POCARI SWEAT OASIS PROGRAMME

Century Park Hotel Jakarta : Ksatria Arya Wira Room / Jl. Pintu Satu Senayan, Jakarta 10270

		Open Hour	Knowledge Sharing Session	
D	M	Time	11:00-11:30	11:30-12:00
18	Aug	11:00-19:00	SSI(Singapore): Injury Prevention Program and Safe Return to Sports Guidelines – application to High Performance Sport -Ms Yeo Hwee Koon, Team Lead & Snr Sport Physiotherapist	SSI(Singapore): Pre-Hospital immediate care in sports: Context in Para-Equestrian -Ms Megan Li, Snr Sport Physiotherapist
19	Aug	11:00-19:00	Oasis Opening Ceremony	
20	Aug	11:00-19:00	N/A	N/A
21	Aug	11:00-19:00	JSC (Japan): Japan High Performance Sport Centre ~ Toward and Beyond Tokyo 2020 - Dr Yoriko Noguchi, Head, International Relations	JSC (Japan): Japanese Sport Network ~ Bridging Local to International ~ - Dr Yoriko Noguchi, Head, International Relations
22	Aug	11:00-19:00	HKSI(Hong Kong): Long Term Physical Preparation -Mr Sonny Chew, Strength & Conditioning Coach	
23	Aug	Closed	N/A	N/A
24	Aug	11:00-19:00	HKSI(Hong Kong): Biomechanics support for Hong Kong elite athletes - Mr Danny Chu, Senior Sport Biomechanics Officer	JSC (Japan): Toward the advancement of coaching in Asia: Global Coach Conference 2019/Tokyo is waiting Asian coaches Mr Takahiro Waku, Director, Dpt of Information & International Relations
25	Aug	11:00-19:00	HKSI(Hong Kong): Nutrition concerns in extreme weather -Mr Frankie Siu, Senior Sport Dietitian	SSI(Singapore): Development of Instruments to Evaluate the Relationship Between Nutrition Knowledge, Attitudes and Dietary Behaviours in Our Athletes -A Pilot Study -Ms Cheryl Teo, Sport Dietitian
26	Aug	11:00-19:00	P.T. Amerta Indah Otsuka(Indonesia): Improving Athletic Performance Through Sports Nutrition - Dr Matthew Lantz Blaylock BS, PhD, MP NLP, ACMC Nutritionist , POCARI SWEAT Sport Science team	P.T. Amerta Indah Otsuka(Indonesia): Maintaining Sport Performance Through Continually Climate, Travelling and Altitude Change in a Small Period of Time - Mr Matias Ibo, Physiotherapist, POCARI SWEAT Sport Science team
27	Aug	11:00-19:00	ISN(Malaysia): Quantifying Motor Intelligence in Open Skill Sports -Dr Mohd Khairi, CEO	N/A
28	Aug	11:00-19:00	P.T. Amerta Indah Otsuka(Indonesia): Function of Liquids in Sports Activities and Psychophysical Metabolism -Dr Monty P. Satiadarma, MS/AT, MCP/MFCC, DCH Psychologist, POCARI SWEAT Sport Science team	P.T. Amerta Indah Otsuka(Indonesia): Monitoring Athletes Condition and Performance - Mr Donny Ardy Kusuma, S.Pd., M.Kes. Physiologist, POCARI SWEAT Sport Science team
29	Aug	11:00-19:00	SSI(Singapore): Nocturnal Nutrition for Size & Sleep -Dr Richard Swinbourne, Team Lead & Snr Sport Dietitian	SSI(Singapore): Structure, Strength & Skill: A Biomechanics Approach to Evaluating Athletics Block-Start Performance -Desmond Boey, Sport Biomechanist
30	Aug	11:00-19:00	NYSI(Singapore): Singapore's National Talent and Development program - Dr Esther Chia	SSI(Singapore): Journeying with Singapore Men's Golf Team to the nation's first ever Sea Games team Gold medal in 2017 and beyond -Mr Joshua Chua, Sport Psychologist
31	Aug	11:00-19:00	NYSI(Singapore): Sleep-The most underrated hack for performance enhancement -Dr Haresh Suppiah	SSI(Singapore): Performance consistency for athletes -Ms Zhao Jin Hong, Sport Psychologist
1	Sep	11:00-19:00	N/A	N/A

Please note that the programme is subject to change (*Updated 15 August 2018)*