



11th International Conference for Strength Training 2018
30 November - 2 December 2018
Perth Convention and Exhibition Centre
Perth, Western Australia



Program updated 21/09/2018

Start	Finish	FRIDAY 30 NOVEMBER 2018
12:00	16:00	Registration
BelleVue Ballroom 2		
15:00	15:30	Opening Ceremony
15:40	16:30	Prof Per Aagaard - <i>Importance of strength training in athletes and clinical populations: Mechanist and applied perspective</i>
16:30	17:20	Dr Nic Gill - <i>Use of strength training in elite athletes</i>
17:20	17:50	Q&A - Per Aagaard and Nic Gill
18:00	20:00	Welcome Reception



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Start	Finish	SATURDAY 1 DECEMBER 2018	
8:00	8:30	Registration Opens	
BelleVue Ballroom 2			
8:30	9:30	Prof Avery Faigenbaum - <i>Use of resistance training in children and youth athletes</i>	
9:30	10:30	Prof Charlotte Suetta - <i>Strength training in rehabilitation and prehabilitation</i>	
10:30	11:00	Morning Tea	
		BelleVue Ballroom 1	BelleVue Ballroom 2
11:00	11:45	Assoc Prof Greg Haff - <i>Untangling periodisation controversies</i>	Prof Caroline Finch - <i>Injury Perspectives: How can strength training decrease injury risk –future research?</i>
11:45	12:30	Dr Ritva Taipale - <i>Concurrent training and the endocrine system</i>	Dr Matt Jordan - <i>Return to play and resistance training for ACL reconstruction</i>
12:30	13:15	Lunch (Posters on display)	
		BelleVue Ballroom 1	BelleVue Ballroom 2
13:15	14:15	Free Communications (Clinical)	Free Communications (Sports)
14:15	14:45	Poster Session	
14:45	15:15	Afternoon Tea (Poster Session continued)	
BelleVue Ballroom 2			
15:15	16:15	Dr Duncan French - <i>Benefits of strength training in fight-sport</i>	
Optus Stadium			
17:00	19:00	Social Event and Stadium Tour (1.5 hour tour) Buses to depart Perth Convention and Exhibition Centre at 17:00	



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Start	Finish	SUNDAY 2 DECEMBER 2018	
8:00	8:30	Registration Opens	
BelleVue Ballroom 2			
8:30	9:30	Prof Janet Taylor - <i>Adaptations of the neuromuscular system to resistance training</i>	
9:30	10:30	Prof J-B Morin - <i>Velocity-based training and its implications for strength training of athletes</i>	
10:30	11:00	Morning Tea	
		BelleVue Ballroom 1	BelleVue Ballroom 2
11:00	11:45	Prof Tony Blazeovich - <i>Training for high velocity movement</i>	Prof Rob Newton - <i>Why would cancer patients do weight training?</i>
11:45	12:30	Prof Jeff McBride - <i>Identifying and refining mechanisms for maximal stretch-shortening cycle performance</i>	Prof Dennis Taaffe - <i>Specificity of resistance and impact training for maintaining bone in healthy and patient populations</i>
12:30	13:15	Lunch (Posters on display)	
		BelleVue Ballroom 1	BelleVue Ballroom 2
13:15	14:00	Dawn Scott - <i>Realities of applying the science to sport</i>	Dr Brendan Scott - <i>Blood flow restriction training</i>
14:00	15:00	Free Communications (Training methodology)	Free Communications (Population-specific)
15:00	15:30	Poster Session	
15:30	16:00	Afternoon Tea (Poster Session continued)	
16:00	17:00	Dr Shona Halson - <i>Recovery strategies for strength training and strength-based athletes</i>	
Island Brewhouse, Elizabeth Quay			
19:00	23:00	Conference Gala / Casual Cocktail Party	



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Start	Finish	MONDAY 3 DECEMBER 2018 - ECU
9:00	10:00	Registration Opens
Edith Cowan University		
10:00	10:45	Prof Ken Nosaka - <i>Eccentric exercise as medicine</i>
10:45	11:30	Prof Keijo Häkkinen - <i>Concurrent Training (Where from and where to?)</i>
11:30	12:15	Poster Session
12:15	13:15	Lunch (Poster Session continued)
Edith Cowan University		
13:15	14:00	Prof Travis Triplett - <i>Strength training in women</i>
14:00	14:45	Assoc Prof Jacqueline Alderson & Assoc Prof Sophia Nimphius - <i>Neuromuscular training and change of direction mechanics: Performance & Injury</i>
14:45	15:15	Panel Discussion - <i>Past, Present and Future in Resistance Training Research</i>
15:15	15:30	Closing Ceremony
15:30	16:30	Afternoon Tea and Tours of Edith Cowan University
16:30	18:30	Alumni Networking Event - 'Drinks on the Lake'