ESNZ
Coach Conference
Sunday 24 January 2010
Sport and Rugby Institute
Massey University, Palmerston North

- Dr Chris Rogers - Senior Lecturer, Massey Equine Programme Leader
- Dr Erica Gee - Senior Lecturer, Equine Reproduction and Nutrition
- David Galbraith - Clinical and Sport Psychologist
- Susan Morris - Chair, ESNZ Medication Control Program
- Darryl Cochrane - Lecturer, Athletic Fitness and Conditioning
- Campaign Coaches Panel

For ESNZ Coaches, and other trainers, instructors and riders

INFO: www.nzequestrian.org.nz - choose Coaches

Supported by the New Zealand Olympic Committee and Olympic Solidarity, brought to you by the ESNZ Coach scheme in partnership with Massey University

$60 per person
includes: morning and afternoon tea, lunch, presentation handouts, conference bag, pen and writing pad

Places are limited

Dr Chris Rogers  M.Agr. Sci (hons), PhD
Chris’s research interest is the measurement of the workload in performance horses and the relationship of this to physiological responses. Chris is also a founding member of the Global Equine Research Alliance, a collaboration among world-renowned orthopaedic researchers, and has been involved with numerous research projects and published papers.

Dr Erica Gee  BVSc, PhD, DipACT
Erica is Senior Lecturer in Equine Reproduction and Nutrition at Massey University where she achieved her veterinary degree. Her PhD investigated copper supplementation in pregnant mares and their foals. Recent research while at Colorado State University evaluated the benefits of antioxidant supplements and omega-3 fatty acids in stallions. Erica is a Diplomate of the American College of Theriogenology in Equine Reproduction.

Susan Morris  BVSc
Susan was appointed in late 2009 as the Chair of the ESNZ MCP. She was virtually tailor-made for the role, given her veterinary background and her current work in residue chemistry for the National Food Safety Authority. Susan lectures to university students and presents on residue testing to national and international audiences. Susan was president of the NZ Veterinary Association in 1998-99. She participated in equestrian sport since her youth and has enjoyed supporting her two daughters’ involvement in the last ten years.

David Galbraith  MSc and PGDip Clin Psych
David is a Registered Clinical Psychologist and one of only seven Sport Psychologists providing services within the New Zealand Academy of Sport (North Island) programs. David works with professional sports people across a number of sports and helps them develop a dynamic and motivating philosophy for winning.

Darryl Cochrane  M. PhEd, PG Dip PE, B PhEd
Darryl has worked with athletes from club to international level and has acted as a fitness consultant for numerous sports. He has been the physical conditioner and manager for the Central Districts Stags cricket team, regional fitness trainer for the Black Sticks, and did a stint with the Black Caps as the on tour fitness trainer. Darryl is currently undertaking a PhD investigating the effects of vibration exercise on aspects of muscle physiology and performance.
## Program

**Conference Room – Massey Sport and Rugby Institute**

### Open – Approximately 8:30am

**Dr Erica Gee**
- The horse’s digestive system and feeding for performance

**Dr Chris Rogers**
- Energy systems, fitness and recovery for sport horses

### Morning Tea

**Susan Morris**
- Global doping issues, banned substances and legitimate treatment

**David Galbraith**
- Sport psychology techniques for coaches

### Lunch

**David Galbraith**
- Effective evaluation thinking for athletes, coaches and parents

**Coaches Panel**
- Campaigns – disasters and highlights. What does it mean to be a high performing coach?

### Afternoon Tea

**Darryl Cochrane**
- Are you fit to ride? Core stability exercises with hands-on participation

### Close – Approximately 3:00pm

Final timetable will be supplied to registered participants

Program may be subject to change
Venue

The Sport and Rugby Institute is located within the Massey University Manawatu Campus in Palmerston North. The Institute is on Albany Drive, with access from Old West Road.

Flights

Allow at least 20 minutes between the venue and Palmerston North Airport. A $5 levy is payable for all domestic departures at Palmerston North airport. Please allow time to purchase your levy receipt at the Service Desk or the café. [www.pnairport.co.nz/passengers.php#domestic](http://www.pnairport.co.nz/passengers.php#domestic)

Flights depart from Palmerston North Airport to:
- Christchurch (and other South Island Centres via Christchurch) at approx 4pm
- Auckland at approx 5, 6 and 7pm
- Hamilton at approx 4 and 6pm
Registration Form
ESNZ Coach Conference
Sunday 24 January 2009

Name:
Postal Address:
Suburb: Post Code:
Phone:
Email:
Special requirements (diet, access):
Discipline(s) you coach/participate in:

For more than one participant, please provide the names of every attendee and their preferred discipline(s):

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<tr>
<th>Tickets $60 each</th>
<th>Quantity: __________</th>
<th>x $60</th>
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<tr>
<td>Registered ESNZ Coach Discount Tickets</td>
<td>Quantity: __________</td>
<td>x $45</td>
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Total

NB: All prices include GST.

Payment Details:
Cheque – make payable to “Equestrian Sports NZ” or “ESNZ”
Credit Card - Visa ☐ MasterCard ☐
Card Number: Card expiry Date: / 
Cardholder Name: 
Cardholder Signature:

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