

# 18th Hongkong Bank Foundation Elite Coaches Seminar

Organisers :



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All-China Sports Federation

Sponsor :

The Hongkong Bank Foundation  
滙豐銀行慈善基金



Co-organiser :



Shanghai University of Sport

## Theme : Enhancing Recovery in Sports

Date : 11-13 September 2010

Venue : Lecture Theater, Shanghai University of Sport

### Schedule

#### **11 Sep (Sat)**

**0930 - 1130**

Site Visit to the Shanghai University of Sport

**1145 - 1315**

Lunch

**1330 - 1400**

Registration

**1400 - 1415**

Opening Ceremony

**1415 - 1545**

**“Sports Nutrition Intervention and Maximization of Training Efficiency”  
Prof. YANG Ze-yi – Professor, China Anti-Doping Agency and Consultant  
to State General Administration of Sports for the Olympic Games**

Prof. Yang is a scholar in sports nutrition and biomechanics, and has been serving the National Team and lecturing postgraduates. He was the Deputy Director of the National Institute of Sports Medicine, Director of the China Anti-Doping Centre and Member of the International Olympic Committee Medical Commission. He will share the success stories on the tactical nutritional measures for the preparation of the Olympics, the relationships between training and recovery from a scientific perspective, and the crucial support and recovery of sports nutrition.



**1545 - 1600**

Tea Break

**1600 - 1730**

**“Periodization for Optimal Performance in Track Events”  
Dr Paul Wright – Athletics Head Coach, Hong Kong Sports Institute**

Prior to joining the HKSI in June 2010, Dr. Paul Wright was the Head Coach for the US Athletics Team at the Universiade Belgrade 2009. This presentation will introduce the five primary principles of training – specificity, overload, recovery, adaptation, and progression, illustrate the importance of periodization when building traditional training plans and how periodization relates to the five primary principles of training within the context of Track and Field events.



**1800**

Dinner

**12 Sep (Sun)**

**0830 - 0900**

Registration

**0900 - 1030**

**“Enhancing Recovery for Elite Athletes in Physiological Aspects”  
Dr Raymond So – Sports Science & Medicine Coordinator, Hong Kong Sports Institute**

Dr. So is the Sports Science & Medicine Coordinator of the Hong Kong Sports Institute. He was the president of the Hong Kong Association of Sports Medicine and Sports Science during 2002-2005. As an experienced sports physiologist, Dr. So's research interests include local muscle monitoring under dynamic condition, exploration of the effectiveness of physical recovery methods and hypoxic training. He will share with us the measures for enhancing recovery in physiological aspects based on his experience in training Hong Kong elite athletes.



**1030 - 1045**

Tea Break

**1045 - 1215**

**“Psychological Aspects of Athlete Recovery: A Model from the USOC”  
Dr. Sean McCann – Senior Sport Psychologist, United States Olympic Committee**

Dr. McCann has worked in the Sport Psychology Department of the US Olympic Committee for 16 years. Since 1994, he has served as the Sport Psychologist for the US Olympic Team. Dr. McCann will talk about the important role that psychological factors play in athlete recovery especially on special challenges for certain personalities, and interventions to help athletes manage and reduce psychological stress while enhancing recovery.



**1230 - 1400**

Lunch

**1415 - 1430**

Registration

**1430 - 1600**

**“An Integrated Evaluation and Treatment Approach for the Injured Athlete”**

**Dr. Kerry D'Ambrogio, Internationally recognised acupuncture physician and physical therapist**

Dr. D'Ambrogio is an American physical therapist, osteopath and board certified acupuncture physician. He has a background in acupuncture, traditional Chinese medicine, applied kinesiology and various exercise and movement therapies. This presentation will discuss evidence based evaluation and treatment strategies that will help the coach determine what is best for his athlete. He will also explore the various types of manual and exercise therapies that will facilitate significant recovery in the injured athlete.



**1600 - 1615**

Tea Break

**1615 - 1745**

**“Liu Xiang's Road Back to Competition”  
Sun Hai-ping – Deputy Chief Coach, China National Athletics Team, China**

Coach Sun has been coaching for nearly 30 years, which includes leading Liu Xiang to various champions, especially as the first Chinese men's athletics gold medalist at the 2004 Olympics. Liu withdrew from the 2008 Olympic event due to injury, and after receiving treatment and recovery training, he won a silver medal in the 110m hurdles in the Shanghai Golden Grand Prix a year later. Coach Sun will share the tips and cues of the recovery training for Liu Xiang.



**1800 - 1930**

Dinner

**13 Sep (Mon)**

**0930**

Site visit to Oriental Land & Zhujiyajiao

**1700**

Dismiss

**Language Medium:** Putonghua & English (Simultaneous interpretation will be provided)

**Note**

**Enrolment Deadline:** 16 August 2010 (Monday)

**Certificate:** Certificates of attendance will be issued for participants attending the whole event

**Enquiries:** 2681 6289

- Remark:**
- The Hong Kong Coaching Committee will grant 9 hours of continuing coach education activity if CAP coaches attend the whole event and acquire the attendance certificate.
  - The Organiser will arrange recording during the seminar and its authorised agents and the programme sponsor(s) may use, distribute, and/or reproduce related materials for promotional purposes.