AUSTSWIM QUEENSLAND AQUATIC CONFERENCE AND AQUASUMMIT

SUNDAY 7 APRIL 2019
John Paul College, John Paul Drive, Daisy Hill QLD

ADDITIONAL CONFERENCE OPPORTUNITIES
AUSTSWIM Aqua Instructor Course – 3-5 April
Laurie Lawrence Swim School Master Class – 6 April
AUSTSWIM Presenter Workshop – 6 April
Pre-Conference Aqua Session – 7 April
CPR Update – 7 April

Proudly supported by

1300 885 666   austswim.com.au
qld@austswim.com.au
PROGRAM
SUNDAY 7 APRIL 2019

DON'T HIT SLEEP, LET'S GET DEEP!  7:45AM – 8:30AM

AUSTSWIM Aqua Team

Start your day with a pre-conference workout! Join the AUSTSWIM Aqua Team for a Deep Water Aqua Master Class to wake you up, warm you up and energise you for a day of learning!

DELEGATE REGISTRATION  8:20AM - 8:55AM

OPENING ADDRESS - AUSTSWIM REPRESENTATIVE  8:55AM – 9:10AM

KEYNOTE SPEAKER: ROB HEWITT  9:10AM – 10:10AM

HE TOA TAKITI TAKU TOA, EHARA I TE TOA TAKITAHI
My bravery was the bravery of many, not just one warrior

When Rob Hewitt joined his friends on a recreational scuba dive, he never imagined that the boat would leave without him. Stuck miles off the coast of Wellington, the experienced New Zealand Navy diver found himself at the mercy of Tangaroa – the Moari God of the Sea, waiting for help to arrive. It wasn’t until the sun set on the horizon hours later that he knew he was in serious trouble and facing a battle for his life. He spent the next four days at sea treading water.

Rob will share his courageous personal experience of reclaiming his life by literally looking over the abyss and coming back from the edge. This inspiring presentation will help you discover how you can respond with resilience and optimism to both the major challenges and the everyday struggles in your work environment and life.

MORNING TEA  10:10AM – 10:40AM

SESSION 1  10:40AM – 11:40AM

TIME ON TASK
Alina Graham & Nick Folley

If you’re taking students one at a time for an activity, have you ever stopped and considered how much time is actually spent ‘waiting’ during a lesson?

Join Alina and Nick as they workshop some strategies to maximise time on task, engaging group teaching activities, ideas on how to create a positive assessment environment, and ways to keep your swimmers moving.

Alina and Nick will share with you some out of the box concepts covering teacher placement, class formation and skill modifications.

OUT OF THE POOL
Representatives from RLSSQ and SLSQ

As an industry, we have the responsibility to ensure we educate our swimmers on water safety, and survival skills for the pool AND other aquatic environments.

Join the experts from RLSSQ and SLSQ who will provide you with a toolbox of activity ideas that you can use to simulate open water environments in your lessons.

This session will bring you up to date on the latest information, research, resources and programming opportunities for your centre.

PARENTING 4 POOLS
Emily Watts
Judy Watts Swim School

Parenting 4 Pools is a multi-layered approach to achieving safe pool practices in and around the pool area.

This session focuses on how we can educate our parents to assist in making our children safer in and around the pool area, what we can do from inside our classes to promote these behaviour patterns and how we can capitalise on the full learning capabilities of our infants and pre-schoolers.

HYDRO TURBO DEEP AQUA
Julie Hunter

Looking for a deep water class format to encourage participants to maximise their workout?

Join 2018 Queensland AUSTSWIM Aqua Instructor of the Year; Julie Hunter for a class that will increase intensity and make heart rates soar.

Discover how to program classic turbulent aqua moves in deep water to raise the roof on your workout!

Bring swimwear and participate in the pool to gain the most benefit.
SESSION 2 11:50AM – 12:50PM

TRAUMA FREE LESSONS

Sue Mayo

In July 2018, AUSTSWIM published a clear directive regarding trauma free swimming lessons. The first 1000 days of human development shape the foundations of physical, cognitive and psychosocial domains.

Research shows these ‘blue prints’ of human development commence before birth and rapidly develop before the age of three. Bonding, integration of reflexes, spatial awareness, smells and sounds are all integral in the long-term development of the brain. All teachers across the world will at some stage, experience a situation where a child is showing signs of distress.

How do we know when a child is unhappy or experiencing stress prior to language development? Facial expressions, crying and body language are indications of a child in either stress, discomfort or resistance. Can you tell the difference?

LUNCH 12:50PM – 1:30PM

SESSION 3 1:30PM – 2:30PM

YOU TALK, THEY LISTEN & LEARN...RIGHT?

Marcelle Renforth-Frederick, Lyn O'Brien & Joy Symons

Everyone learns differently - join our team of AUSTSWIM Presenters to workshop different learning styles and how to work with several learner types in one class.

Uncover your own learning style and become aware of how this can assist you when teaching others.

As a teacher, understanding different learning styles will enable you to modify your teaching techniques in a way that will enhance and improve learning outcomes.

CULTURE – WHO CARES?!

Cameron Speechley

What is culture? Why is it important to me as an individual? Why is it important to my business or the business where I work? And who REALLY cares?

We all have a default ‘culture’ or set of values and ideals that we believe in. Whether you are working as a sole operator, part of a small or medium operation, or are part of a larger organisation, our beliefs and ideals, and those of our workplace matter...ENORMOUSLY!

This presentation will look at how to discover, develop and implement stories that will drive individuals, teachers or teams to deliver consistent and meaningful messages.

THE OLDER ADULTS AQUA CHECKLIST

Ashlee Rawsthorne

Are you offering your aqua seniors what they really need and want?

Analyse survey responses and feedback from the nation’s senior participants to discover the key elements for success. Explore aqua activities that can provide a lasting impact, an enjoyable experience, brain training and a sense of community.

Understand how to program to maintain range of movement, flexibility and functional mobility, whilst having fun!

KICKBOARDS

Nick Foley

One of the most common pieces of equipment around any pool is the kickboard. Used multiple times a day across a wide range of levels it is one of the most versatile aids we use as swimmers and teachers.

Are we getting the most out of it or could we achieve better results with a rethink of HOW and WHEN we use the common kickboard?

Nick will take a fresh look at why boards are used in lessons and how they are most commonly used for drills and skills. With small tweaks we can make progressions easier for students to develop more natural movements and minimise bad habits.
THE MAGIC 4

Lyn O’Brien & Christine Naysmith

Do you have a positive impact on your students/participants? Can you pin point the skills required to do so?

Explore the Magic 4; Passion, Energy, Confidence and Connection, and discover strategies to take your interaction to the next level.

Inspirational stories, interactive activities and self-evaluation will help you analyse your approach and really get you thinking!

CAN WE PREDICT YOUR FUTURE?

Marcelle Renforth-Frederick

When we work with young children in learn to swim, I wonder; ‘Can we predict who will be a positive contributor and who will be a burden on our future society?’

As teachers we influence the students we teach. Marcelle will introduce you to a study that has looked directly at ‘what makes someone successful’.

The presentation will discuss strategies to enhance the positive contributors to our society through early intervention in our classes.

ADOLESCENT SWIMMERS

Mark Davis

Participation in swimming through adolescence has been linked to positive academic performance, key development of leadership skills, and increased engagement in the community. So why do we see such a big drop in participation at this point? Mark will discuss barriers that adolescents face from physiological, psychological and biomechanical perspectives. You will leave this session with program adaptation ideas that can assist to accommodate the major changes in adolescents.

ADAPT + MODIFY = ENGAGED

Alina Graham

Wouldn’t it be great if every student in your lesson was at exactly the same ability level?! Following on from “TIME ON TASK”, this session provides practical ways to adapt skills and activities to suit the students in your lesson - creating an inclusive learning environment and maximising time on task. See how some simple changes to class format and teacher position can make teaching larger groups a rewarding experience.

GET A “HEAD START” ON SPD

Kristy Stewart - Head Start Children’s Therapy Service

Sensory Processing Disorder (SPD) is a complex neurological condition that can impact children and adults. People with SPD misinterpret everyday sensory information, such as touch, sound and movement.

Sensations from hearing, vision, taste, smell, touch, pressure, and movement provide the input to the brain which is organised for movement, cognition and learning. When there is a sensory processing dysfunction, it is hypothesised that the brain does not process or organise the flow of sensory impulses in a way that gives the person exact information about themselves and their world. As a result, learning can be difficult, and children may feel uncomfortable, or have difficulty coping with the stress of daily sensory and organisational demands. This often results in additional or behavioural difficulties.

They may feel overwhelmed by sensory information, may seek out sensory experiences or may avoid certain experiences. People with SPD experience their world as either hypersensitive (over reactive, sensory avoidance) or hyposensitive (under reactive, sensory seeker). They may also present with motor skill problems. They may react with strong emotional behaviours and experience what may be described as ‘melt downs’.

The session will cover:

Sensory processing: what are the eight senses?
Sensory processing dysfunction - when it may occur and what it looks like?
Swimming - when it can trigger a melt down and when it can be used to regulate the body?
The opportunity to participate in activities where you can gain insight into what SPD can feel like.

CPR UPDATE

RLSSQ

It is a requirement that all staff members in the aquatic industry 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.
Fees and Charges

Register early to take advantage of great savings:

**Early Bird Fee:** $149.00 – Payment must be received prior to Monday 11 February 2019

**Standard Fee:** $164.00 – Payment received from COB Monday 11 February to Monday 25 March 2019

**Rush Fee:** $175.00 – Payment received from COB Monday 25 March 2019 to Wednesday 3 April 2019

All AUSTSWIM Recognised Swim Centres receive great discount vouchers. Redeem now – refer to the registration form for details.

Additional Opportunities

**AUSTSWIM Aqua Instructor Course**

**Venue:** The Plantation, 1204 New Cleveland Road, Gumdale

**Date:** Wednesday 3, Thursday 4 & Friday 5 April 2019

**Time:** 8:30am to 5:00pm

The AUSTSWIM Aqua Instructor training is instrumental in addressing the skills shortage in this area and expanding the vibrant aqua industry. AUSTSWIM encourages aquatic activity for all community members and is committed to proactively addressing the strategies within the Australian Water Safety Council’s (AWSC) drowning prevention plan.

Who is the AUSTSWIM Aqua Instructor Course designed for?

- AUSTSWIM Teachers
- Group Fitness/Gym Instructors and Personal Trainers
- Allied Health Professionals
- Participants interested in becoming accredited as an AUSTSWIM Aqua Instructor
- Regardless of prior qualification or attributes, candidates receive the necessary knowledge, skill and understanding to plan and deliver effective, safe and enjoyable aqua classes.

**Laurie Lawrence Swim School Master Class – Independence...It’s a Skill!**

**Presenter:** Emma Lawrence | Laurie Lawrence Swim School

**Venue:** John Paul College, John Paul Drive, Daisy Hill

**Date:** Saturday 6 April 2019

**Time:** 2:00pm to 5:00pm

Bye bye mum and dad, it’s time to hit the ‘big’ kids class.

Our young charges are at great risk around water as we see yearly in the Royal Life Saving Drowning Report. As AUSTSWIM Teachers it is essential to ensure water safety skills and knowledge are at the forefront of programming for our blossoming little independent swimmers.

The transition from parent and bub classes to teacher facilitated swimming and water safety lessons needs to be stress free and child focused. Our young students can perform amazing skills in this transition period with patience and guidance from nurturing teachers. Join the team from Laurie Lawrence Swim School to explore how, as AUSTSWIM Teachers, we can make the transition period full of fun and learning with extensive skill progressions, giving our students the best start to becoming independent in the water.

**AUSTSWIM Presenter Workshop**

Available to current AUSTSWIM Presenters and Presenters In Training only

**Venue:** John Paul College, John Paul Drive, Daisy Hill

**Date:** Saturday 6 April 2019

**Time:** 9:00am – 5:00pm

This full day workshop is a key component in your VET development and personal learning for 2019. This will assist you to continue to deliver the best outcomes for candidates, yourself and AUSTSWIM.
2019 AUSTSWIM 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. REGISTRATIONS CLOSE WEDNESDAY 3 APRIL 2019.

PERSONAL DETAILS (PLEASE PRINT)

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Special Dietary Requirements? Yes (please specify) No

Medical Conditions Yes (please specify) No

Emergency Contact Name Phone

Organisation/Employer Position

SESSION PREFERENCES

Please view all session descriptions in this brochure and select your first, second, third and fourth preferences 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 preference. Register early to avoid disappointment.

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

SESSION 1

10:40AM-11:40AM

- Time On Task
- Out Of The Pool
- Parenting 4 Pool
- Hydro Turbo Deep Aqua

SESSION 3

1:30PM-2:30PM

- You Talk, They Listen & Learn...Right?
- Culture – Who Cares?!
- The Older Adults Aqua Checklist
- Kickboards

SESSION 4

2:40PM-3:30PM

- The Magic 4
- Can We Predict Your Future?
- Adolescent Swimmers
- Adapt + Modify = Engaged

SESSION 5

3:50PM-5:00PM

- Get A “Head Start” on SPD
- CPR Update (Additional $45)

PACKAGE SELECTION

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AUSTSWIM RECOGNISED SWIM CENTRE REGISTRATION

Conference 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 Wednesday 3 April 2019 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 (x1) Silver Recognised Swim Centre – 50% off (x1) Bronze Recognised Swim Centre – 25% off (x1) |

ADDITIONAL OPPORTUNITIES

AUSTSWIM AQUA INSTRUCTOR COURSE – Wednesday 3, Thursday 4 & Friday 5 April

If booked in conjunction with the conference (offer not to be used in conjunction with any other offer) | $479.20

If not attending the conference, the following fee structure applies:

Early Bird (First 8 enrolments) | $569.00

Standard Fee | $599.00

Rush (enrolments received after Monday 1 April 2019) | $629.00

LAURIE LAWRENCE SWIM SCHOOL MASTER CLASS – Saturday 6 April

If booked in conjunction with the conference | $55.00

If not attending the conference | $66.00

AUSTSWIM Presenter Workshop – Saturday 6 April | Complimentary

PRE CONFERENCE AQUA CLASS – Don’t Hit Sleep – Let’s Get Deep – Sunday 7 April | Complimentary

CPR UPDATE – Sunday 7 April | $45.00

ADMINISTRATION FEE (NOTE: no fee for online registrations completed via austswim.com.au) | $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 and session transfer must be given in writing and received at the AUSTSWIM Queensland Business Centre no later than Friday 22 March 2019. Delegates who do not attend will be provided a refund only if a medical certificate is received at the AUSTSWIM Queensland Business Centre prior to Monday 15 April 2019. 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 letter 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 Photographs and electronic images may be taken by AUSTSWIM during attendance and participation at the conference. Such 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 1 April 2019 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 ___________