



INTERNATIONAL CONFERENCE ON APPLIED STRENGTH AND CONDITIONING

November 12th - 14th 2010
Holiday Inn | Surfers Paradise

AUSTRALIA

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Partnered By EDITH COWAN

ASCA National Conference and Trade Show

Call for Research Papers

The ASCA National Conference and Trade Show will be held at the Holiday Inn, Surfers Paradise, 12-14th November 2010. The 2010 International Conference on Applied Strength and Conditioning focus is to provide all levels of coaches and sports scientists the opportunity to understand the progress being made in latest research, techniques, technologies and practical application used by highly regarded professionals in the Strength and Conditioning field from Australia and overseas.

The aim of the conference is to provide a unique opportunity for interaction between recognised strength and conditioning coaches, scientists and industry leaders with sessions covering all aspects of strength and conditioning and latest research.

The ASCA invites submission of research papers for poster presentation at this year's Conference. The aim is to provide opportunities for presentation of new research knowledge for conference delegates as well as the opportunity for researchers and students to present their work and receive feedback from some of the most highly respected Strength and Conditioning Specialists in Australia and overseas.

Papers may include information on research studies, analysis of practical "from the field" studies or descriptions/evaluations of innovative programs that will be of interest to Strength and Conditioning Professionals.

Submission Guidelines and Deadline

To be considered for a poster presentation, please fill out and submit the form attached. Each application must include a conference paper of a minimum of two pages in the format described in the attachment. **All papers will be peer reviewed for relevance and quality prior to possible acceptance.** Accepted papers will be published in the proceedings conditional on one of the authors presenting the poster at the conference. The deadline for submission of conference papers for poster presentation is 30th July 2010. Authors who submit a proposal will be notified of their acceptance no later than 27th August 2010 at which time the successful applicants will be provided with Poster Guidelines to assist in preparation of their presentation.

General definition:

A poster presentation is an excellent way to informally present projects and information. The presenter creates a poster of the information to be shared during the Poster Presentation Sessions and prepares a

5 minute overview of the paper to be presented during specific Poster Presentation times allocated during the Conference. Delegates will be invited to discuss the poster and paper with the presenter.

Special note:

Authors of accepted poster presentations will receive an official invitation to the ASCA Conference. However travel and other costs (including hotel, etc) cannot be paid by the ASCA. They are the responsibility of any author of an accepted poster session. The ASCA will however offer a discount on the Conference Registration Fees. More than one author per poster presentation is permitted but only 1 author will receive discount on Conference Registration.

A special award will be presented to the author/s of the most innovative poster presentation at the ASCA Conference Dinner. This will be determined by a scientific selection committee appointed by the ASCA Board.



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**INTERNATIONAL CONFERENCE ON
APPLIED STRENGTH AND CONDITIONING**

November 12th - 14th 2010
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Partnered By **EDITH COWAN**

**Submission of Paper for Poster Presentation
2010 ASCA International Conference on Applied Strength and
Conditioning
Holiday Inn, Surfers Paradise, Gold Coast
12-14th November 2010**

Please Print or Type the following information:

Name: _____ M/F _____

Address: _____
_____ Post Code _____

Phone: (m) _____ (h) _____

Email: _____

Title of Paper: _____

University or Organisation Details: _____
(name)

Location: _____

Course (if applicable): _____

This form with your conference paper should be sent via email to r.newton@ecu.edu.au by 30th July 2010.

SUBMISSION GUIDELINES FOR 2010 ASCA CONFERENCE

¹John R. Smith and ²Bill S. Bloggs

¹University of Strength, Brisbane, Australia, ²Whoop Whoop Soccer Club, Whoop Whoop, Australia

Email: jrsmith@bigpond.net Web: www.us.edu.au/strength

INTRODUCTION

These instructions contain information about the conference paper submission process and represent a template for paper formatting. All papers for the 2010 ASCA Conference must be submitted electronically via email to r.newton@ecu.edu.au by July 30th, 2010. All papers *must* be submitted as Word documents and files should not be larger than 5 MB.

After initial quality and format vetting by the conference scientific chair, each paper will be sent to a suitable peer reviewer for their evaluation. The result of this peer review will be either accept, reject or accept with changes. If the result is reject then no further consideration of the paper will be made. Accept with changes provides the opportunity for the authors to revise and resubmit their paper. Papers that are accepted for the conference will be included in the Conference proceedings, and on the website only if they are subsequently presented as a poster at the Conference. Any author can present more than one poster but must be an author on all posters that they present.

METHODS

The paper should be a minimum of two A4 size pages (210 x 297 mm) and a maximum of six, with a single column of text, justified. Top and bottom margins should be 20 mm, while left and right margins should be 15 mm. Type font is Ariel and 10 pt size. All papers should be formatted using this document as a template. Please do not change formatting within the template document, as this may cause problems when including papers in the printed proceedings. The conference organizers reserve the right to reject papers that do not adhere to the formatting guidelines in this document.

The title (in bold caps), authors, and author affiliations should be centred across the top of the page. Use numerical superscripts to distinguish authors who are from different institutions. An email address of the corresponding author should be included. A web address of department, laboratory, organisation or author may be included if desired.

The body of the manuscript should be divided into sections specifically titled as follows: Introduction, Methods, Results, Discussion, Conclusions (optional) and Practical Application. Text within each section should be right justified and left justified, without paragraph indentations. Use double line spacing between paragraphs.

The Methods section should provide sufficient information for the reader to be able to understand overall research design, subject population used, what procedures and possibly interventions were applied, and the statistical analysis.

RESULTS

Figures (Figure 1) and tables (Table 1) may be incorporated within the document and must be referenced in the text (Figure 1). Captions must be legible and placed below each Figure, and above each Table. Do not duplicate data in the text with data presented in tables and/or figures. As the conference papers will be published in black and white, do not use colour at all and any graphs should include hatches or dashed lines to distinguish data sets.

Reference citations within the text are to be made with numbers in brackets(2) as per for the format for Medicine and Science in Sports and Exercise and the Journal of Australian Strength and Conditioning. References are to be formatted as presented below on this page (1, 2).

DISCUSSION

All papers presented are eligible to be considered for the "Best Scientific Paper Award" of the Conference. This award will be decided by a committee appointed by the scientific chair of the conference.

CONCLUSIONS

This should be a summary of the major findings of the research.

PRACTICAL APPLICATION

As the ASCA is committed to the professional development of its members this section should include possible applications of the findings of this research.

ACKNOWLEDGEMENTS

Acknowledgments are optional.

REFERENCES

Referencing must conform to the guidelines. Please check the new electronic referencing guidelines.

All references must be placed in alphabetical order by surname of first author and numbered. References are cited in the text by numbers [e.g.(4,9)]. All references listed must be cited in the manuscript and be referred to by number therein. For original investigations, please limit the number of references to fewer than 20 or explain why more are necessary. Please follow the examples below

Journal Article

Hakkinen, K. & Komi, P.V. Effect of different combined concentric and eccentric muscle work regimens on maximal strength development. **Journal of Human Movement Studies**. 7: 33-44. 1981.

Book

Lohman, T.G. **Advances in Body Composition Assessment**. Champaign, IL: Human Kinetics, 1992.

Chapter in an edited book

Yahara, M.L. The shoulder. In: Clinical Orthopedic **Physical Therapy**. J.K. Richardson and Z.A. Iglarsh, eds. Philadelphia: Saunders, 1994. pp. 159 – 199.

References from Electronic Sources

Referencing electronic sources poses problems due to the changing nature of websites. Please limit electronic references in peer-reviewed manuscripts to on-line refereed journals where possible. However, it is recognized that popular media websites (i.e. non-refereed) may also need to be referenced for time to time for some points in manuscripts, please use the format below when referencing web based sources.

Example

Refereed Online Journal

Simon JA, Hudes, ES. Relationship of ascorbic acid to blood lead levels. **Journal of the American Medical Association** [online]. 281:2289–2293, 1999. Available at www.jama.amaassn.org/cgi/reprint/281/24/2289 . Accessed November 19, 2007.

Popular media or Commercial Website

Baker, D. How to choose and set up your bands. Available at: www.danbakerstrength.com . Accessed February 25, 2009.

Figures

Place each of the figures on separate pages. All figures should be professional in appearance. Electronic photographs are encouraged. Please use a digital camera with high resolution. The figure number and description should be below the figure on the same page. Please indicate in your paper where your figures are to be placed. Figures should be clear and not require colour to be able to interpret the data.

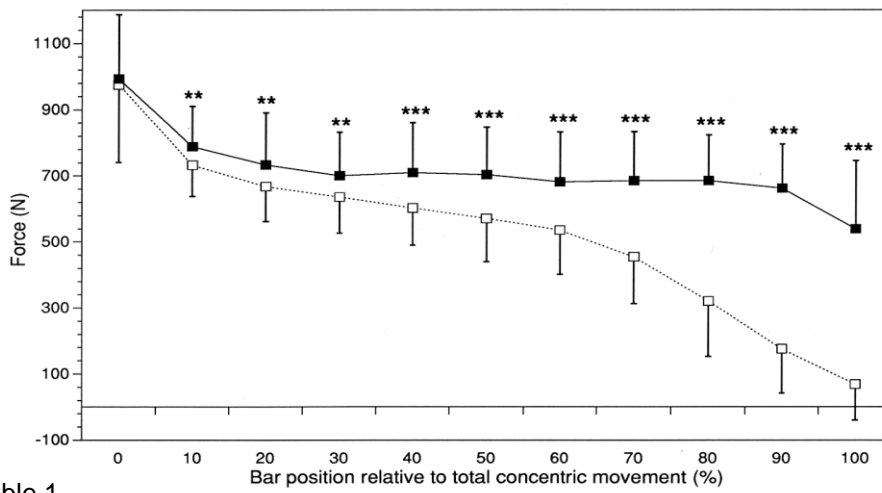


Table 1

Tables

Tables must be double-spaced on separate sheets, numbered and include a brief title above the table. Please indicate in your main paper where your tables are to be placed

Table 1: Tables should include a caption above and be in no smaller font than 10 point.

		Right Leg	Left Leg	Imbalance%	Dominant Leg	Non-dominant Leg	Imbalance%
GRF during	Peak (N)	764 ± 78	789 ± 109	-3.16 ± 8.39	802 ± 103	752 ± 80*	5.94 ± 5.05
Back Squats	Average (N)	642 ± 64	664 ± 98	-3.27 ± 7.34	674 ± 91	632 ± 69*	6.02 ± 3.80