

IWITS SPORT

**PEAK
PERFORMANCE
SUMMIT**



Advancing the world of competitive sport

PROGRAMME

Day 1: Friday, 24 November 2017

08:00	Registration and Welcome Tea & Coffee
09:00	Opening Remarks
09:15	Peak Performance Values, Norms and Principles in managing a successful High Performance System Former New Zealand, USA, GLRU Rugby Head Coach. Current Head Coach of the Blue Bulls <i>John Mitchell</i>
10:15	Peak Performance: Load Monitoring and Recovery on a shoestring budget Varsity Cup Dream Team Strength & Conditioning Coach <i>Jacques Durandt</i>
11:00	Morning tea and networking opportunity
11:30	Establishing a leadership culture in a high performance team Double University Sport SA Basketball champions coach <i>Tshiamo Ngakane</i>
12:10	Nutrition for Peak Performance <i>Future Life Dietician</i>
12:40	Strength Based approach to Sports performance and resilience <i>Kerry Yates and Rezana Hoosain</i>
13:10 – 14:00	Lunch and networking opportunity
14:00	Peak Performance Values at Johannesburg's top schools Panel Discussion: Principals
14:45	Afternoon Tea
15:15	The Cutting Edge of individual professional sport and the role of "The Team" <i>Chad Hanekom and Fight Fit Militia</i>
16:15	Closing Remarks
16:30	Closing Day 1

PROGRAMME

Day 2: Saturday, 25 November 2017

08:00	Welcome Tea and Coffee
08:30	Opening remarks from the Chair
08:45	Performing at the very best version of you <i>Rob Yates</i>
09:30	Foundations for High Performance Success <i>Hugo van As and Joey Mongalo</i>
10:15	Morning tea and networking opportunity
10:30	Balance and the role of Life Coaching in sports performance <i>Preleena Ramlall</i>
11:00	Strength and Conditioning training in professional and school cricket achieving Peak Performance <i>Jeff Lunsky</i>
11:30	Mindfulness in Sport <i>Shameen Naidu</i>
12:00	The role of Leadership in achieving success: Question & Answer Session <i>Gavin Hunt PSL winning coach of Bidvest Wits and winner of 4 PSL titles</i> <i>Stephen Pienaar current Bidvest Wits, and former Bafana, Everton and Spurs player</i>
13:00	Closing remarks
13:15	Lunch and networking opportunity

Who should attend (but not limited to):

- Sport Stakeholders
- Club Managers
- Club Owners
- High Performance Athletes
- Sportsmen and Sportswomen
- Mental Skills coaches
- Psychology Academics
- Psychology Students
- Talent Development Managers
- Sports Membership Bodies
- Elite Teams
- Sports Analysts
- Lecturers