



PERFORM
ICS 2024

INTERNATIONAL
COACHING
SYMPOSIUM 2024

' COACHING & BEYOND '

Introduction & Objectives:

Introduction:

Coaches will once again have the opportunity to sculpt their own learning journey through a series of theoretical and practical breakout sessions. These sessions will allow you to join the most relevant cluster to your specific interest, ranging from:

✔ LTAD ✔ Coaching Science ✔ Sports Medicine ✔ Safe Sports ✔ Sports Sociology

Theme:

Coaching & Beyond

Objectives:

i) Building stronger and wider connections among coaches and practitioners around the world.

ii) Developing an integrated coaching approach that combines coaching sessions with sports science and medicine skills into training regimes.

iii) Unlocking potential by understanding the purpose and competency of coaching skills.

Target Audience

Local and international high-performance and recreation coaches, sports science and medicine practitioners, sports scientists, sports collaborators, high-performance and development directors, and teachers.

9th - 11th November 2024, (Saturday – Monday)
Zenith Hotel, Putrajaya

**LOCAL PARTICIPANT
(MALAYSIAN)**
RM 400.00

POSTER PRESENTER
RM 200.00

**LOCAL STUDENT
(MALAYSIAN)**
RM 200.00

**INTERNATIONAL
PARTICIPANT**
RM 930.00

**INTERNATIONAL
STUDENT**
RM 465.00

ITINERARY PROGRAM ICS 2024

DAY 1 | 9TH NOVEMBER 2024 (SATURDAY)

7.30 am	Registration
8.30 am	Safety Briefing
9.00 am	Keynote Speaker 1: John Bales (ICCE : Developing Quality Coaches)
10.00 am	Coffee Break (Networking Session)
10.30 am	Opening Ceremony
11.30 am	Press Conference
13.00 pm	Lunch Break
2.00 pm	Workshop (Breakout Session) Room 1 - Sports Nutrition Room 4 - Sports Psychology Room 2 - Strength & Conditioning Room 5 - Athletes Recovery Room 3 - Performance Analysis Room 6 - Injury Prevention
3.30 pm	Coffee Break (Networking Session)
4.00 pm	Workshop (Breakout Session) Room 1 - Sports Nutrition Room 4 - Sports Psychology Room 2 - Strength & Conditioning Room 5 - Athletes Recovery Room 3 - Performance Analysis Room 6 - Injury Prevention
5.30pm	End Of Day (Attractive Engagement)

ITINERARY PROGRAM ICS 2024

DAY 2 | 10TH NOVEMBER 2024 (SUNDAY)

9.00 am	Forum 1 : (Coaching and Integrated Sports Science)
10.00 am	Coffee Break (Networking Session)
10.30 am	Forum 2: Moderator - Prof. Madya Dr. Mohd Nahar Azmi Mohamed Panel 1 - Prof Dato' Seri Dr. Jeffrey Jeswant Dillon Panel 2 - Dr. Rizmy Najme Khir (Sudden Cardiac Death In Sport)
11.30 am	Keynote Speaker 3 : Aaron Alsop (Applying Integrated Holistic Development Within the Performance Environment: An Ecological System Approach)
12.15 pm	Work Shop : Aaron Alsop (Wellbeing Enabling Performance)
1.00 pm	Lunch Break
2.00 pm	Workshop (Breakout Session) Room 1 - Sports Nutrition Room 4 - Sports Psychology Room 2 - Strength & Conditioning Room 5 - Athletes Recovery Room 3 - Performance Analysis Room 6 - Injury Prevention
3.30 pm	Coffee Break (Networking Session)
4.00 pm	Keynote Speaker 4 : Prof Oleksandr Krasilschikov (Coaching Methodology)
5.00 pm	Interactive Fitness Session
6.00 pm	End Of Day

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DAY 3 | 11TH NOVEMBER 2024 (MONDAY)

9.00 am	Keynote Speaker 5 : Dr. Jerilee Mariam Khong Binti Azhary (Menstrual Disorders Among Athletes: What Coaches Should Know)
10.00 am	Coffee Break (Networking Session)
10.30 am	Keynote Speaker 6 : Syahirah Latiff (Adopting Safe Sport Practices in Coaching)
11.30 am	Keynote Speaker 7 : Prof Masamitsu Ito (Coach Developers: Catalyst for Change in Today's Coaching Landscape)
12.30 pm	Lunch Break
2.00 pm	Keynote Speaker 8 : Mark Hull (3Dimensional Coaching: A Framework for Coaching Built On A Foundation Of Purpose)
3.00 pm	Coffee Break (Networking Session)
3.30 pm	Keynote Speaker 9 : Pau Marti Vicente (Head Coach - Harimau Malaya)
4.30 pm	Take Away & Interactive Sesssion
5.00 pm	Symposium End