



Public Lecture Series

Cricket and Sport Science: Observations from the Head and the Strength and Conditioning Coach of The Unlimited Titans

Speaker: Rob Walter
Head Coach, Unlimited Titans

Diederick J.vR. (Dicky) Kruger
Strength and Conditioning Consultant; Fielding Coach, Unlimited Titans

On: Wednesday, 29 July 2015

At: 17h15 (to 18h15)

Venue: Sci-Enza, Main Campus, University of Pretoria
(Note: Please use the Prospect Street entrance. See
<http://s2a3.up.ac.za/directions.php> for directions and a map.)



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This presentation is a definite for all individuals with an interest in competitive sports. The Head Coach and the Strength and Conditioning Coach of The Unlimited Titans will give a behind the scenes look at what it requires to develop a team with a high performance culture.

The presentation will cover key topics such as: mental skills, nutrition, talent identification, long-term athlete and talent development, performance analysis and coaching.

It will give us a glimpse into the finer details of what it takes to be involved in professional sports.



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