

Keynote Presentation

Bridging Science and Success: Innovating S&C Practice for Elite Athletic Performance

Abstract

This keynote will address the intersection of research and practical application within strength and conditioning (S&C). We'll explore two key areas for optimising athletic performance and enhancing coaching practice.

Firstly, this presentation will delve into innovative practices within S&C. Drawing upon research and real-world case studies from leading high-performance environments, we will explore some novel methodologies currently being used.

Secondly, the keynote will pivot to defining and cultivating the attributes of a truly exceptional S&C coach. Beyond academic qualifications and certifications, we will explore the less tangible yet crucial qualities that differentiate good coaches from great ones.

This keynote aims to provide actionable insights for S&C coaches, sports scientists, and high-performance managers, inspiring a re-evaluation of current practices from a technical and an essential skills perspective.

Kieran Young

Biography

Kieran Young has spent nearly two decades helping athletes reach their peak performance across Australia, Canada, and the UAE. Currently juggling roles as the Performance Support Manager at Water Polo Australia and the National S&C Network Lead at the Australian Institute of Sport, he's passionate about building high-performing teams and creating winning cultures. With a Master's in Sport Science and experience ranging from elite military units to Olympic sports, he brings unique insights into organizational excellence and athletic performance. Kieran is also a Master level coach and a lifetime member with the ASCA.

