

# **2015 'Smashing Sports' Coaching Conference**



**TABLE TENNIS  
VICTORIA**



**BADMINTON  
VICTORIA INC.**



**Squash & Racquetball  
VICTORIA**

**Sunday 15th November 2015**

**at**

**Sports House  
275 Albert Road, Albert Park  
Melbourne, Victoria, Australia**

# 2015 'Smashing Sports' Coaching Conference

**Event Organiser:** Table Tennis Victoria

**Address:** MSAC Box 5, Melbourne Sports & Aquatic Centre,  
Aughtie Drive, Albert Park, Victoria, 3206

**Phone:** (03) 9682 2011

**Fax:** (03) 9682 2088

**Email:** [info@tabletennisvic.org.au](mailto:info@tabletennisvic.org.au)

**Website:** [tabletennisvic.org.au](http://tabletennisvic.org.au)

**Event Contact:** Dennis Makaling (Chief Executive Officer)

**Venue:** Sports House  
275 Albert Road, Albert Park  
Melbourne, Victoria, Australia

**Event Time:** 9:00am until 3:00pm

**Event Date:** Sunday 15th November 2015

**Entries Close:** Monday 9th November 2015

**Entry Fees:** The cost is per person and includes all resources, lunch & refreshments:

\$35 Current TTV Members

\$50 Non-TTV Members

Payment must be made with entry.

Bank Cheques, Personal Cheques, Money Transfer & Credit Card are accepted

### **Credit Card**

Forward the Credit Card Number, Expiry Date & CVV Number to TTV

### **Cheques**

Make cheques payable to "Table Tennis Victoria"

### **Money Transfer**

Bank: Westpac Account Name: Table Tennis Victoria

BSB: 033-093 Account Number: 931429

Please reference your name when transferring entry fees.

# 2015 'Smashing Sports' Coaching Conference

**9:00am - 9:15am** Introductions

**9:15am - 10:30am** Heath Black

## *Mental health & well-being of the athlete*

Originally from Victoria, Heath moved to Western Australia and started with the Dockers as a 17-year-old in 1997, moving to St Kilda for several years before finishing his career with Fremantle in late 2008. After leaving professional football and spiralling out of control, Heath realised the full extent of his mental health issues in 2010 following the failure of his

marriage, lost job opportunities, several arrests and a growing dependence on alcohol. After a series of misdiagnoses, he was finally diagnosed with both Bipolar II and Adult ADHD in 2011.

Heath was the keynote speaker for the 2011 Men In Black ball, alongside Ernie Dingo. Heath was also a keynote speaker at the 2012 Australian Disability Employment Conference. In February 2012, Heath became an Ambassador for Headspace, the National Youth Mental Health Foundation.

During 2012, Heath delivered various wellness sessions to AFL Players and Staff, Cricket Victoria Players and Staff and the U/17 WA State Cricket Team. Heath travelled to various Rio Tinto remote mining communities throughout Western Australia.

During 2013, Heath partnered with 1Life Suicide Prevention to facilitate workshops on suicide awareness. After the success of Heath's work with Cricket Victoria, Cricket Australia invited him to provide wellness workshops to various other State and National cricket sides. Heath took over from Nathan Thompson as a Mental Health ambassador for VLine. Heath facilitated workshops on bullying, drugs and alcohol. [www.heathblack.com.au](http://www.heathblack.com.au)



**10:45am - 11:45am** Loudy Wiggins (nee Tourky)

## *Coaching styles from the athletes perspective*

Loudy Wiggins (Tourky) is the founder of Loudy Wiggins Fitness, a certified Personal Trainer, Nutrition and Wellness Coach.

Loudy is a mother of two and a 4 time Olympian and Dual Olympic Medallist. Wiggins was a gymnast at the Australian Institute of Sport, and then at age 12 began diving at the suggestion of her physiotherapist.

She won bronze in the 2000 Sydney Olympics 10m synchro event, becoming the first Australian to win an Olympic medal in diving since Dick Eve in 1924. She and Rebecca Gilmore were also the first Australian female Olympic diving medallists for Australia. She won gold in the 2002 Manchester Commonwealth Games and backed up this performance in 2006 Commonwealth Games with two gold medals in the 10m and 10m Synchro.



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**10:45am - 11:45am** *Loudy Wiggins (nee Tourky) - Continued*

She has also won 3 silver and 1 bronze medal at the World Championships between 2001 and 2005 in 10m and 10m Synchronised events.

After the birth of her first child, Wiggins competed at the London 2012 Olympics where, at 33 years of age, she was the oldest diver in the field. Wiggins has a degree in Media and Communications, is a Personal Trainer, Food and Wellness coach.

She is on the Australian Olympic Committee Athletes Commission, is the program manager for Diving at the Victorian Institute of Sport and has her own Personal Training Business in Melbourne (Loudy Wiggins Fitness) [loudywiggins.com.au](http://loudywiggins.com.au)

**11:45am - 12:30pm** Australian Sports Commission (ASC)

## *Sporting Schools*

The ASC will provide an overview of the Sporting Schools program and how the program can benefit coaches.

The Sporting Schools program builds on the foundations of the Active After Schools Program, to deliver sport to students right around Australia.



Australian Government  
Australian Sports Commission

**12:30pm - 1:15pm** Lunch Break

**1:15pm - 1:30pm** Short walk to the MSAC Table Tennis Hall

**1:30pm - 2:30pm** Simon Gerada

## *Starting A Coaching Business*

Simon from HWATT is a former Australian & Oceania Champion, Australian Olympian and head coach at HWATT. HWATT has successfully produced many top juniors since the program started. Simon will present a coaching business model based on HWATT to help and encourage those who would like to start their own coaching business.



**2:30pm - 3:00pm** Dennis Makaling

## *Advanced Coaching Drills*

Dennis is a former Australian & Oceania Champion and is an accredited Level 2 coach.

Dennis will provide some coaching tips and demonstrations. This process will involve advanced drills and advance multi-ball feeding.



Attending this session will also go towards the coach education points which is currently set by Table Tennis Australia for accreditation purposes.

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## Entry Form

**Closing Date: Monday 9th November 2015**

Family Name	First Name
Address	
Suburb	Post Code
Phone Number (Mobile Preferred)	
Email Address	
TTV Affiliated Association	

Payment Type (Please Tick)	Cheque <input type="checkbox"/>	Money Transfer <input type="checkbox"/>	Credit Card <input type="checkbox"/>
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### Credit Card Payment (Preferred)

Name on Card:	
Card Number:	
Expiry Date:	
CVV Number:	
Signature:	

### Money Transfer

Account Name: Table Tennis Victoria	Bank: Westpac
BSB: 033-093	Account Number: 931429

Please place in the reference field your name and forward receipt of payment to [info@tabletennisvic.org.au](mailto:info@tabletennisvic.org.au)

**Cheque / Money Order:** Please make cheques payable to Table Tennis Victoria

Total Amount Due (Includes GST) (Please Circle One)	Date
<input type="radio"/> \$35 TTV Members <input type="radio"/> \$50 Non-TTV Members	

Table Tennis Victoria (ABN: 85 824 834 342)  
MSAC Box 5, Melbourne Sports & Aquatic Centre, Aughtie Drive, Albert Park 3206  
**Upon payment of due amounts this document will be a Tax Invoice**