

**World Bowling Coaching Conference
“Youth Development and Coaching”
November 20-21, 2018**

Tentative Programme

Tuesday, November 20, 2018

Time	Program	Moderator(s):
09:00 – 09:20	Registration	
09:20	Opening Ceremony	
	Topic 1: Youth Development and Coaching	
10:00 – 10:45	Presentation 1: Youth Development Keynote Speaker: Mr. Kenneth Fok, JP Vice-President of SF&OC of Hong Kong, China Member of Youth Development Commission under HKSAR Government	Ulf Sjöblom, Chairman of WB Youth Development Committee
10:45 – 11:00	Break	
11:00 – 11:45	Presentation 2: Youth Coaching Speaker: Mrs. Piritta Maja, ETBF	Robert Andersson, Member of WB Coaching Committee
11:45 – 12:30	Presentation 3: Youth Coaching Speaker: Mr. Rod Ross, PABCON Head Coach of USBC and Chair of the WB Coaching Committee	Robert Andersson, Member of WB Coaching Committee
12:30 – 13:15	Panel Forum – all speakers and moderators	
13:15 – 14:15	Lunch	
	Topic 2: Sports Psychology for Youth	
14:15 – 15:00	Presentation 4: Resilience Building for Junior Athletes (Adversity Coping Model) Speaker: Dr. Gangyan Si, Senior Sport Psychologist, HKSI	Dr Raymond So, Director of Elite Training Science and Technology, Hong Kong Sports Institute
15:00 – 15:45	Presentation 5: Mental Toughness Training via Mindfulness for Junior Athletes Speaker: Dr. Henry Li, Sport Psychologist, HKSI	Dr Raymond So, Director of Elite Training Science and Technology, Hong Kong Sports Institute
15:45 – 16:00	Break	
	Topic 3: Strength and Conditioning for Youth and Seniors	
16:00 – 16:45	Presentation 6: Movement Assessment and Corrective Exercise in Bowling Speaker: Mr. Hardaway Chan, Senior Scientific Conditioning Coach, HKSI	Dr Raymond So, Director of Elite Training Science and Technology, Hong Kong Sports Institute
16:45 – 17:30	Presentation 7: Needs Analysis in Bowling and Its Implication in Strength and Conditioning Training Speaker: Mr. Patrick Fox, Scientific Conditioning Manager, HKSI	Dr Raymond So, Director of Elite Training Science and Technology, Hong Kong Sports Institute
17:30 – 18:15	Panel Forum – all speakers and moderators	

Wednesday, November 21, 2018

Time	Program	Moderator(s):
09:00 – 09:30	Registration	
	Topic 4: Anti-Doping	
09:30 – 10:30	Presentation 8: Prohibited Drugs and Illegal Method of Enhancing Performance of Athletes Speaker: Dr. Julian Chang, BBS, MH Hon. Medical Advisor of SF&OC of Hong Kong, China WB Medical Committee Chairman	Prof. Frank HK Fu, MH, JP Chairman of Hong Kong Anti-doping Committee Emeritus Professor of Hong Kong Baptist University
10:30 – 10:45	Break	
10:45 – 11:45	Presentation 9: Overview of the World Anti-Doping Programme Speaker: Ms. Lorraine Ng Head of HKADC	Prof. Frank HK Fu, MH, JP Chairman of Hong Kong Anti-doping Committee Emeritus Professor of Hong Kong Baptist University
11:45 – 12:45	Presentation 10: Technology and Bowling, Kegel LLC Speaker: Mr. Neil Stremmel Chair of WB Technical Committee	Mr. Gus Falgien, Vice-President of Sales, Kegel LLC
12:45 – 13:15	Closing Session by Ms. Vivien Lau Chairman of HKTBC Chairman of Hong Kong Coaching Committee	-
13:15 – 14:30	Lunch	

14:30 – 15:30	<p>Five 1-hour concurrent workshops/ HKSI facility tour</p> <ol style="list-style-type: none"> 1) Taping for Common Upper Limb Injuries in Tenpin Bowling Speaker: Ms. Wing Leung, Senior Sport Physiotherapist, HKSI 2) Biomechanical Measurement on Tenpin Bowling Speaker: Ms. Michelle Ng, Sport Biomechanics Officer, HKSI 3) Relaxation and Concentration Skills Speaker: Mr. Ning Su, Sport Psychology Officer, HKSI 4) Nutrition for Performance Speaker: Mr. Charles Chan, Sports Nutrition Officer, HKSI 5) Doping Control Process & Practical Advices for Athletes and Support Personnel Speaker: Ms. Jassy Cheung, Deputy Manager of HKADC 6) HKSI Facility Tour 	<p>Dr. Simon SM Yeung, JP, Senior Vice-Chairman, Hong Kong Amateur Athletic Association</p> <p>Mr. Neil Stremmel Chair of WB Technical Committee</p> <p>-</p> <p>-</p> <p>Professor ML Leung, MH, Professor Emeritus of Department of Physical Education, Hong Kong Baptist University</p>
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