



**SWINBURNE UNIVERSITY SPORT & RECREATION**  
*Innovation in Training*

Vocational  
Training Centre  
Department of Health, Recreation and Human Services



**2008 SWINBURNE UNIVERSITY  
SPORT AND RECREATION CONFERENCE**  
*"Australian Football – Developing Winning Ways at all Levels"*



**- INVITATION -**  
**AUSTRALIAN FOOTBALL COACHES, PLAYERS & ADMINISTRATORS**  
Olympic Room – MCG  
Tuesday 7<sup>th</sup> October, 2008  
*This is an approved updating activity for AFL Coach Accreditation.*

CONFERENCE PROGRAMME (subject to change)

TIME	PRESENTER	TOPIC
8.30am	<b>REGISTRATION</b>	
8.55am	<b>WELCOME &amp; OPENING ADDRESS</b>	
9.00am	<b>KEYNOTE ADDRESS</b> Tommy Hafey VFL/AFL Legend Past Player and Coach	<b>Club Culture</b> Ingredients of a winning club culture Positives of a winning club culture How to develop a winning club culture
10.05am	Morning Break	
10.35am	<b>Anthony Klarica</b> Director – Elite Performance Sport Psychologist – Melbourne FC	<b>Motivation and Performance</b> Different aspects of athlete motivation How these influence performance
11.35am	<b>Adrian Hickmott</b> Development/Bendigo Bombers Coach Essendon FC	<b>Development of Underage Players</b> Encouraging the transition of underage players to senior football Development of their physical and psychological attributes Development of their required skill level for senior football
12.35pm	<b>SPONSOR PRESENTATION</b>	<i>Elite Ops Boot Camp</i>
12.45pm	Lunch	
1.45pm	<b>SPONSOR PRESENTATION</b>	<i>Dartfish Video Software Solutions</i>
2.00pm	<b>Peter Mulkearns</b> Strength and Conditioning Coach St Kilda FC	<b>Team Preparation</b> Pre-season fitness and recovery drills Weekly fitness and recovery drills Avoidance of soft tissue injuries
3.00pm	<b>Danny Daly</b> Assistant Coach Kangaroos FC	<b>Opposition Team Analysis</b> Strategies for analysing opposition teams at an elite level Transferring these strategies to grassroots levels
4.00pm	<b>CLOSING ADDRESS &amp; DOOR PRIZE</b>	





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Tuesday 7<sup>th</sup> October 2008  
Registration Form and Tax Invoice  
ABN 13 628 586 699

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Club/School Affiliation: \_\_\_\_\_

Conference Fees (including GST):      \$75.00                      \$60.00 Student (ID must be sighted)

Payment Methods:

	Total Amount
Enclose cheque made payable to Swinburne University for:	

OR

Please charge my:    VISA            Mastercard	_____
Expiry Date:	___ / ___
Name of Cardholder:	
Signature of Cardholder:	

**Return Address for Registrations:**

Please fax, post or e-mail the completed form, together with payment, to:

Sheridan Nicol,  
Swinburne University Sport and Recreation,  
P.O. Box 218,  
Hawthorn. VIC. 3122.

Telephone:    03 9214 8854  
                    0414 880 532  
Facsimile:    03 9819 0850  
E-mail:        [snicol@swin.edu.au](mailto:snicol@swin.edu.au)

Registrations close Tuesday 30<sup>th</sup> September, 2008.  
*(Late registrations may be accepted subject to numbers).*

This form is a Tax Invoice upon payment. Please keep a copy for your GST records.





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THE PRESENTERS

KEYNOTE ADDRESS

**Tommy Hafey:** Tommy Hafey is a legendary name in the world of Australian football. He was a player and coach in the VFL/AFL, playing for Richmond between 1953 and 1958, and having coached four AFL teams – Richmond, Collingwood, Geelong and the Sydney Swans between 1966 and 1988. He is regarded as one of the Super Coaches, being one of only four coaches to have coached over 500 VFL/AFL games.

Tommy has coached teams to ten Grand Finals, resulting in four premierships and a tied Grand Final. He motivated Collingwood from the bottom of the ladder to several Grand Final appearances, and in three years he took the Sydney Swans from second bottom to second top and experienced a 70% win record.

An inaugural inductee to the Australian Football Hall of Fame in 1996, Tommy was named coach of Richmond's Team of the Century in 1998. He currently reports in the media on various radio networks, as well as writing for Inside Football.

SESSIONAL PRESENTERS

**Anthony Klarica:** Anthony Klarica is the Director of Elite Performance – a Psychology consulting organisation. He has travelled widely with Australian teams and worked at the Sydney 2000 Olympic Games. He has been the Sport Psychologist at the Melbourne Football Club since 2004 and also works with V8 Supercar Drivers & Teams and with the Tennis Australia National Academy in Victoria. In addition, Anthony provides general consultations to a wide variety of sports including rowing, fencing, pentathlon, track & field, triathlon and cycling.

**Adrian Hickmott:** Adrian Hickmott joined the Essendon coaching panel as Development/Bendigo Bombers Coach in 2007. Prior to commencing work at Windy Hill, Hickmott coached the Gippsland Power in the TAC competition. He has also coached at senior level in the Goulburn Valley for three years. A former Geelong and Carlton player, Hickmott, who played 184 games, was renowned for his hardiness and superb skills.

**Peter Mulkearns:** Peter Mulkearns was employed as Strength and Conditioning Coach by the St Kilda Football Club at the beginning of 2007 to help combat the soft tissue injuries that had continually plagued their player list. He comes from a Physical Education background and began his career at the North Melbourne Football Club before following Denis Pagan to Carlton in 2003.

**Danny Daly:** A former forward scout at the Collingwood Football Club, Danny joined the Kangaroos when Dean Laidley was appointed senior coach in 2003. Having previously been employed as the Player Welfare and Development Manager/Forward Scout at the club, he was appointed as the club's Opposition Coach last season.

