



CONFERENCE OF THE WORLD RUGBY SCIENCE NETWORK

12TH SEPTEMBER 2017



Morning Session

Time	Sessions	Speakers
9:00-9:10	Opening address	Keith Stokes
9:10-10:10	Better, faster, stronger <i>Innovations in rugby training</i>	Dr James Betts <i>Bath</i> (protein & recovery) Dr Sean Williams <i>Bath</i> (training load) Dr Alex Atack <i>St Mary's</i> (kicking performance)
10:10-10:45	Teaser trailers <i>What's to come in rugby research</i>	Mark Atkinson <i>Bath</i> (academy rugby) Nick Dobbin <i>Chester</i> (assessing running performance) Tom Mullen <i>Chester</i> (movement patterns and load) Stephen West <i>Bath</i> (training load in pro rugby) Pat Carden <i>Exeter</i> (biomechanical injury risk factors) Madi Davies <i>Oxford</i> (long term player health)
10:45-11:00	Coffee break	
11:00-12:00	Hot takes <i>Expert discussion of current headlines</i>	Prof Craig Twist <i>Chester</i> (conditioning best practice) Dr Mike Hislop <i>World Rugby</i> (RFU Activate programme) Richard Bryan <i>RPA</i> (Lift the Weight campaign) Panel Discussion
12:00-12:55	Tackling injury <i>The latest evidence around player safety</i>	Dr Ezio Preatoni <i>Bath</i> (tackling & biomechanical loading) Dr Danielle Salmon <i>NZ Rugby</i> (Rugby Smart programme) Dr Ken Quarrie <i>NZ Rugby</i> (Risk in NZ Rugby Union) Panel Discussion
12:55-13:00	Closing address	Keith Stokes

Afternoon Session

Time	
13:00-14:00	Lunch break
14:00-17:00	<p>Load Monitoring Workshop (Dr Sean Williams <i>Bath</i> & Dr Dan Weaving <i>Leeds Beckett</i>)</p> <p><i>This workshop will explore and discuss the current best-practice approaches for each stage of the athlete monitoring cycle; from collecting, storing, and cleaning workload data, to analyzing and making informed decisions. This will be a hands-on workshop, with the opportunity to apply the latest techniques to your own data. This workshop will be ideally suited for both practitioners and researchers involved in workload monitoring.</i></p>