credit card payments incur a 2.5% processing fee. The ASCA does not accept AMEX or Diners.

# ASCA Pre-Conference Workshop Delegate Liability Waiver

*\*To be read and signed by all attendees*

“Event” means : **Australian Strength and Conditioning Association Pre-Conference Workshop 12<sup>th</sup> November 2010**  
(name of event)

“Event Organiser” means : **Australian Strength and conditioning Association Inc.** (name of event organiser)

“ASCA” means Australian Strength and Conditioning Association Inc., PO Box 71, Beenleigh, Queensland, 4207, and includes all directors, officers, members, agents and sponsors of that organisation.

In consideration for, and as a condition of my registration into the Event, including participating in any or all pre or post Event activities and social activities I hereby

1. Warrant that I am medically fit (including physically and mentally) to participate in the event and that I have not been advised otherwise by a medical practitioner.
  - i. **Agree that I am participating in the Event at my own risk** and acknowledge that all ASCA activities are risky and inherently dangerous and may result in serious personal injury including permanent disability and/or death to me as a participant in the Event and that may or will involve the risk of severe economic or property loss and damage and I understand that such injury or loss may result not only from by actions but from the actions, omissions or negligence of others.
  - ii. Warrant that I will inspect the practical area and all fixtures, fittings, equipment, and other things supplied, provided or used in or related to the conduct of the Event and agree that I will not participate in the Event unless I am completely satisfied with the adequacy and conditions.
  - iii. Agree to abide by the rules and regulations of the Event and ASCA and I will abide by all written and verbal instructions as may from time to time be given by the Event Organiser and/or their appointed personnel. I agree that failure to comply with any rule may result in termination of participation from the event. I agree that I will at all times participate in the event with consideration and caution.
  - iv. Agree that except where provided or required by law and such cannot be excluded, I agree that it is a term of my participation in the Event (if accepted) that ASCA and the Event Organiser are each absolved from all liability and claims however arising from injury or damage however caused (whether fatal or otherwise) arising out of my participation in the Event. I acknowledge that where I am a consumer of recreational services, as defined by any relevant law, certain terms and rights implied into a contract for the supply of goods or services may be excluded. I acknowledge that these implied terms and rights and any liability of ASCA and / or the Event Organiser flowing from them, are expressly excluded by this registration form.
  - v. Release and forever discharge ASCA and the Event Organiser from all and any claim, right or cause of action however arising, whether or not presently ascertained, immediate, future or contingent, which I may otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever and howsoever caused which I may suffer or sustain in the course of or consequent upon my participation in the Event.
  - vi. Indemnify and keep indemnified ASCA and the Event Organiser against any claim, right or cause of action howsoever arising, whether or not presently ascertained, immediate, future or contingent which I may have for or arising out of loss of my life or injury, damage or loss of any description whatsoever and howsoever caused which I may suffer or sustain in the course of or consequent upon my participation in the Event.
  - vii. Agree that the exclusion of liability, release and indemnity contained in paragraphs 5, 6 and 7 above may be pleaded as a complete bar to any claim, notice, demand, action, proceeding, litigation or judgment which has or may be brought or made or recovered against ASCA or the Event Organiser.
  - viii. Agree that, without limitation to the waiver, release and discharge contained in paragraph 5 above and the indemnity contained in paragraph 6 above, the liability of the Event Organiser and ASCA will be limited to that part of the Event which is located at or held on its premises and the Event Organiser will not be liable in any circumstances or to any extent for any action arising in relation to that part of the Event which is located at or held on the premises of another Event Organiser; and
2. Agree and acknowledge by my participation in the Event and by participating in the practical component carries risk of personal injury, illness, permanent disability and/or death which may or will result in severe economic and/or property loss and damage and I fully recognize and accept those risks.
3. I have read carefully and understand this declaration, warrant, waiver and release, and having done so, I sign voluntarily.

Name

First

Last

Signature

Date