



The
**ELITE SPORT
SUMMIT**
CAPE TOWN
SOUTH AFRICA
5th - 7th **OCTOBER 2016**





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SOUTH AFRICA



We bring together 320 innovators, ground breakers and progressively minded elite sports practitioners. We accommodate managers, coaches, trainers and athletes from a wide range of sporting codes and disciplines. Attendees will be exposed to the latest cutting edge discussions focusing in elite sport provided by the brightest minds in their field.

• EVENT PROGRAM •

The program focuses on an array of sports techniques, methods and theories. We will be discussing how the brightest minds in the game achieve success with talent ID, psychology, culture, science, training methods and professional development.

It's a fantastic program to share knowledge and insight with practitioners at the forefront of elite sport for two full days.



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• **DAY 1** • **REGISTRATION:** 08:00 - 08:45 • **SESSION 1:** 09:00 - 10:00

• PUSHING THE LIMITS: FROM DEATH TO THE TOP IN ONE YEAR •



Grant Lottering
*Ultra-endurance Cyclist/ Survivor
Im'possible Tour*

Grant Lottering
SURVIVOR, SPEAKER & ULTRA ENDURANCE CYCLIST

A remarkable story of survival, recovery and overcoming, Grant shares his inspirational journey that took him from death to the top of the Alps in less than one year.

Considered, by most, to be a story of astounding recovery and incredible courage, he now rides annual Im'possible Tours, taking his second chance at life to the limit, and beyond, pushing the boundaries of what's possible if we believe 'we are possible'.

• **BREAK:** 10:00 - 10:45 • **SESSION 2:** 10:45 - 11:45

• DATA AND ANALYTICS: MONITORING THE GAME •



Michael Niemeyer
*Head of Match Analysis
FC Bayern Munich*



Sport, much like the rest of the world, is hurtling towards the future, and those who are able to quantify and calculate better than the competition give themselves a better chance of success.

Michael Niemeyer is the Head of Match Analysis for one of the most decorated football clubs in the world. In this revolutionary presentation, he explains how capturing and analysing data makes all the difference.



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• **BREAK:** 11:45 - 12:00

• **SESSION 3:** 12:00 - 13:00

• OPEN YOUR EYES: REDEFINING SLEEP IN ELITE SPORT •



Nick Littlehales
Elite Sleep Coach



Most people need 7 to 9 hours of sleep a night, but elite athletes are not "most people". Rest and recovery are vital for gaining that extra 1% and no-one knows more about these marginal gains than sleep expert, Nick Littlehales.

Having worked with some of the most prestigious organisations such as Real Madrid, Manchester United and British Cycling, the secrets that Nick will be discussing could prove to be the difference between winning and losing.

• **LUNCH:** 13:00 - 14:00

• **SESSION 4:** 14:00 - 15:00

• OPTIMUM PERFORMANCE: WHY COMMUNICATION & SITUATIONAL AWARENESS IS KEY •



Dr Anne Isaac
*Head of Human Performance
National Air Traffic Services (NATS)*



We all know that good communication is key to having a successful team, but what is good communication, and how can we achieve it? For Dr Anne Isaac from the National Air Traffic Services for British Airspace, a breakdown in communication could have catastrophic consequences.

With thousands of flights leaving and arriving at an airport like Heathrow every day, there are few people better qualified when discussing this fascinating topic. Discover how getting your message across could be the final step towards success.



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• **BREAK:** 15:00 - 15:30

• **SESSION 5:** 15:30 - 17:00

• GLOBAL REACH: MANAGING PERFORMANCE SUPPORT AT A DISTANCE •



Jay Mellette

Director of Performance Medicine
Cirque du Soleil



Richard LePage

Director of Coaching & Performance
Cirque du Soleil



The world is a global village and one organisation can have fans, team members, and partners on opposite ends of the world. The challenge is to manage them all like the cohesive unit they must be.

For Jay Mellet and Richard LePage of Cirque du Soleil, managing a global organisation is just part of the job. With 20 shows and training centres worldwide, the integration of the performance support services of coaching and medicine is paramount to managing an elite organisation.

• **END OF DAY 1**

From 17:00 onwards there will be a drinks reception and wine tasting in the venue.



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• DAY 2

• SESSION 6: 09:00 - 10:00

• STALLING FOR TIME: ENGINEERING THE WIN •



Gary Noesner
*Former Chief Negotiator
Federal Bureau of Investigation (FBI)*

FBI

In high pressure situations, champion athletes and teams remain calm while everyone around them descends into panic. Many talk of big match temperament (BMT) as if it were a condition you either have or don't have. But what if it was a learnable skill?

Gary Noesner spent 30 years as one of the most respected investigators, instructors, and negotiators for the FBI. In this ground breaking discussion, Gary will teach you how to remain calm and get on top in high pressure situations.

• BREAK: 10:00 - 10:45

• SESSION 7: 10:45 - 11:45

• PUSHING BOUNDARIES: STRETCHING GOALS •



Lance Walker
*Executive Vice President - Global Performance Director
Michael Johnson Performance Institute*



There's only room at the top of the podium for one champion athlete or team. This is elite sport and if you're not in it to win, what then are your motivations? Lance Walker has worked with some of the top athletes in world sport from the NHL, NBA, NFL, English Premier League (EPL) and Formula 1.

He has an extensive knowledge in a variety of disciplines in elite sport such as strength and conditioning, high performance training and rehabilitation. Few in the game know more than this man and the institution he represents.



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• **BREAK:** 11:45 - 12:00

• **SESSION 8:** 12:00 - 13:00

• TURNING THE MIND GAME ON ITS HEAD •



Paddy Upton

Head Coach

Delhi Daredevils: Indian Premier League (IPL)



In this controversial and unorthodox discussion, Paddy Upton debunks widely subscribed myths that sports stars, coaches, and mental gurus hold as truth, and challenges you to do the same.

Having worked with various international teams and athletes with much success, Upton has sustained success at the highest level.

• **LUNCH:** 13:00 - 14:00

• **SESSION 9:** 14:00 - 15:00

• MARGINAL GAIN: OPTIMISING HUMAN PERFORMANCE •



Clayton Green

Manager: Human Performance Programme

McLaren Applied Technologies



In Formula 1, the smallest mistake can have monumental consequences. Only the very best have any hopes of achieving success. In this sport, perfection is not optional, it's mandatory.

Clayton Green delves into the inner workings of some of the most successful athletes in the sport and discusses how human performance is vitally important to deliver.



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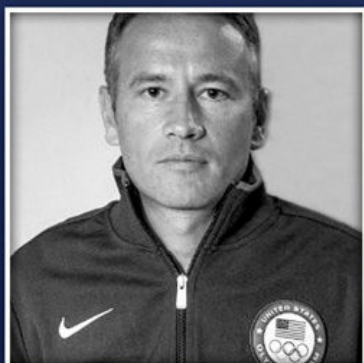
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• **BREAK:** 15:00 - 15:15

• **SESSION 10:** 15:15 - 16:15

• PATHWAYS TO EXCELLENCE: ATTAINING OLYMPIC DREAMS •



Finbarr Kirwan
*High Performance Director
United States Olympic Committee*



Finbarr, in his role, aims to win the Olympic Games. He wants to win Gold and the overall medal count. He is responsible for Track and Field, Swimming, Shooting, Equestrian, Weightlifting and Golf.

In this session, Finbarr will explain the steps to ensure successful programme implementation models, managing a significant budget and dealing with the weight of a nation's expectations to deliver at the highest level.

• **END OF DAY 2** > • **DAY 3** SPORTS SCIENCE MORNING

08:00 - 13:00: Workshop hosted by Sports Science Institute of South Africa. Capacity for this valuable additional day will be limited to 200 so please let us know as soon as possible if you would like to join us. The topics and speakers are detailed below:



08:00 - 09:00: Registration and Welcome

09:00 - 09:40: Monitoring - Measurement options for managing fitness and fatigue - **Professor Mike Lambert**

09:40 - 10:20: Youth talent identification - What the science says about Early vs Late Specialisation - **Justin Durandt**

10:20 - 11:00: Concussion - Current issues and research - **Sarah McFie**

11:00 - 11:30: Break - Teas and coffees served

11:30 - 12:10: Eccentric training - Current issues and trends - **Dr Mike Posthumus**

12:10 - 12:50: Endurance - The sub 2 hour marathon project - **Dr Andrew Bosch**

13:00 - 13:00: Drive through to Stellenbosch Academy of Sport by bus

13:00 - 14:30: Lunch and tour of facility with **Rob Benadie**

14:30 - 15:00: Drive through to De Grendel Wines by bus

15:00 - 17:00: Wine Tour at De Grendel Wines

17:00 - 17:30: Drive back to Cape Town (Table Bay Hotel) by bus



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AVENUE, Dock Road, V & A Waterfront, Cape Town.
(Next to One&Only Hotel)

