

# Singapore Sports Institute Annual Symposium 2013

*Integrating Sports Science & Medicine with Coaching in Competitive Sport*

<b>11 July 2013 Thursday</b>			
8:00	Registration		
9:00	<b>Welcome Speech by Chairman SSC, Mr Richard Seow</b>		
	<b>Keynote Address</b>		
9:20	<p><b>London 2012: The Science Behind the Medals</b></p> <p>Dr Ken van Someren (GSK Human Performance Lab, UK)</p> <p><b>Session Chair: A/Prof Denny Lie</b></p>		
10:15	Tea Break		
	<b>Plenary Session</b>		
10:45	<p><b>Youth &amp; Female Issues in Elite Sport</b></p> <ul style="list-style-type: none"> <li>• <i>Child Protection in Elite Training</i>, Dr Trisha Leahy (Hong Kong Sports Institute)</li> <li>• <i>Singapore Sports School Long Term Athlete Development (LTAD) Model: Maturity Status and Physical Performance in Student Athletes</i>, Dr Low Chee Yong / Mr Sofyan Sahrom (Singapore Sports School / Singapore Sports Institute)</li> <li>• <i>World Class Athletes – Born or Made? Nurturing the Sporting Talent to the Global Stage</i>, Mr Ralf Iwan (Singapore Sports School)</li> <li>• <i>Health Issues of Female Athletes</i>, Dr Ong Wee Sian (National University Hospital)</li> </ul> <p><b>Session Chair: Dr Jason Lee</b></p>		
13:00	Lunch		
	<b>Breakout Sessions</b>		
14:00	<table border="0"> <tr> <td> <p><b>Psychological Preparation in Elite Sport</b></p> <ul style="list-style-type: none"> <li>• <i>A World Champion Performance: Shayna Ng - Singapore Bowling</i>, Ms Michele MacNaughton (Singapore Sports Institute)</li> <li>• <i>The Field Application of Sport Psychology for Korean National Archery Team</i>, Dr Kim Youngsook (Korea Institute of Sport Science)</li> </ul> <p><b>Session Chair: Dr Peter Usher</b></p> </td> <td> <p><b>Nutrition for Sports Performance</b></p> <ul style="list-style-type: none"> <li>• <i>Hydration During Exercise: So How Much Should We Drink?</i> Dr Jason Lee (DSO National Laboratories)</li> <li>• <i>Nutrition for Recovery in Swimming and Judo Toward London 2012</i>, Ms Maki Shibasaki (Japan Sports Council)</li> </ul> <p><b>Session Chair: Ms Huang Liyan</b></p> </td> </tr> </table>	<p><b>Psychological Preparation in Elite Sport</b></p> <ul style="list-style-type: none"> <li>• <i>A World Champion Performance: Shayna Ng - Singapore Bowling</i>, Ms Michele MacNaughton (Singapore Sports Institute)</li> <li>• <i>The Field Application of Sport Psychology for Korean National Archery Team</i>, Dr Kim Youngsook (Korea Institute of Sport Science)</li> </ul> <p><b>Session Chair: Dr Peter Usher</b></p>	<p><b>Nutrition for Sports Performance</b></p> <ul style="list-style-type: none"> <li>• <i>Hydration During Exercise: So How Much Should We Drink?</i> Dr Jason Lee (DSO National Laboratories)</li> <li>• <i>Nutrition for Recovery in Swimming and Judo Toward London 2012</i>, Ms Maki Shibasaki (Japan Sports Council)</li> </ul> <p><b>Session Chair: Ms Huang Liyan</b></p>
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17:30	End of Programme		



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<b>12 July 2013 Friday</b>	
8:30	Registration
9:00	<b>Keynote Address</b>
	<b>Competitive Sport Coaching – The Next Generation Entrusts Sports to Us</b> Prof Takashi Katsuta (Japan Sports Council)  <i>Session Chair: Prof James Goh</i>
10:00	Tea break
10:30	<b>Plenary Session</b>
	<b>Integrating Sports Science &amp; Medicine with Coaching in Competitive Sport (Part 1)</b> <ul style="list-style-type: none"> <li>• <i>Weight Management of Athletes</i>, A/Prof Zhao Peng (China Institute of Sport Science)</li> <li>• <i>Hong Kong Sports Institute Recovery Strategy</i>, Dr Raymond So (Hong Kong Sports Institute)</li> <li>• <i>The Olympic Dream – A Multi-disciplinary Approach</i>, Mr Md Saadon Bin A Shukor (Institut Sukan Negara, Malaysia)</li> </ul> <i>Session Chair: Ms Lydia Law</i>
12:45	Lunch
13:45	<b>Plenary Session</b>
	<b>Integrating Sports Science &amp; Medicine with Coaching in Competitive Sport (Part 2)</b> <ul style="list-style-type: none"> <li>• <i>Evidence Based Coaching</i>, Dr Peter Usher (Sport Psychology Consultant, Canada)</li> <li>• <i>China National Gymnastics</i>, Prof Hong Ping (China Institute of Sport Science)</li> <li>• <i>Singapore Bowling in the 21<sup>st</sup> Century – the Singapore Bowling Federation Journey</i>, Mr Mervyn Foo (Singapore Bowling Federation)</li> </ul> <i>Session Chair: Mr Tan Wearn Haw</i>
16:00	<b>Presentation of Token of Appreciation by Executive Director SSI, A/Prof Fabian Lim</b>
16:15	<b>Closing Speech by Chief SDG, Mr Bob Gambardella</b>
16:30	End of Programme