

# UK STRENGTH & CONDITIONING SPECIALISTS 2016

*Suitable for physios, S&C coaches, osteopaths,  
chiropractors & sports rehab professionals*

Attend the conference:

**OXFORD**

June 2nd (10am to 4.30pm)

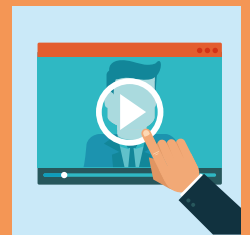
The Oxford Belfry, OX9 2JW  
(junction 7 of M40)

OR

Watch anywhere:

**RECORDED  
& STREAMED**

From June 8th



**Health Education Seminars**

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# Event Programme

The theme for the event will be "Getting Ready For Game Day" - each speaker will discuss how they prepare their athletes to perform. They will draw on their experiences across a wide range of areas (professional cricket, triathlon, university sport, track and field, international rugby and cycling). Each speaker will discuss the challenges they face with their teams and athletes, including monitoring readiness to train, managing injured players, peaking and tapering, working in an interdisciplinary team and planning for major events, which all attending will be able to apply to their clinical practice immediately.

## Ian Pyper - GB Triathlon

Performance Scientist and Senior Strength and Conditioning Coach - British Triathlon

## Scott Pearson - British Cycling

Strength Coach - British Cycling

## Jared Deacon - Athletics

Strength & Conditioning Coach - Scottish Rugby Academies and Scotland National U20's

## Keir Wenham-Flatt - Argentina Rugby

Rugby Strength and Conditioning Specialist

## Chris Tombs - Northants Cricket

Head of Strength and Conditioning - Northants CCC

## Joel Brannigan - Durham CCC

Head of Strength and Conditioning - Durham County Cricket Club

*\* The speakers may be subject to change in exceptional circumstances without notice*

## Speakers biographies

### Ian Pyper BSc (Hons) MSc ASCC

Ian has worked as a full time S&C coach with the English Institute of Sport for just under 10 years, and as a part time S&C coach with the Scottish Institute of Sport for 2 years prior to that. During this time he has worked with over 20 different sports in both Olympic, Paralympic and professional sports. Having been involved in the preparation of a handful of individual athletes for the Beijing Olympic Games, he moved onto lead the preparation with GB Boxing and British Triathlon into London 2012. In his current role Ian heads up the S&C delivery for British Triathlon and is in the final training blocks for the 2016 Olympic Games.

### Keir Wenham-Flatt, MSc CSCS

Keir is a rugby strength and conditioning specialist with experience of working with elite rugby athletes from all over the world in both rugby union and rugby league. Most recently he lead the strength and conditioning programme for Los Pumas Argentina, culminating in a 4th place finish at the 2015 rugby world cup. He has also worked as head of strength, speed and power for 2014 world club champions Sydney Roosters in the Australian NRL. His other professional clubs include London Wasps, London Scottish and Rotherham Titans. Keir also works as a strength and conditioning consultant and speaker. In recent years he has presented to Arsenal football club, Northampton Saints Rugby, Cordoba Rugby Union, University College Cork, the University of

Bolton and the National Strength and Conditioning Association in the USA. He is a big fan of all things speed, agility and energy system development, with aspirations of pursuing a PhD once the trauma of the master's degree is not so vivid in his memory.

### Scott Pearson MSc

As a Strength & Conditioning coach Scott's primary objective is to develop the most athletic, physically and mentally prepared athletes in British Cycling. Scott provides his athletes with the best service possible through consistently high levels of coaching, programming and education and he believes his role as strength coach makes me a major contributor in the career and performance of the athletes he works with. Scott has spent over six years working in top flight professional rugby and has now turned his expertise to help prepare members of the British Cycling team for Rio 2016. Scott prides himself on his ability to utilise both the knowledge and experience he has gained to provide a positive atmosphere; where hard-work, learning and enjoyment are fundamental.

### Chris Tombs MSc

Chris has spent 21 years working in physical preparation and strength and conditioning, the last 14 in professional sport and National teams (2 years in the USA). His work has seen him work extensively across two main professional sports and 2 continents and he has been fortunate enough to win trophies

with 2 different teams, in 2 different sports plus national titles in both men's and women's rugby in the USA. His main areas of interest and specialism are, Athlete development through a robust philosophy of integrated strength foundation. A process of delivering and optimising the effective use of the strength qualities in to a well rounded strength and conditioning program. Over the past 5 years particularly Chris has looked more "globally" at performance systems and the management of a 24 hour athlete. Looking strategically at implementation of complimentary technologies to aid in the decision making process and building support structures to facilitate athlete development through behavioural change and performance services.

### Jared Deacon MSc, ASCC

Jared has extensive experience in three main strands of sports performance; firstly, as a competitor in track athletics in the 400m he competed at every major championships in a 10 year international career including the Olympic Games in Sydney in 2000 and winning gold medals in the 4x400m at the 2002 Commonwealth Games and 2002 European Championships. Secondly, as an athletics coach he has worked for UK Athletics as a sprint and hurdles coach as well as being team coach at European and World Junior Championships. Jared has coached athletes to all major championships whether working as a voluntary coach or as part of the UKA role. Thirdly, Jared has worked as a Strength

& Conditioning coach for over 10 years having roles within the English Institute of Sport working across many different sports and currently working with Scottish Rugby Academies and the Scotland National Under 20 squad.

### Joel Brannigan MSc BA ASCC

Currently working in professional cricket, Joel spent the last 9 years working as a head of strength and conditioning in the university sector with Team Northumbria. During those 9 years he built a successful university department catering for over 400 student athletes as well as developing many young coaches. Growing to a team of 8 coaches in his time there, he has a wide range of experience in over 25 sports with athletes ranging from Olympic and Paralympic level, down to student athletes. Seeking a change of environment he was able to make the transition into professional sport based on both his experiences in a university, and on the back of his own previous career in professional rugby as a player. He has also delivered on several NGB projects and private consultancy work and is a UKSCA Tutor. As a coach his career has been able to develop and evolve (on many occasions!) so that he can get the most out of both athletes and staff. He has particular interest in the "education" of development athletes and creating different coaching environments that drive the full spectrum of athlete by combining hard work, a group ethos, integrity, but most of all individualism.

## Attend "Live" on June 2nd 2016

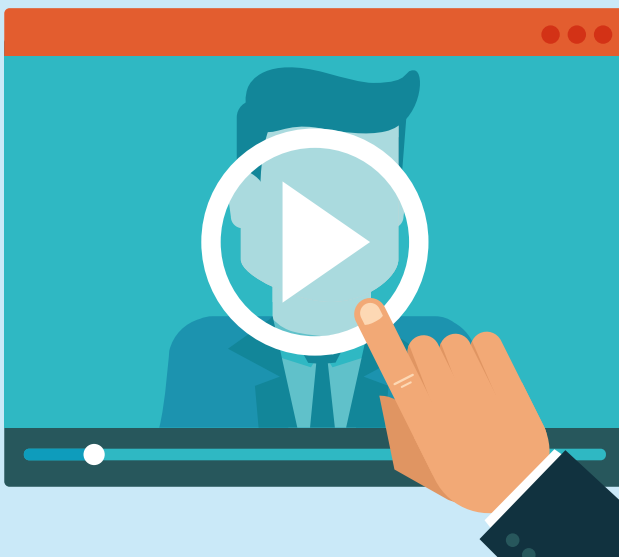


- Watch all key note presentations
- Presentation slides (hard copy and electronic copy as supplied by each speaker)
- Take part in the Q&A sessions with each speaker
- Enjoy the fabulous food & drink at a spectacular sporting venue
- Network with like-minded therapists working in private practice, sport and the NHS
- Watch the key note presentations "streamed online" from June 8th 2016 as many times as you like for 30 days
- CPD certificate – 7hrs

**£99**  
Before April 30<sup>th</sup>

OR

## Watch the conference "recorded & streamed online" from June 8<sup>th</sup> 2016



- Watch all key note presentations "streamed online" from June 8th 2016 as many times as you like for 30 days
- Presentation slides (electronic copy as supplied by each speaker)
- CPD certificate - 7hrs
- No need to take a day off work
- No travel costs

**£99**  
Before April 30<sup>th</sup>

OXFORD – THURSDAY JUNE 2ND 10:00 – 16:30  
The Oxford Belfry, Milton Common, Thame, OX9 2JW

# Booking Form

Please print clearly your name and contact details as these will be used on the delegate certificates. Payment must be received in full before attending the conference. Confirmation of a delegate place will only be on receipt of full payment. Confirmation of your booking will be sent by email with a map, travel details and further information about the conference.

Title \_\_\_\_\_

First name \_\_\_\_\_

Surname \_\_\_\_\_

Profession \_\_\_\_\_

I work in:

- NHS  
 Private Practice  
 Military  
 Sport  
 Education  
 Other

Address \_\_\_\_\_  
\_\_\_\_\_

Post Code \_\_\_\_\_

Email \_\_\_\_\_

Tel No \_\_\_\_\_

Where did you hear about the seminar?  
\_\_\_\_\_  
\_\_\_\_\_

Special dietary or other requirements (Details)  
\_\_\_\_\_  
\_\_\_\_\_

## Delegate Fees

### PLEASE TICK THE RELEVANT BOXES

I will be attending the conference **"live"** in Oxford on June 2<sup>nd</sup> 2016

**OR**

I will be watching the conference **"streamed online"** from June 8<sup>th</sup> 2016

**EARLY BIRD FEE** – £99 (incl VAT)  
(Bookings before April 30<sup>th</sup> 2016)

**STANDARD FEE** – £150 (incl VAT)  
(Bookings after April 30<sup>th</sup> 2016)

**STUDENT FEE** – £90 (incl VAT)  
(Limited number of places available)

**GROUP BOOKINGS** (Pay for 5 places and receive the 6<sup>th</sup> place FREE) If you have 5 friends / colleagues who would like attend the conference (either "live" on the day or "streamed online" from June 8<sup>th</sup>), please apply for a GROUP BOOKING discount.

**GROUP BOOKING** – £495 (incl VAT)  
(Before April 30<sup>th</sup> 2016)

**GROUP BOOKING** – £750 (incl VAT)  
(After April 30<sup>th</sup> 2016)

### TOTAL FEES £

Cheque (payable to Health Education Seminars)

Credit Card (please tick):

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Name on Card: \_\_\_\_\_  
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Start date:            /                 Expiry date:            /

Issue Number (Switch Only) \_\_\_\_\_

3 digit security no. \_\_\_\_\_

**Please send your completed Booking Form together with appropriate delegate fee or full invoicing details to: Health Education Seminars**  
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**CANCELLATION POLICY** – All cancellations must be made in writing to Health Education Seminars. Substitute delegates are welcome at any stage. Cancellations made before May 1st 2016 will receive a full refund less a £40 cancellation fee. We regret that no refund is available if cancellation is received after May 1st 2016, for whatever reason.

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