CONFIRMED SPEAKER FACULTY

Maxwell Fuzani
Special Advisor to the Minister
DEPARTMENT OF SPORT AND RECREATION SOUTH AFRICA (SRSA)

Clinton Gahwiler
Psychologist
SPORTS SCIENCE INSTITUTE OF SOUTH AFRICA (SSISA)

Eddie Ward
Sport Psychologist
Team Psychologist to the South African Indoor and Field Archery Association’s Protea and National Archery Squad
LYNNWOOD PSYCHOLOGISTS

Lucas Radebe
Former Bafana Bafana Captain
SOUTH AFRICAN FOOTBALL ASSOCIATION (SAFA)

Prof. Leon van Niekerk
Associate Professor: Sport Psychology
UNIVERSITY OF FORT HARE

Dr. Monja Human
Counselling Psychologist (specialising in sport and exercise psychology)
UNIVERSITY OF PRETORIA
HIGH PERFORMANCE CENTRE

Ilse Hayes
Paralympic Medallist & Professional Athlete
INTERNATIONAL ASSOCIATION OF ATHLETICS FEDERATIONS (IAAF)

Garreth “Soldierboy” McLellan
Professional Mixed Martial Arts Athlete
ULTIMATE FIGHTING CHAMPIONSHIP (UFC)

Clinton Gahwiler
Psychologist
SPORTS SCIENCE INSTITUTE OF SOUTH AFRICA (SSISA)

Gary Steele
Lecturer: Psychology Department
RHODES UNIVERSITY
Chair of Steering Committee
SOUTH AFRICAN SOCIETY OF SPORT AND EXERCISE PSYCHOLOGY (SASSEP)

Dr. Jannie Botha
Springboks Sevens Mental Coach
SOUTH AFRICAN RUGBY UNION (SARU)

Andrew Smith
Sport Scientist & High Performance Coach
UCI WORLD CYCLING CENTRE - AIGLE SWITZERLAND

Greg Wilmot
Counselling & Sport Psychologist
HEALTH AND SPORT CENTRE

Pat Symcox
Former Test and ODI Cricketer
CRICKET SOUTH AFRICA (PROTEAS)

Habib Noorbhai
Lecturer/Researcher & Biokineticist
DEPARTMENT OF SPORT MANAGEMENT
CAPE PENINSULA UNIVERSITY OF TECHNOLOGY

Dr. Monja Human
Counselling Psychologist (specialising in sport and exercise psychology)
UNIVERSITY OF PRETORIA
HIGH PERFORMANCE CENTRE

Dr. Pieter Kruger
Director
COGNACITY PERFORMANCE – UNITED KINGDOM
Director
INSTITUTE OF PSYCHOLOGY & WELL BEING – NORTH WEST UNIVERSITY
Performance Psychologist to the Springboks
SOUTH AFRICAN RUGBY UNION (SARU)

Maretha Claassen
Counselling Psychologist Specialising in Sport Psychology
MIND-BODY CONNECTION

ELITE CLINICAL PSYCHOLOGY
Dr Pieter Kruger
Director
COGNACITY PERFORMANCE – UNITED KINGDOM
Director
INSTITUTE OF PSYCHOLOGY & WELL BEING – NORTH WEST UNIVERSITY
Performance Psychologist to the Springboks
SOUTH AFRICAN RUGBY UNION (SARU)

DEFINING SPORT PSYCHOLOGY OVER A MULTITUDE OF DISCIPLINES & LOOKING AT THE SYNERGY BETWEEN SPORT PSYCHOLOGY AND PERFORMANCE ENHANCEMENT
Maretha Claassen
Counselling Psychologist Specialising in Sport Psychology
MIND-BODY CONNECTION

GUEST SPEAKER
OPENING ADDRESS

OPENING ADDRESS

PRACTICAL & SKILLS BASED WORKSHOPS

KEY STRATEGIES TO BE DISCUSSED

- Dealing with the pressure of your role in the team
- Applied sport psychology: Reflecting on 20 years of practice in South Africa
- Developing a systematic approach in effective life skills management
- Debunking the myths of sport psychology
- Incorporating sport psychology into the total coaching management framework
- Navigating the professionalisation of school sport in South Africa
- Highlighting the role psychology plays in the mental preparedness of a high performance athlete
- Facilitating collaboration between the various professional communities to perform research in the strength and conditioning of athletes

Reducing Our Carbon Footprint
When you attend an ITC conference you will receive the most updated speaker presentations on USB instead of paper based workbooks.

CPD accredited by
ERIC ROTHCHILD MEDICAL FOUNDATION
ITC IS ETDP SETA ACCREDITED & A LEVEL 1 B-BBEE COMPANY

For easy registration contact Therisha: +27 (0) 11 326 2501 or email bookings@intelligencetransferc.co.za or fax: +27 (0) 11 326 2960 or visit: www.intelligencetransferc.co.za

ITC is a proud member of:
08:00 Welcome & opening by chair
Eddie Ward
Sport Psychologist
Team Psychologist to the South African Indoor and Field Archery Association’s Protea and National Squad
LYNNWOOD PSYCHOLOGISTS

08:30 Opening Address
Maxwell Fuzani
Special Advisor to the Minister
DEPARTMENT OF SPORT AND RECREATION SOUTH AFRICA (SRSA)

09:00 Applied Sport Psychology: Reflecting on 20 years of practice in South Africa
• The day-to-day nature of a sport psychology practice
• Doing what works
• Challenges & opportunities
• A vision for South African Sport Psychology
Clinton Gahwiler
Psychologist
SPORT SCIENCE INSTITUTE OF SOUTH AFRICA (SSISA)

CAREER HIGHLIGHTS
• Over the past 20 years he has worked with many of South Africa’s top individual athletes and sports teams, including Team South Africa at the All Africa Games in 1999 and the Summer Olympic Games in Athens in 2004

10:00 Dealing with the pressure of your role in the team
• Understanding your role
• Maintaining Self-Belief
• Dealing with Expectations
• Living the Moment
Pat Symcox
Former Test and ODI Cricketer
CRICKET SOUTH AFRICA (PROTEAS)

CAREER HIGHLIGHTS
• Played 20 Tests & 80 ODI Matches
• Co-Holder of the Highest Ever Ninth wicket partnership of 195 runs
• Played provincial cricket for the Natal Dolphins
• Cricket commentator and presenter on Supersport

10:45 Morning tea & networking opportunity

11:15 Amalgamating the technical aspects with mental conditioning in creating the ultimate athlete
• Building on the partnership between the coach (the body) and the sport psychologist (the mind)
• Incorporating sport psychology into the total coaching management framework
• Emphasising the mutual advantages for the coach and the psychologist engaged in a healthy collaboration
• Examining practical psychology pertaining to the coach
Dr. Monja Human
Counselling Psychologist (specialising in sport and exercise psychology)
UNIVERSITY OF PRETORIA – HIGH PERFORMANCE CENTRE

CAREER HIGHLIGHTS
• Extensive involvement in preparing Olympic athletes in various sporting disciplines for the Summer Olympic Games
• Close relationship with Cricket South Africa (CSA) Coaches Education programme since 2004
• Involvement in the South African Football Association (SAFA) Girl’s Football Academy

12:15 A developmental perspective on the development of mental toughness amongst youth athletes
• Both psychological and sport development models can be integrated to indicate the appropriate age for sport psychological interventions
• Research indicates that the age for the introduction of mental skills training coincides with adolescence
• Mental skills increase significantly from age 13-16
Prof Leon van Niekerk
Associate Professor; Sport Psychology
UNIVERSITY OF FORT HARE

CAREER HIGHLIGHTS
• Consults with both Olympic and Paralympic athletes in preparation for international competition and publisher of 16 journals
• Recently appointed as sport psychologist for the South African Deaf National Rugby Team and works with school children

13:00 Moulding & Development of the Athlete psyche
• Making the decision
• The mind-set to become a professional
• The mind-set in staying ahead of the game
• The mind-set in becoming a champion
Garreth “Soldierboy” McElhaney
Professional Mixed Martial Arts Athlete
ULTIMATE FIGHTING CHAMPIONSHIP (UFC)

CAREER HIGHLIGHTS
• Two Time Middleweight Champion
• First Athlete in EFC History to regain a title
• First South African based athlete to win at the UFC

13:45 Lunch & networking opportunity

14:45 Implementing a long term plan as opposed to a short term stopgap on a National Sporting Level
• Looking at previous results on a National level where psychology played a pivotal role
• Extrapolating data to formulate a plan for the future to improve performance in South Africa’s National Squads
• Probing at the challenges faced on a national sporting level in the absence of a resident sport psychologist
• Understanding the flow of a psychology session for a National Team
• A winning team – Highlighting the success of the New Zealand Rugby Team
Gary Steele
Lecturer; Psychology Department
RHODES UNIVERSITY
Chair of Steering Committee
SOUTH AFRICAN SOCIETY FOR SPORT AND EXERCISE PSYCHOLOGY (SASSEP)

CAREER HIGHLIGHTS
• Collaborating with other psychology professionals in establishing the South African Society for Sport and Exercise Psychology(SASSEP)
• Involvement with Border Cricket alongside Michael McNerney, in the time leading up to their first win in a One Day Series in 117 years
• Supervision of 9 Masters’ Thesis & 22 Honours’ Projects in Sports and Performance Psychology

15:30 Clinical Elite Psychology
• Better people/Better Performance: The three integrating levels of sport psychological skills
• The importance of understanding the cognitive subsystems involved in elite performance
• The importance of evidence based intervention
• A practical case example from team sports
Dr. Pieter Kruger
Director
COGNACITY PERFORMANCE – UNITED KINGDOM
Director
INSTITUTE OF PSYCHOLOGY & WELL BEING – NORTH WEST UNIVERSITY
Performance Psychologist to the Springboks
SOUTH AFRICAN RUGBY UNION (SARU)

CAREER HIGHLIGHTS
• Extensive involvement with the following High Performance individuals and elite sports teams
• Performance Psychologist to the Springboks
• Lions Super Rugby Team from 2014 – 2015
• Golden Lions Curry Cup – 2014
• London Harlequins Premiership Rugby Team 2005 – 2014
• Brumbies Super Rugby – 2009
• Arsenal Football Club
• Chelsea Football Club
• UK Athletics – 2012 Olympics
• Great Britain Rowing – 2012 Olympics
• Olympic Games 2012 – Official LOCOG Specialist Clinical Sport Psychologist

16:30 End of day one
DAY TWO - 9 JUNE 2016

08:00 Welcome & opening by chair
Eddie Ward
Sport Psychologist
Team Psychologist to the South African Indoor and Field Archery Association’s Protea and National Squad
LYNNWOOD PSYCHOLOGISTS

08:30 Defining Sport Psychology over a multitude of different sporting disciplines
Looking at the synergy between Sport Psychology and Performance Enhancement
Maretha Claasen
Counselling Psychologist Specialising in Sport Psychology
MIND-BODY CONNECTION

CAREER HIGHLIGHTS
For the past 22 years she has been extensively involved in the Golfing Fraternity with male and female golfers from all over South Africa whom play from Junior to Amateur to Professional Level.
Many of her clientele are Elite Level Golfers playing in the Sunshine Tour, European Tour, USA PGA Tour and the Asian Tour. Most of her golfing clients are trophy winners whom have obtained their Provincial and National Colours.
She is currently assigned to Womens Golf South Africa (WGSAs) as their Sport Psychologist in preparation for the World Golf Championship later in 2016

10:00 Elite athletes: Cultivating excellence, yet still human
Isle Hayes
Paralympic Medalist & Professional Athlete
INTERNATIONAL ASSOCIATION OF ATHLETICS FEDERATIONS

CAREER HIGHLIGHTS
Recipient of a Presidential award in 2003 by former President Thabo Mbeki
Paralympic Medalist
South African Sports Award: Disabled Woman of the Year 2015

10:45 The impact of internal and external factors on sports performance: An Eco-Systematic perspective
• Modern vs Postmodern Epistemologies
• Athletes: Individuals in Ecosystems: Everything relates to Everything
• Narratives, Mythologies & Self talk: Self constructions informing how I perform (internal factors)
• Teams, Tribes and Psycho-anthropology: The sum is greater than the individual parts (external factors)

Eddie Ward
Sport Psychologist
Team Psychologist to the South African Indoor and Field Archery Association’s Protea and National Squad
LYNNWOOD PSYCHOLOGISTS

CAREER HIGHLIGHTS
• ARCHERY:
  • Sport Psychologist to SANIFAA Archery Team
  • 2012 to present
• INDOOR ARCHERY:
  • Team SA achieved Bronze in VMBU – 2011
  • Team SA achieved Gold in VMBU – 2013
• SCUBA DIVING:
  • NAUI Diving Instructor specialising in training for deaf physically challenged divers
• ACADEMIC:
  • Masters’ Thesis in Narrative Exploration of Scuba Diving as a therapeutic wilderness adventure bridging deaf and hearing experience

11:30 Morning tea & networking opportunity

12:00 The Chief – unique perspectives on challenges, performance and leadership in the face of change
• Forming a mindset to deal with everything
• Developing an attitude and mindset of winning
• Performing whilst leading
• Assessing differences for a single goal

Lucas Radebe
Former Bafana Bafana Captain
SOUTH AFRICAN FOOTBALL ASSOCIATION (SAFA)

CAREER HIGHLIGHTS
• First African to captain English Football team Leeds United
• Bafana Bafana Captain
• FIFA Fair Play Award 2001
• Brand Ambassador

12:45 The real world implementation aspects of sport psychology
• Operant conditioning
• Team vs individual dynamics within a cycling context
• Coach’s perspective

Andrew Smith
Sport Scientist & High Performance Coach
UCI WORLD CYCLING CENTRE AIGLE SWITZERLAND

CAREER HIGHLIGHTS
• Former Coach and Sports Scientist for World Cycling Centre Africa and the MTN Qhubeka Feeder Team
• Coach of 4x ABSA Cape Epic Winners
• Coach of 4th Ladies Winner for the ABSA Cape Epic
• Coached multiple African Continental and South African National Championship Winners
• Coached the winner of the 2014 Youth Olympic Games Road Race

13:30 Mental Toughness – The reasons why
• The balance between goal (winning) and focus (implement)
• Investigating the mental aspects of:
  • Foundation
  • Exposure
  • Clearness
  • Training
  • Focus

Dr. Jannie Botha
Springboks Sevens Mental Coach
SOUTH AFRICAN RUGBY UNION (SARU)
Blue Bulls Player Development Manager
BLUE BULLS RUGBY UNION (BBRU)

CAREER HIGHLIGHTS
Extensive involvement with the following High Performance Individuals and Elite Sports Teams
• Rugby (Junior Springboks, Springboks 7’s, Super 15. He is currently contracted with the Blue Bulls and the Springbok 7’s)
• Golf – works with players on local and international tours
• Swimming (Olympic Medallists)
• Athletics (Olympic Medallists)
• Hockey
• Tennis
• Football (Kaizer Chiefs and Mamelodi Sundowns)

14:15 Lunch & networking opportunity

15:15 Navigating the professionalisation of school sport in South Africa
• Presenting an analysis of the current climate of school sport professionalisation
• Exploring the psychological and social consequences of professionalisation
• Unpacking parenting, coaching and psychological practices to manage sports performance pressure
• Future considerations on how to proceed with school sport and talent development

Greg Wilmot
Counselling & Sport Psychologist
HEALTH AND SPORT CENTRE

CAREER HIGHLIGHTS
• Weekly & monthly columnist for local & national newspapers on numerous sporting articles
• Employed by Rhodes University as a Senior Psychologist at the University Counselling Centre
• Lecturer of Masters Level Courses on group Psychotherapy and Professional Identity

16:00 The South African cricket team: Why they are not chokers and how they can win the next World Cup
• Where did it all go wrong in the last 24 years at ICC tournaments?
• Why the Proteas are not chokers and what really causes the team to lose at the last minute?
• What are the other factors that contribute to failure at such ICC tournaments?
• What needs to be done in order to win the next ICC tournament?

Habib Noorbhai
Lecturer/Researcher & Biokineticist
DEPARTMENT OF SPORT MANAGEMENT
CAPE PENINSULA UNIVERSITY OF TECHNOLOGY

16:45 Close of conference

WHO SHOULD ATTEND?
But not limited to:
• Sport Stakeholders
• Club Managers
• Club Owners
• Psychology Professionals
• High Performance Athletes
• Sportsmen and Sportswomen
• Sport Psychologists
• Mental Skills Coach
• Psychology Academics
• Psychology Students
• Physical Education Teachers
• Performance Coaches
• Talent Development Managers
• Sports Membership Bodies
• Elite Teams

To sponsor this conference contact: yashik@intelligencetransferc.co.za or 011 326 2501
I acknowledge that I have read, understood and accept the programme and Terms and Conditions (including Payment Terms) and hereby apply for registration on behalf of myself (if a single delegate) or on behalf of the undermentioned organisation which I am duly authorised to represent.

Name:

Name of Organisation*:

Job Title (Specific):

Email:

Date:

Signature: (where organisation sends delegate/s and is responsible for payment of conference/course fee*)

<table>
<thead>
<tr>
<th>Title</th>
<th>Delegate Name</th>
<th>Designation</th>
<th>E-mail</th>
<th>Cell #</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Confirmation - Your registration will only be confirmed until such time as payment is received and may be subject to cancellation.

Right of Admission – Intelligence Transfer Centre reserves the right to refuse admission to the training course where evidence of full payment cannot be shown. Delegate Substitutions – Delegate substitutions are welcomed at any time and do not incur any additional charges. Please notify us in writing of any such changes.

Delegate Cancellations: All delegate cancellations must be received in writing and are subject to the following conditions:

- for any cancellations received 20 working days before the start of a training course, Intelligence Transfer Centre will issue a 100% credit for the value paid to be used for up to one year from the date of issue for any future INTELLIGENCE TRANSFER CENTRE training course
- for any cancellations received less than 20 working days before the date of the training course, the full fee will be payable and no refunds or credit notes will be given
- if a registered delegate does not cancel and fails to attend the training course, this will be treated as a cancellation and no refund or credit note will be issued
- Delegate substitutions are welcome–Please notify us 5 days before the event

Delegate Cancellations: All delegate cancellations must be received in writing and are subject to the following conditions:

- for any cancellations received 20 working days before the start of a training course, Intelligence Transfer Centre will issue a 100% credit for the value paid to be used for up to one year from the date of issue for any future INTELLIGENCE TRANSFER CENTRE training course
- for any cancellations received less than 20 working days before the date of the training course, the full fee will be payable and no refunds or credit notes will be given
- if a registered delegate does not cancel and fails to attend the training course, this will be treated as a cancellation and no refund or credit note will be issued
- Delegate substitutions are welcome–Please notify us 5 days before the event

Delegate Substitutions and Cancellations: Speakers and topics are confirmed at the time of publishing of the programme, but ITC reserves the right to substitute, alter or cancel advertised speakers and/or topics in appropriate circumstances (and will give notice to such substitutions or alterations via email prior to the conference as soon as possible)

Intelligence Transfer Centre Cancellation & Postponement policy

In the event that Intelligence Transfer Centre cancels an event, delegate payments will be refunded. In the event that Intelligence Transfer Centre postpones an event, delegate payments at the postponement date will be credited towards the rescheduled date. If the delegate is unable to attend the rescheduled event, the delegate will receive a 100% credit representing payments made towards a future event. This credit will be available for up to one year from the date of issuance. No refunds will be available for postponements. Intelligence Transfer Centre is not responsible for any loss or damage as a result of a substitution, alteration or postponement of an event. Intelligence Transfer Centre shall assume no liability whatsoever in the event this training course is rescheduled or postponed due to a fortuitous event, Act of God, unforeseen occurrence or any other event that renders performance of this training course impracticable or impossible. For purposes of this clause, a fortuitous event shall include, but not be limited to: war, fire, labour strike, extreme weather or other emergency.