



**TRAIN WELL, PLAY WELL, STANWELL FORUM PROGRAM: SATURDAY, 3rd MARCH**

TIME	COACHING STREAM	FITNESS	UMPIRING STREAM	ADMINISTRATION STREAM
8.30am - 8.50am	<b>REGISTRATION</b>			
8.50am - 9.00am	<b>FORUM OPENING</b> Welcome: Debbie Hall, Capricorn president & Stanwell Corporation Ltd representative			
9.00am - 9.45am	<b>KEYNOTE ADDRESS</b> Peter Reaburn Shares with us his journey as an athlete, coach and club administrator and the many lessons he has learnt on his journey to becoming an A-grade netball coach			
9.45am - 10.15am	<b>MORNING TEA</b>			
10.25am - 11.40am	"How to defend a tall shooter & working as a unit" - Yvonne Willering		"What's new in umpiring?" Protocols & techniques - Stacey Campton	"Anti-discrimination - do you really know what this means?" - Ben Cooke
11.55am - 1.10pm	"It's not the drill - it's what you do with it!" Teaching coaches how to really coach the skill rather than just go through the motion of running a drill - Gillian Lee	"Strength & conditioning for children" - James Hood	"Rules in Action" (coaches welcome) - Stacey Campton  <i>continues after lunch</i>	
1.10pm - 2.00pm	<b>LUNCH</b>			
2.10pm - 3.25pm	"Team Talk" Covering game day organisation, analysing the game and what to say/how to say it in breaks plus team/ player motivation - Yvonne Willering	"Coaching Kids - the secret to keeping them engaged"	Rules in Action ( <i>continued</i> ) Stacey Campton	"Volunteer Management" Recruiting, retaining and rewarding your volunteers and developing a Volunteer Management Plan - Leisa Donlan
3.40pm - 4.55pm"	"Court Play" Teaching patterns of play during a training session - Gillian Lee	"Effective Warm-Ups & Cool Downs" - James Hood	How to develop an umpiring mentoring/development program at your assoc/region. How do you get your badge? - Stacey Campton	
5.00pm - 6.00pm	<b>NIBBLIES</b>			
6.00pm - 7.00pm	"Game Analysis" - how to use stats - Yvonne Willering	<b>CAPRICORN CLAWS Vs WIDE BAY THUNDERCATS</b>		



**TRAIN WELL, PLAY WELL, STANWELL FORUM PROGRAM: SUNDAY, 4TH MARCH**

TIME	COACHING STREAM	FITNESS	UMPIRING STREAM	ADMINISTRATION STREAM
8.15am - 8.45am	<b>REGISTRATION</b>			
8.45am - 10.00am	<p><b>"Centre Court Specialist"</b> Does your team link effectively, ball &amp; player movement strategies - Yvonne Willering</p>	<p><b>"Aerobic &amp; Anaerobic Fitness"</b> - James Hood</p>		<p><b>"Financial Management"</b> - Leisa Donlan</p>
10.20am -11.30am	<p><b>"Planning appropriate trainings from last week's games"</b> - Gillian Lee</p>	<p><b>"Core Strength"</b> What does it mean and how to achieve it - James Hood</p>	<p><b>"Seeing is everything!"</b> How you can improve your umpiring by improving your positioning as well as understanding the movement of the players - Stacey Campton</p>	<p><b>"Meetings, Motions &amp; Minutes"</b> Do you really make things happen? - Leisa Donlan</p>
11.40am -1.00pm	<p><b>"Mastering movement in the goal circle"</b> - Yvonne Willering</p>	<p><b>"How to create an individual training program"</b> - James Hood</p>	<p><b>"Mentoring on Match Play"</b> - Stacey Campton</p>	<p><b>"Successful Planning - Really!"</b> -Leisa Donlan</p>
1.10pm	<b>FORUM CLOSING</b> Thank You from President			