2018 QUEENSLAND AQUATIC CONFERENCE & AQUASUMMIT

SUNDAY 15 APRIL 2018
Chandler Aquatic Centre, Sleeman Sports Complex, Cnr Old Cleveland & Tilley Roads, Chandler

ADDITIONAL OPPORTUNITIES
• Managing and Maintaining your Aquatic Assets
• CPR Update

Proudly supported by
austswim.com.au • qld@austswim.com.au • 1300 885 666 or 07 3245 3595
CONFERENCE PACKAGE
The package offers one chosen session from each time slot on Sunday 15 April 2018, plus:
- Online access to all conference session notes
- AUSTSWIM delegate bag
- Morning tea, lunch and afternoon tea
- Certificate of attendance
- 10 professional development hours towards AUSTSWIM Licence renewal
- 5 Fitness Industry CEC’s

PROGRAM
SUNDAY 15 APRIL 2018

This symbol indicates that this session will incorporate a water component and delegates will need to bring appropriate swimming gear.

This symbol indicates that this session will incorporate presenters specialising in the WETS AQUASUMMIT.

ADDITIONAL OPPORTUNITY  8:00AM – 8:30AM
Managing and Maintaining your Aquatic Assets – Doing More with Less
Simon Weatherill
Managing sports and aquatic facilities in a sustainable manner has never been so important as in the current economic climate. Managers and contract managers are tied with a difficult predicament of:
• Providing community services and facilities at affordable prices for patrons
• Managing ageing infrastructure in a sustainable fashion
• Providing leadership for programs, products and people development
Session available at no additional cost – non conference delegates also welcome to attend. Please register session attendance on attached Registration form or online.

REGISTRATION  8:15AM – 8:45AM
OPENING ADDRESS  8:50AM – 9:30AM
AUSTSWIM: Working Towards 40

SESSION 1  9:30AM – 10:30AM
FREEDOM FROM FEAR – AN ADULT PERSPECTIVE
Marcelle Renforth
Our nation’s population is growing in diversity and size, which is likely to increase the number of ‘non-swimming’ adults, who have different needs and expectations to children. ‘Non-swimmer’ adults being fearful of water may not always be the case, they may not like water on their face or be fearful of lifting their feet off the bottom of the pool. Leave with strategies and steps to developing confidence, skills and desensitising fear.

WE’VE ALL BEEN THERE
Mark Davis
Sometimes we are taken by surprise with participants who have medical conditions, injuries or other physical challenges that influence their ability to participate in our classes. Join Mark as he explores five key strategies you can use to ensure all participants are included safely and effectively.

THE SWIM AND AQUA EXCHANGE
Lyn O’Brien & Christine Naysmith
Are aqua moves useful when teaching swimming and water safety? Does swimming and water safety relate to aqua? Gain new ideas by watching and analysing video footage, discussing implementation strategies and ways to transform classes by combining the best of both worlds. This interactive session will take learning to a whole new level.

GAMES UNDERCOVER
Looking for fun games and activities to motivate, encourage movement and keep students engaged? This session offers a variety of games and activities that can be used in classes for infants, learn to swim, mini squad, school groups and adult swimmers.
now let's be authentically useful take home tips – valuable conversation and session is sure to initiate (CALD) community. The and Linguistically Diverse students from a Culturally with fear of water or a disability and chronic health conditions, those for children with a variety of reasons. The reason WHY they attend will affect WHAT we plan to teach them. Lyn will discuss various case studies and show valuable videos that demonstrate how the WHY’s and WHAT’s vary between children and adults.

**MORNING TEA**

**SESSION 2**

### WHY = WHAT

Lyn O’Brien

People with all abilities attend our classes for a variety of reasons. The reason WHY they attend will affect WHAT we plan to teach them. Lyn will discuss various case studies and show valuable videos that demonstrate how the WHY’s and WHAT’s vary between children and adults.

### AUSTSWIM – A GLOBAL PERSPECTIVE

Janet Humphries & Marcelle Renforth

Expand your horizons and listen first hand to the opportunities that exist for AUSTSWIM Teachers on a world stage. With growing popularity, AUSTSWIM commits to stringent formal alliances that ensure sustainability with quality and consistency of our courses overseas, whether it’s volunteering in Vietnam, mastering the skills in Malaysia or India and understanding the culture in China and Hong Kong, this session has something for everyone.

### DOING BETTER AT BUSINESS

Shelly Douyere

Managing swim centres is challenging. We often find ourselves too busy to work ON the business instead of IN the business. Join Shelly, who has been diligently and successfully building, managing and overseeing swim centres for over 40 years and leave with an ‘improvement’ checklist that could initiate new business practices that make a difference in your centres bottom line and efficiency.

**SESSION 3**

### AUSTSWIM TEACHER OF AQUATICS – ACCESS & INCLUSION; WHAT DOES THIS MEAN?

Bradley Low, Wendy Jones & Max Michael

Is access and inclusion just about teaching people with disabilities, or is it much more? In this presentation Wendy, Max and Brad discuss strategies for teaching students who don’t seem to ‘fit’ into the ‘normal’ swimming and water safety program. Case studies, personal insights and practical experiences will be shared about the various learning options for children with a disability and chronic health conditions, those with fear of water or students from a Culturally and Linguistically Diverse (CALD) community. The session is sure to initiate valuable conversation and useful take home tips – now let’s be authentically inclusive.

### THE LEARNING JOURNEY – FROM CANDIDATE TO TEACHER

Nick Folley & Mair Skelton

One of the great challenges every swim centre, coordinator and supervising teacher faces, is how to best support new AUSTSWIM Teachers gain best practice experience to teach your students effectively and confidently. This session explores the candidate’s diverse learning journey from day one of the AUSTSWIM TSW course, participating in industry training through to employment as an AUSTSWIM Licensed Teacher at your swim centre. Our experienced presenters help unpack the art of mentoring to ensure personal investment from the new teacher, improve overall productivity and an aligned workplace culture.

### ADOLESCENT DECISION MAKING – WHY & HOW TO STRENGTHEN IT

Professor Dawn Penney

What role does decision making play in swimming and water safety education and how can we embed it in teaching and learning? Good decision making is key to enjoying and succeeding in aquatic activities. Many incidents, particularly in adolescents, come down to one simple thing – poor decisions. Skills, knowledge and understanding all matter and need to be developed together to be meaningful. Let’s explore the sorts of learning that can be built into lessons; teaching approaches and techniques that enable technical and decision making skills to be developed in tandem; and ways in which you can provide your less able participants.

### POWER BOOST

Christine Naysmith & Ashlee Rawsthorne

Join Christine and Ash for an action packed practical session offering drills and activities for aqua instructors, personal trainers, Teachers of Swimming and Water Safety and coaches. Get your participants, clients and students developing technique, strength, power and fitness – all whilst having fun!

### NOODLES IN THE DEEP

Marietta Mehanni

A whole deep water class and only using the noodle for buoyancy? The versatile noodle is often used in the shallow end of the pool, but when taken to the deep it can add a level of appeal that your regular participants will enjoy. Marietta will demonstrate how the noodle can be used for suspended, supported and resisted exercises that will challenge cardio fitness as well as upper body strength with options to provide your less able participants.
LUNCH 12:50PM – 1:30PM

SESSION 4 1:30PM – 3:00PM

EFFECTIVE FOUNDATION SKILLS FOR INFANTS & PRESCHOOLERS
Sarah Morris & Alina Graham

Foundation skills are an important part of swimming and water safety. A solid foundation paves the pathway for correct technique and strength that leads to success, longevity and enjoyment in, on and around water.

Sarah and Alina will break skills down into developmental stages, show progressions and provide strategies for teaching these in Infant and Preschool lessons.

THE IMPORTANCE OF CROSS LATERAL PATTERNING
Sue Mayo

It is a fact that Australian children are less active than ever before. Children are carried rather than walking; driven rather than riding a bike and fingers are exercised more than the whole body. Evidence based research demonstrates that learning to swim is one of the activities that give children the best start in life.

Join Sue as she discusses how swimming stimulates brain activity and increases physical ability for all ages.

MOBILISATION FOR EVERYONE
Mark Davis

Individual and partner stretches are routinely performed with the aim of improving mobility. This session takes standard stretching further to incorporate the nervous system. We will explore neuro-mechanics, positions of tension for the central and peripheral nervous systems and safety considerations for performing neural mobilisation techniques.

A variety of techniques for both the upper and lower body will be practiced that are great on land and brilliant in the water.

DRILLS MASTERCLASS

Back by popular demand, join our group of award winning presenters, teachers, swim centre operators and national swimmers for a fast paced session of drills. Working their way through the strokes each presenter will share their most successful drills to assist with skill development, stroke correction, common and the "not so" common faults.

Drills and activities will be different to those delivered in previous Masterclasses.

AFTERNOON TEA 3:00PM – 3:20PM

SESSION 5 3:30PM – 5:00PM

LET’S WRAP IT UP!
Assessing Competencies, Making Judgements and Supporting Learning
Professor Dawn Penney

AUSTSWIM Presenters, Assessors and Teachers are all challenged to assess competencies. In this session we will look at what ‘quality assessment’ involves, how assessment of competencies can be embedded within a supportive and inclusive teaching and learning process, and explore the process of making (sometimes difficult) judgements.

Be Your Best: Staying Motivated, Authentic and Performing
Marietta Mehanni

The challenges that face anyone that is teaching, delivering and connecting with the public is how to stay engaged, enthusiastic and inspired. So many professionals find themselves either floating, swimming or drowning in their careers and work/life balance. Join Marietta as she shares the lessons that she has learnt from children’s book writer, Dr. Seuss, that have kept her passionate, genuine and dynamic for 30 years.

FEES AND CHARGES
Register early to take advantage of great savings:
Early Bird Fee: $149.00 – Payment received prior to Monday 19 February 2018
Standard Fee: $164.00 – Payment received from Monday 19 February to Monday 2 April 2018
Rush Fee: $175.00 – Payment received from Tuesday 3 April to Wednesday 11 April 2018

AUSTSWIM Recognised Swim Centre discounts apply until 2 April 2018 – please refer to the registration form for more details.

CPR UPDATE

It is a requirement that all aquatic industry workers update their CPR qualifications annually.

If your CPR qualification is due for renewal attend this session to re-accredit with Royal Life Saving Society Queensland.

Note – an additional $45 fee applies for this session.
2018 QUEENSLAND AQUATIC CONFERENCE & AQUASUMMIT

Please complete all sections of this form and send with payment to AUSTSWIM

QLD Business Centre, PO Box 631, Capalaba QLD 4157 • Fax (07) 3905 1840 • Email qld@austswim.com.au

For enquiries please call 1300 885 666 or (07) 3245 3595

REGISTRATIONS CLOSE WEDNESDAY 11 APRIL 2018

PERSONAL DETAILS (PLEASE PRINT)

First Name Surname
Address Suburb Mobile
Tel (H) Tel (W)
Email

Special Dietary Requirements? Yes ☐ No ☐ (Please Specify) 
Medical Conditions Yes ☐ No ☐ (Please Specify) 
Emergency Contact Phone
Organisation/Employer Position

SESSION PREFERENCES

Please view all session descriptions in this brochure and select your first, second, third and fourth preference for each timeslot by placing a 1 in the desired box as your first preference, a 2 as your second preference, etc. Maximum numbers have been set for each session. If your first preference is full, you will automatically be placed in your second, third or fourth preference. Register early to avoid disappointment.

AUSTSWIM advises that the program can be subject to change without notice.

SESSION 1
9:30AM-10:30AM
☐ Freedom from Fear
☐ We’ve All Been There
☐ The Swim & Aqua Exchange
☐ Games Undercover

SESSION 2
11:00AM-12:00PM
☐ Why = What
☐ AUSTSWIM – A Global Perspective
☐ Doing Better at Business
☐ Power Boost

SESSION 3
12:00PM-12:50PM
☐ Access & Inclusion; What does this Mean?
☐ The Learning Journey
☐ Adolescent Decision Making
☐ Noodles in the Deep

SESSION 4
1:30PM-3:00PM
☐ Effective Foundation Skills
☐ Cross Lateral Patterning
☐ Mobilisation for Everyone
☐ Drills Masterclass

SESSION 5
3:30PM-5:00PM
☐ Let’s Wrap it Up
☐ CPR Update

PRE-CONFERENCE BONUS
Managing & Maintaining your Aquatic Assets

PACKAGE SELECTION

Early Bird Registration - Payment received prior to 19 February 2018
□ $149.00

Standard Registration – Payment received from 19 February 2018 to 2 April 2018
□ $164.00

Rush Fee Registration – Payment received from 3 April 2018
□ $175.00

AUSTSWIM RECOGNISED SWIM CENTRE REGISTRATION
Confession Registration – Discounts only apply to individuals employed by an AUSTSWIM Recognised Swim Centre – not to be used in conjunction with any other offer. Registrations must be received prior to 2 April 2018 to receive eligible discount price. Not one of over 600 AUSTSWIM Recognised Swim Centres?
□ Tick here to have an AUSTSWIM Team Member contact you to discuss Recognised Swim Centre registration prior to processing your Conference Registration.

Gold Recognised Swim Centre – Complimentary (xl)
□ $82.00

Silver Recognised Swim Centre – 50% off (xl)
□ $123.00

Bronze Recognised Swim Centre – 25% off (xl)
□ Free

ADDITIONAL OPPORTUNITIES
Managing & Maintaining your Aquatic Assets – Doing More with Less
□ $45.00

CPR Update
□ $5.00

TOTAL PAYABLE

PAYMENT DETAILS

☐ BY CHEQUE
Enclosed is a cheque for AUS $ ____________________________
made payable to AUSTSWIM Ltd (ABN 72 515 751 227)

☐ BY PURCHASE ORDER (Businesses only. Payment within 14 days of invoice date.)
Enclosed is an approved purchase order for the amount of AUS $ ____________________________

☐ BY CREDIT CARD
Please debit my Visa / Mastercard for the amount of AUS $ ____________________________
Card Number __________ / __________ / __________ / __________
Exp __________ / __________ CCV __________
Cardholder’s Name (please print)
Signature Date

TERMS & CONDITIONS

Due to accounting and administration costs, the following policy will be strictly adhered to: Applications for refund must be given in writing and received at the AUSTSWIM – QLD Business Centre no later than Friday 6 April 2018. Delegates who do not attend will be provided a refund if a medical certificate is provided. AUSTSWIM – QLD Business Centre must be provided with a medical certificate in writing prior to Monday 23 April 2018. All refunds will incur a 25% administration charge. The registration is non-transferable and may not be transferred to other AUSTSWIM products or services. All registrations will receive a confirmation email and tax invoice within seven days of receipt.

I DECLARE that the information included in this Registration form is true and correct and I ACKNOWLEDGE or am AWARE and ACCEPT: The terms and conditions of this registration outlined by AUSTSWIM at austswim.com.au. That photographs and electronic images are owned by AUSTSWIM and may be used by AUSTSWIM for promotional or other purposes without consent being obtained. I must advise AUSTSWIM in writing by Monday 9 April 2018 if I do not consent to the photographs and electronic images being used for such purposes. Conference sessions cannot be videoed or recorded.

Signature Date