

CONFERENCE
& AWARDS

2019

17/18 May: RADISSON BLU EAST MIDLANDS HOTEL

21ST CENTURY PLAYER PREPARATIONS...

HOW FAR HAVE WE COME?



Friday 17th May

10.00 Registration Opens Hotel Lobby

11.00 **Opening Address** **Mr Eamonn Salmon**
CEO

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CHAired BY:
PROFESSOR GRAHAM SMITH
Chairman
Society of Sports Therapists

11.10 **KEYNOTE SPEAKER**
It is time to reassess current injury prevention ideologies in sports medicine **Dr Colin Fuller BSc, PhD, FRSC, FFSEM (Hon)**
Consultant in sports risk management

The risks of injury in professional team sports, such as football, are high with levels of risk reported to be three orders of magnitude higher than those found in high-risk industries. Despite the efforts expended on developing injury prevention interventions, however, the risks of injury in these sports have remained largely unchanged. The presentation will critically examine the current processes underpinning the development, evaluation and implementation of injury prevention interventions in sports medicine.

Q & A

11.50 **Daily screen/dangers of training injured, ill, fever & duty of care** Club Doctor

Q & A

12.30 **Injury prevention: Are we improving** **Dave Hancock**
Performance Consultant
Washington Nationals

A practical and on the ground view from someone who has spent 24 years working in various elite sports on both sides of the pond. Dave will give his on personal view as well as how data is used correctly and incorrectly in trying to accomplish what is a complicated problem to solve.

Q & A

13.10 **Lunch Break, Trade Exhibition & Networking**

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CHAired BY:
Alan Rankin
Physiotherapist
Scottish FA

14.10 **Movement based – Prep to Perform** **Phil Glasgow**
Head of Physiotherapy & Rehabilitation
Irish Rugby Football Union



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Effective preparation to perform requires the integration of a range of movement variables in a way that reflects the demands of the sport. Most squads will include movement prep that involves mobility, neural activation and strength, yet practice can be diverse and is often caught in pseudoscience or the convention of what has always been done. In this talk we will consider the underlying rationale for movement prep and attempt to gain greater clarity on what it is we are seeking to achieve. Once individual and collective goals are established, it is possible to create a simple framework for development of an integrated movement preparation plan. Practical strategies to facilitate effectiveness and overcome barriers will also be presented.

Q & A

14.50

The importance of a uniform club philosophy for enhancing athlete health and performance

Adam Brett

Head of Medical Services

Brighton & Hove Albion

Will Abbott

Head of Academy S & C

Brighton & Hove Albion

Professional football clubs are huge organisms, with numerous contributing parts. In order to achieve success, it is vital that the individual parts are aligned and working towards a common goal. This is especially the case with science and medical departments, given the degree of interlink and collaboration between the two.

During the presentation, Adam and Will detail the Brighton and Hove Albion FC performance philosophy. The pair discuss the application of a club model, how success is defined, and the key performance objectives for the department. Particular reference is provided to the similarities and differences between 1st Team and Academy performance philosophies, and the importance of the interlink between them to enable a smooth transition for academy athletes graduating to the 1st Team.

Q & A

15.30

Coffee Break and Trade Exhibition

15.50

Working a continuum of mobility and activation pre-training to develop physical literacy

Kevin Paxton MSc, ASCC, CSci

Head of Academy Sport Science
Leicester City FC Academy

The session explores identifying a series of exercise progressions that span across the aspects of mobility and activation that can be delivered before training to prepare physically whilst also developing fundamental movement literacy

Q & A

16.30

Importance of MDT working across the departments

Mo Gimpel

Director of Performance Science
Southampton FC

Football staff's technical ability is the foundation to most job descriptions, however, people skills and department integration/communication tend to be the areas at fault when performance on and off the field drops. Do we focus enough on building individual's people skills, inter departmental trust, support & working practices beyond technical skill?

Q & A

17.10

Close



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Saturday 19th May

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CHAIRD BY:

Nick Worth

National Lead Clinician at Ascenti Sports

9.10 **FA UPDATE: An injury audit**

Charlotte Cowie

Head of Performance Medicine
FA

9.30 **Specific Challenges of preparing the academy athlete**

Perry Stewart

Lead Academy Strength & Conditioning Coach
Arsenal FC U9-16

The journey for an academy player is often long, arduous and undulating and further complicated by rapid growth and maturation. Yet do we fully comprehend the implications of growth and maturation on player development? A better understanding of the non-linear nature of youth development will allow academy staff to optimise the support required for long term success.

Q & A

10.00 **Preparing the female athlete**

Callum Repper

England Women's Team Physiotherapist

10.30 **Preparing the lower league player on limited resources**

Mike Hine

Head of Sports Science & Medicine
Lincoln City FC

Q & A

11.00 **Coffee Break, Trade Exhibition & Networking**

11.30 **Self-management within chaos: Developing the Mentally Skilful Player**

Dan Abrahams

Sports Psychologist

The periods before, during, and after training can feel chaotic for players. But these periods also offer the ideal environment (and opportunity) for players to utilise mental skills to help them improve their self-management. Medical and sport science staff (alongside coaches) are in the ideal position to embed simple techniques into the communication and discourse they have with players. This presentation will provide delegates with simple linguistic tools to help players become more mentally skilful.

Q & A



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12.10 **Adjusting to Chiropractic**

Catherine Quinn
Sports Chiropractor

The inclusion of Chiropractic in a Football Club's medical team is becoming increasingly prevalent both in the UK and worldwide, but do you understand how your club might benefit from and best utilise this growing, regulated healthcare profession? How do you find the right person? What experience and skills will they have? Once you have a chiropractor as part of the team what will their role be? Catherine will explore these questions and any others you may have as she discusses her experiences at QPR football club and beyond. Catherine will explore some of the barriers that may exist to bringing in a chiropractor to the team and how these can be overcome with good communication and a player centred approach to care.

Q & A

12.40 **Nutrition & Behaviour Change**

David Dunne
Performance Nutritionist

The role of a Performance Nutritionist is now well established within the Sport Science & Medicine Team at most organisations, with the primary focus of the role being on player education. Here we will explore the limitations of this approach and what you should expect from your practitioner to drive behaviour change in the organisation. To illustrate this session there will be unpublished data from my PhD research to date.

Q & A

13.10 **Closing Address**

Mr Eamonn Salmon



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