



DBands' Course Program

Date: 02.12.2018.

Time: 9.00 am -5.00 pm

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

9.00 am - 9.30 am Registration and Coffee

9.30am – 10.30 am

- ⌘ Introductions of presenters John Quinn and Zsuzsanna Olgyay-Szabo
- ⌘ Speed mechanics; one step quickness; analysis
- ⌘ DBands history, DBands benefits, Small bands / Large bands use and comparison

10.30 am -10.45 am Coffee break

10.45 am – 12.15 am

- ⌘ The effects of DBands on the body's postural anatomy
- ⌘ Assistance with lower body mechanics; stabilization of the core, improved efficiency
- ⌘ The DBands warm-up routine
- ⌘ How to set up, planning sessions with DBands

12.15 pm – 1.00 pm Lunch break, networking

1.00 pm – 2.00 pm

- ⌘ Dbands' stability exercises - for core stabilisation, glute activation and proprioception
- ⌘ Drills and movement progressions - exercises to improve running mechanics; maximize posterior chain (especially glute activation)

2.00 pm – 2.15pm Coffee break

2.15 pm – 3.45 pm

- ⌘ Dynamic DBands' exercises for developing mechanics, speed and acceleration
- ⌘ Plyometric exercises with DBands - emphasis on ankle and knee stability

3.45 pm - 4.00 pm Break

4.00 pm – 5.00pm

- ⌘ Sport specific movements and exercises in DBands - includes agility, change of direction, one step quickness; jumping; kicking and more.
- ⌘ Summary and close. What did you learn? Set your own schedule.

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 Olgvay-Szabo



Zsuzsanna has had great achievements as an athlete and a coach as well. She started athletics at the age of 11 in her country of origin, Hungary, competing in the combined events. Over 10 years later, struggling in heptathlon with a knee and back injuries for years when women's pole vault was becoming more popular, she decided to give it a try. Since that moment, her career as a pole vaulter became more and more successful. Competing at an international level for 10 years, she achieved a personal best of 4.51m – that is Hungarian Indoor

Record still - and broke the European Indoor Pole Vault Record, set 26 times National Indoor and Outdoor Record, won the bronze medal at the World Indoor Championships in Japan 1999, placed 4th in the IAAF World Championships in Seville and participated in the Sydney Olympic Games in 2000.

In her carrier she struggled with many injuries that made her dedicated to improve her knowledge and helping people to succeed their dream by side of become a grateful people.

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

Just a few 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

CONTACT & BOOKING DETAILS:

Email: dbandsaus@gmail.com

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