

# Speed, agility, acceleration for sport

**Date:** 02.12.2018.

**Time:** 9.00 am -5.00 pm

**Venue:** GWS Giants, 1 Olympic Blvd, Sydney Olympic Park, NSW, 2127, Australia

**Presenters:** High Performance Coaches - *John Quinn* and *Zsuzsanna Olgyay-Szabo*

## **9.00 am - 9.30 am Registration and Coffee**

### **9.30am – 10.30 am**

- ⊞ Speed mechanics; one step quickness; analysis
- ⊞ Trends in speed and agility - Analysis, technique for sports; over-speed; DBands,

## **10.30 am -10.45 am Coffee break**

### **10.45 am – 12.15 am**

- ⊞ Postural anatomy
- ⊞ Lower body mechanics; stabilization of the core, improved efficiency
- ⊞ Maximize the warm-up for greatest effect

## **12.15 pm – 1.00 pm Lunch break, networking**

### **1.00 pm – 2.00 pm**

- ⊞ Stability exercises - for core, posterior chain, glute activation and proprioception
- ⊞ Drills and movement progressions - exercises to improve running mechanics.

## **2.00 pm – 2.15pm Coffee break**

### **2.15 pm – 3.45 pm**

- ⊞ Developing mechanics, speed and acceleration and change of direction
- ⊞ Plyometric exercises - ankle and knee stability

## **3.45 pm - 4.00 pm Break**

### **4.00 pm – 5.00pm**

- ⊞ Sport specific movements and exercises - includes agility, change of direction, one step quickness; jumping; kicking and more.
- ⊞ Summary and close.

If you can't make it this time we can arrange a clinic in your venue. Contact for details.

## **CONTACT & BOOKING DETAILS:**

Email: [dbandsaus@gmail.com](mailto:dbandsaus@gmail.com)

Register: <http://www.seahawkstrackandfieldacademy.com/dbands-professional-course.html>

## Facilitators of the course:

### John Quinn



A widely respected leader in the elite coaching field with experience across a diverse range of sports along with extensive expertise in allied health.

John's career has spanned more than 30 years. He has worked with many of Australia's leading athletes and coaches across sports as diverse as track and field, swimming, AFL, rugby league, tennis, cricket, bobsleigh and soccer.

Just a few of John's accomplishments include:

- Sprints and relay coach for the Australian track and field team at the 2000 Sydney Olympic Games
- Head fitness coach and High Performance Manager for Essendon Football Club (AFL) 1998 – 2008.
- Australian fitness coach for two International Rules Series – Australia and Ireland (AFL)
- High Performance Manager of Greater Western Sydney Giants Football Club (AFL) 2010 – 2014.
- Head Conditioner with the Socceroos in 2006 in a friendly competition in Kuwait
- High Performance Coach for AFL All Stars Team 2010.
- Strength and Conditioning coach in the Indian Cricket League 2009
- Academy Director – GWS Giants Football Club (AFL) 2015 –
- Director QESS – Exercise Physiology Services (Sydney & Melbourne) 2015

In 2014 John was diagnosed with a rare autoimmune disease – Limbic Encephalitis. This initial prognosis from this condition was one of dire consequence. After months in hospital and professional care, John emerged from this condition with an even stronger determination for changing people's lives.

This saw John return to GWS Giants in the role of Academy Director. He also established two separate Exercise Physiology Clinics – one in Sydney and the other in Melbourne. In an Australian first, John is also employed at two private schools as an Exercise Physiologist and acts as a service provider and mentor to students and staff at these colleges.

Highly regarded in the sport and fitness industry, John's involvement with some of Australia's most elite sports people along with his own inspiring health battle, has made his expertise highly sought-after by both sporting teams and businesses alike.

## Zsuzsanna Olgay-Szabo



Zsuzsanna has achieved international success as both athlete and coach. She started athletics at the age of 11 in her country of origin, Hungary, initially competing in the combined events. Later, she pioneered women's pole vault achieving a personal best of 4.51m – the Hungarian Indoor Record. In addition to this she also broke the European Indoor Pole Vault Record, was 26 times National Indoor and Outdoor Record. Her greatest achievements was a bronze medal at the World Indoor Championships in Japan 1999, 4th in the IAAF World Championships in 1999 Seville and participated in the Sydney Olympic Games in 2000.

Upon retirement from the international stage, she became a successful coach and has dedicated her abilities to helping people to succeed at the very highest levels in athletics.

Zsuzsanna holds a Masters of Education in Physical Education and a Bachelor's Degree in Coaching. She is a Level 4 accredited Athletics Australia Coach.

Some of Zsuzsanna's accomplishments include:

- Pole Vault coach of Korean National Team, 2008
- Assistant coach of Alex Parnov at WA Institute of Sport, 2009
- Head Track and Field Coach of Meriden School, 2010
- Founder of the Seahawks Track and Field Academy (2007) and developed one of the strongest pole vault and multi events' squad in Australia. Two of her athletes became the youngest Open National Champion – in pole vault and heptathlon – proving the successes of her development program. Her athletes won 31 Australian Junior Titles, 26 NSW Open Titles, by side of numerous medals, set NSW Open and Junior Records as well representing Australia in Commonwealth Games, World Junior Championships, World Youth Championships, Maccabiah Games, winning gold and silver medals in World University Games.
- Athletics Australia and NSW Institute of Sport High Performance Coach / Event coach – Pole Vault and Multi Events, 2013-2018
- NSW Target Talent Coach – pole vault, multi events, 2013-
- Team coach in World University Games for pole vault, decathlon and high jump, 2015
- Master coach of DBands, 2017