

SESNZ
SESNZ Conference
25th-27th November 2020
University of Canterbury, Christchurch

Day One: Wednesday 25th November - Evening

15:30 Registration & Refreshments

17:00-18:00

Keynote Speaker: Scott Robertson and Simon Thomas

Crusaders, The Art and Science of Coaching

Chair: Professor Rich Masters

Day Two: Thursday 26th November - Morning

08:00 Registration & Refreshments

08:15 **Mihi whakatau**
Te Hurinui Clarke & Professor Letita Fickel (Pro Vice-Chancellor) University of Canterbury

08:30 **gbc Biomed - Gold Sponsor**

Keynote Speaker: Professor Thor Besier

08.35-09:35 University of Auckland, *Wearing Sensors in Biomechanics*
Chair: Associate Professor Mel Bussey

Parallel Sessions	K1 Lecture Theatre Theme: Rugby Chair: Professor Andrew Kilding	Sport Science Laboratory Theme: Environmental Physiology Chair: Professor Jim Cotter	Strength & Conditioning Laboratory Theme: Weightlifting Chair: Mark Drury
09:35	Running demands in women's rugby. <i>Alice Busbridge</i>	Effect of altitude training on basketball performance. <i>Hoani Smith</i>	<i>John Wilson</i>
09:50	The impact of small-sided conditioning games on rugby union youth. <i>Koen Wintershoven</i>	Regulation of brain oxygen delivery in hypoxia: the effect of acclimatization <i>Travis Gibbons</i>	
10:05	Eccentric force-load-velocity characteristics and relationships with performance measures in trained rugby union athletes. <i>Conor McNeil</i>	Cold-water immersion of the arms as a cooling strategy during repeated sprint exercise. <i>Stephen Fenemor</i>	Olympic Lifting Masterclass <i>John Wilson</i>
10:20	Benchmarking calf muscle power and endurance in rugby athletes using the Calf Raise app. <i>Kim Hébert-Losier</i>	Comparing the effectiveness of 9-day passive vs. active heat acclimation. <i>Jamie Prout</i>	

10:35-11:00 **Morning Tea**

Parallel Sessions	K1 Lecture Theatre Theme: Performance and Coaching Development Chair: Professor Chris Button	Sport Science Laboratory Theme: Chair: Professor Nick Draper	Strength & Conditioning Laboratory Theme: Biomechanics Chair: Professor Mike Hamlin
11:00	An evaluation of data sources in netball performance analysis. <i>Hayden Croft</i>	AEP Panel Discussion	Load carriage. <i>SGT Kyle Foster</i>
11:15	Community rugby coaches' perceptions and practices related to Small Blacks education programme and tools package: what are the barriers and facilitators to programme implementation? <i>Eamon Reily</i>		
11:30	Considerations in developing adaptable and skilful athletes <i>Chris Button</i>		Neck posterior chain considerations for pilots. <i>Devon Scott</i>
11:45	Energetic and cognitive demands of different water treading patterns. <i>Tina van Duijn</i>		

12:00 **VXSports - Platinum Sponsor**

Invited Speaker: Stephen Hotter

12:05-12:45 High Performance Sport NZ, *Silver Ferns Gold Medal Journey to the Netball World Cup 2019*
Chair: Professor Stafford Murray

12:45-14:00 **Lunch & Poster Presentations**

Day Two: Thursday 26th November - Afternoon

Parallel Sessions	K1 Lecture Theatre Theme: Psychology Chair: Associate Professor Elaine Hargreaves	Sport Science Laboratory Theme: Health Chair: Dr Kate Thomas	Strength & Conditioning Laboratory Themes: Running/Biomechanics Chair: Associate Professor Toby Mundel
14:00	Rugby Fans in Training New Zealand (RuFIT-NZ): a randomised controlled trial of a healthy lifestyle program for overweight men delivered through professional rugby clubs in New Zealand. <i>Elaine Hargreaves</i>	Physical activity and mental health during COVID-19 lockdown: an international comparison. <i>Catherine Elliot</i>	Determining the role of exercise-induced heat and upper limb sprint interval training on metabolic function. <i>Ashton Tourell</i>
14:15	Influence of perceived opposition ability on exerted effort in junior footballers. <i>Atticus Foulcher</i>	Using a motor analogy to promote safe-landing from unexpected falls. <i>Sana Oladi</i>	The influence of ankle dorsiflexion range of motion on unanticipated cutting kinematics. <i>Ivana Hanzlíková</i>
14:30	Investigating the effect of colour during football penalty kicks: retrospective analysis of professional football players. <i>So Hyun Park</i>	The effect of passive heat therapy on body composition and isometric muscle strength in patients with severe lower-limb osteoarthritis. <i>Brendon Roxburgh</i>	Examining footwear manufacturer websites – Is the industry ahead of science? <i>Codi Ramsey</i>
14:45	Impact of COVID-19 Lockdown on the mental health of New Zealand tertiary students who participate in regular physical activity. <i>Nora-Anne Kwok</i>	The influence of COVID-19 Lockdown restrictions on perceived nutrition & training habits in rugby union players. <i>Charlie Roberts</i>	On-field movements, heart rate responses and perceived exertion of lead referees in Rugby World Cup matches, 2019 <i>Matthew Blair</i>
15:00	Elite hockey performance: Examining the relationship between propensity for reinvestment and challenge and threat state. <i>Merel Hoskens</i>	Expanding the RED-S model: a mixed-methods approach to elite male and female track cyclists with varying levels of energy availability. <i>Katie Schofield</i>	Football small-sided games and sprint demands: Can we push the boundaries? <i>Daniel Gordon</i>
15:15	Response inhibition under physical and emotional stress. <i>Arne Nieuwenhuys</i>	Clarifying the role of the strength and conditioning coach in athlete rehabilitation <i>Andrew Armstrong</i>	Loading and structural performance of tandem bicycle frames. <i>Digby Symons</i>

15:30-16:00

Afternoon Tea

Parallel Sessions	K1 Lecture Theatre Theme: Rugby Chair: Professor Andrew Kilding	Sport Science Laboratory Theme: Cricket Chair: Dr Sibi Walters	Strength & Conditioning Laboratory Theme: Chair:
16:00	Invited Speaker: Simon Jones High Performance Sport New Zealand <i>Japan Rugby preparation for Rugby world cup.</i>	Are there any differences in the shoulder muscle strength and range of motion between cricket fast bowlers with and without shoulder pain? <i>Sibi Walters</i>	
16:15		Accumulated player load in fast bowlers across maximal and submaximal intensities; comparison of upper back and non-bowling wrist IMUs. <i>Corey Perrett</i>	
16:30		The relationship between release speed, heart rate and RPE across maximal and submaximal intensities in fast bowlers. <i>Corey Perrett</i>	
16:45			

Keynote Speaker: Professor Patria Hume

17:00-18:00

Auckland University of Technology, (SOBI) *Sports Originated Brain Injury*

Chair: Associate Professor Mel Bussey

18:30

Evening Social Function - Kaiser Brew Garden
Riverside Terrace (upstairs), 96 Oxford Terrace

Day Three: Friday 27th November

08:30 Registration & Refreshments

09:00 **VXSport - Platinum Sponsor**

Keynote Speaker: Professor Jim Cotter

09:05-10:05 University of Otago, *Exercise Fit for the Environment*
Chair: Associate Professor Toby Mundel

10:05-10:30 **Morning Tea**

Parallel Sessions	K1 Lecture Theatre Theme: Sports Concussion Chair: Professor Patria Hume	Sport Science Laboratory Theme: Sport Science in the Defence Force Chair: Associate Professor Toby Mundel	Strength & Conditioning Laboratory Theme: S&C Chair: Mark Drury
10:30	SOBI Symposium Speakers: Mel Bussy, Joshua McGeown, Nick Draper, Ken Quarrie Debate: Should contact sports be limited for children under 12 years to reduce sport originated brain injury?		Developing a successful S&C environment. <i>Simon Thomas</i>
11:30		Discussion on the benefits of utilising human performance specialists in the NZDF. <i>LT COL Phil Wright</i>	S&C Workshop The science and practice of eccentric training. <i>Angus Ross</i>
11:45	Laboratory validation of instrumented mouthguard for head impact measurement in sport. <i>Danyon Stitt</i>	Pack carriage and shoulder injuries. <i>MAJ (Dr) Jacques Rousseau</i>	
12:00	The use of Steady-State Visual Evoked Potentials (SSVEPs) in concussion diagnosis and recovery assessment. <i>Jen Treacy</i>	Longer sleep duration enhances training adaptations in a military population. <i>CAPT Dave Edgar</i>	
12:15	Exploring head control during impact perturbations in rugby players with history of concussion. <i>Melanie Bussey</i>	Lower limb injury prevention in the New Zealand Army. <i>MAJ (Dr) Jacques Rousseau</i>	

12:30-13:30 **Lunch & AGM**

Keynote Speaker: Professor Rich Masters

13:30- 14:30 University of Waikato, *Recruiting the Cognitive Unconscious for Better Performance in Sport*
Chair: Professor Nick Draper

14:30 **Closing**