

# ITINERARY PROGRAM ICS 2024

**DAY 1** | 9<sup>TH</sup> NOVEMBER 2024 (SATURDAY)

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

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**DAY 2** | 10<sup>TH</sup> NOVEMBER 2024 (SUNDAY)

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

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**DAY 3** | 11<sup>TH</sup> NOVEMBER 2024 (MONDAY)

9.00 am	<b>Keynote Speaker 5 : Dr. Jerilee Mariam Khong Binti Azhary</b> <b>( Menstrual Disorders Among Athletes: What Coaches Should Know )</b>
10.00 am	<b>Coffee Break (Networking Session)</b>
10.30 am	<b>Keynote Speaker 6 : Syahirah Latiff</b> <b>( Adopting Safe Sport Practices in Coaching )</b>
11.30 am	<b>Keynote Speaker 7 : Prof Masamitsu Ito</b> <b>( Coach Developers: Catalyst for Change in Today's Coaching Landscape )</b>
12.30 pm	<b>Lunch Break</b>
2.00 pm	<b>Keynote Speaker 8 : Mark Hull</b> <b>( 3Dimensional Coaching: A Framework for Coaching Built On A Foundation Of Purpose )</b>
3.00 pm	<b>Coffee Break (Networking Session)</b>
3.30 pm	<b>Keynote Speaker 9 : Wan Norafzan Wan Mahadi</b> <b>(Children are not miniature adults)</b>
4.30 pm	<b>Take Away &amp; Interactive Sesssion</b>
5.00 pm	<b>Symposium End</b>