

## Workshop Programme & Timetable - Saturday 28 September

### Judges & Coaches

B - with rank of 3	11:00am – 11:55am	Under 12
C - with rank of 3	12:00am – 12:55pm	
D	02:00pm – 02:55pm	
Display	03:00pm – 3:55pm	
C - with rank of 3	11:00am – 11:55am	Under 16
D	12:00am – 12:55pm	
Display	02:00pm – 02:55pm	
B - with rank of 3	03:00pm – 3:55pm	
D	11:00am – 11:55am	Senior
Display	12:00am – 12:55pm	
B - with rank of 3	02:00pm – 02:55pm	
C - with rank of 3	03:00pm – 3:55pm	
Display	11:00am – 11:55am	Masters
B - with rank of 3	12:00am – 12:55pm	
C - with rank of 3	02:00pm – 02:55pm	
D	03:00pm – 3:55pm	

Technical Judge A can split their time, at leisure, between the Technical B & C Judge sessions.

### Morning

09:00 A.M.	Registration confirmation
09:30 A.M.	Guest Speaker - TBA
10:45 A.M.	Morning Tea
11:00 A.M.	Combined session with all Coaches & Judges separated by Field/Display Judge
12:55 P.M.	

### Noon

1:00 P.M.	Buffet lunch
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### Afternoon

2:00 P.M.	Combined session with all Coaches & Judges separated by Field/Display Judge
2:55 P.M.	
3:55 P.M.	

### Evening

7:30 P.M.	Dinner – Dining Hall, St Margaret's College Dinner Speaker - TBC
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## Workshop Programme & Timetable – Sunday 29 September

### Judges

8:45 A.M.	Classroom Theory
9:50 A.M.	Morning Tea
10:10 A.M.	Judges Practical - With teams on hard surface areas outside
12:10 P.M.	Judges Theory & DVD training
1:15 P.M.	LUNCH

### Coaches

8.45 A.M.	Understanding Your Athlete – presented by Sport Canterbury <ul style="list-style-type: none"> <li>• Physical Characteristics</li> <li>• Emotional Characteristics</li> <li>• Social Characteristics</li> <li>• Cognitive characteristics</li> </ul>
9:50 A.M.	Morning Tea
10:10 A.M.	Understanding Your Athlete..... continued
11:20 A.M.	Coaches Guide to Nutrition Presenter: Miss Kate Rhodes
12:30 P.M.	Coaches – view Q/C/M
1:15 P.M.	LUNCH

### Guest Speakers

**2:15pm – 3:15pm**  
**Mr Geoff Sutton**

**2:15pm - 3:15pm**  
**Mrs Margaret Foster MNZM**

**Wind Up & Evaluations 3:50 P.M.**

**Welcome**