

WADC 2025

Program Diving



Friday 10th January

9.00-10.00	Registration and coffee
10.00-10.20	Welcome and introduction
10.20-10.40	Milton Nelms
10.45-11.30	Dean Barker <i>Metaphors of movement learning: How we think we learn to move</i>
11.30-11.45	Break
11.45 -12.45	Greg Louganis <i>Coaching From the Inside Out</i>
12.45-13.45	Lunch
13.45-14.30	Dean Barker Workshop
14.30-14.45	Break
14.45-15.45	Sahana Gopal & Tanya Kumar <i>The role of female physiological factors in optimising energy availability in young athletes</i>
15.45-16.15	Coffee Break
16.15-17.00	Tanya Kumar <i>Optimising nutrition strategies for sports performance when travelling</i>
18.00-19.00	Social activity
19.00	Dinner (need to be pre-booked)

Changes may occur

Saturday 11th January

08.30-09.30	Kim White <i>Key focus points in diving</i>
09.30-09.45	Break
09.45-10.45	Paul Joachim Bloch Thorsen <i>ADHD and Diving – Challenges and Opportunities</i>
10.45-11.15	Coffee break
11.15-12.15	Greg Louganis <i>Performance vs. Competition</i>
12.15-13.15	Lunch
13.15-14.15	Gareth Ziyambi <i>Longevity in performance sport: Working with the coaches to maintain Tom Daley's success</i>
14.15-14.30	Break
14.30-15.15	Paul Joachim Bloch Thorsen <i>Bergen Diving Club – What's at the End of the Rainbow</i>
15.15-15.45	Coffee Break
15.45-16.30	Sahana Gopal <i>A practical guide for incorporating olympic weightlifting in diving sports performance</i>
16.30 – 16.40	Break
16.40-17.30	Q & A med Greg Louganis
19.30	Banquette (need to be prebooked)

Changes may occur

Sunday 12th January

09.00-10.00	Gareth Ziyambi & Sahana Gopal <i>Harnessing monitoring data to inform performance planning - an MDT approach</i>
10.00-10.15	Coffee break
10.15-11.00	Kim White <i>Competition preparation and how to be a better coach</i>
11.00-11.15	Break
11.15-12.00	Greg Louganis <i>How To Tap Into the Energetic Rhythm of Performance</i>
12.00-13.00	Lunch
13.00-14.00	Mads Claussen <i>The C.O.A.C.H Model</i>
14.00-14.10	Break
14.00-15.00	Summary and Goodbye
15.00-	Coffee to Go – “Fika” to Go”

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