

# **NZSCA & SPRINZ Strength & Conditioning Practitioners Day**

Uniting strength and conditioning coaches from across Aotearoa for a dynamic day of expert presentations and hands-on workshops exploring innovative coaching practices through the lens of culture and technology

**18 November 2025  
Massey University, Albany Campus  
9am – 6pm**

**Register Here**





Time	Presenter(s)	Topic	
9am	Peter Harding & Tim Rogers	S&C Culture	
Cutting Edge Technology			
10am	Byron Thomas, Keven Mealamu, Jon Doherty, & Grant Sharman MNZM	Revolutionising Pain Management, Recovery, and Performance for High-Performance Athletes	
10:45am	Kim Wilson & Sean McCleary	Elevating Athletes Through Measurement	Split Attendance
& 11:20am	Brett Smith	GPS Workflows and Performance Insights	
12 noon	Lunch (Included in ticket price)		
Essential Coaching Skills			
1pm	Dr Alyssa-Joy Spence	Mastering the Squat: Optimizing Strength Development	Choose One
	Dr David Edgar	Ultra-Distance Swimming	
2pm	Dr Craig Harrison	How You Design is What They Become	
3pm	Matiu Tainghue & Guest	An Athlete-Centred, “Well Being” Approach to S&C in Aotearoa: Science, Experience, and Traditional Wisom	
4pm	Ashley Jones	Programming Framework	
5pm	Professor John Cronin	S&C: Where We’ve Come from and Where We’re Going	
6pm	Social Hour		