



10.00 – 10.30

LOGIN & REGISTRATION

10.30 – 11.15
WCCS-D1S1

COACH ROSLINDA SAMSU (ATHLETICS)
COACH SITI SHAHIDA ABDULLAH (ATHLETICS)
COACH NOR HASHIMAH ISMAIL (LAWN BOWL)

KEYNOTE SPEAKER
WOMEN CAN COACH

11.10 - 11.25

BREAK

11.25 - 12.05
WCCS-D1S2

JOHN BALES, ICCE PRESIDENT
International Sports Coaching Framework

12.05 - 12.30

BREAK

12.30 - 14.15
WCCS-D1S3

LAUNCHING CEREMONY
Minister of Youth and Sports Malaysia

14.15 - 14.30

BREAK

14.30 - 15.10
WCCS-D1S4

WAN NORAFZAN WAN MAHADI
Mind The Gap : Women Can Coach

15.10 - 15.25

BREAK

15.25 - 16.05
WCCS-D1S5

DATUK MARINA CHIN
Athletes Right & Responsibilities Declaration

16.05 - 16.20

BREAK

16.20 - 17.00
WCCS-D1S6

DR. KAMARUL HASHIMY HUSSEIN
Care & Prevention Of Injury For Female Athletes

17.00 - 17.15

BREAK

17.15 - 17.55
WCCS-D1S7

MUHD NOORFAIZALAZRUL BIN MUHAMMAD AZALAI
PNF Stretching And Performance



09.00 – 09.30

LOGIN & REGISTRATION

09.30 - 10.10
WCCS-D2S1

PROF. DR. OLEKSANDR KRASILSHCHIKOV

LTAD:

Challenges Faced By Women Coaches, Scientist And Sports Administrators

10.10 - 10.25

BREAK

10.30 - 11.10
WCCS-D2S2

DR. AIDA SYARINAZ BINTI AHMAD ADLAN

How Coaches Can Help Eating Disorders In Female Athletes

11.10 - 11.25

BREAK

11.25 - 12.05
WCCS-D2S3

DR. IMELDA BALCHIN

Hormonal Changes In Female Athletes And It's Effect On Performance

12.05 - 12.20

BREAK

12.20 - 13.00
WCCS-D2S4

DR. AU YONG PUI SAN

Caring For Female Athlete Health

13.00 - 14.00

BREAK

14.00 – 17.25
WCCS-D2S5

DR. NABEELA BINTI AZMI & TEAM ED PPUM

BASIC LIFE SUPPORT
(WORKSHOP)



09.00 – 09.30

LOGIN & REGISTRATION

09.30 - 10.10
WCCS-D3S1

PROF DATO' DR. SHAMALA SUBRAMANIAM
Breaking The Cultural/Traditional Practices In Sports

10.10 - 10.25

BREAK

10.30 - 11.10
WCCS-D3S2

DR. AZRIYANTI ANUAR ZAINI
Bone Health And Performance

11.10 - 11.25

BREAK

11.25 - 12.05
WCCS-D3S3

AZURA ABIDIN
Anti-doping Clean And Healthy Performance

12.05 - 12.20

BREAK

12.20 - 13.00
WCCS-D3S4

AARON ALSOP
Athletes Wellbeing Through The Lense Of Female Athletes

13.00 - 14.00

BREAK

14.00 - 14.40
WCCS-D3S5

MOHAMMED AZHAR YUSOF
Singapore Efforts In Coaching And Women In Coaching

14.40 - 14.55

BREAK

BREAK UP SESSION

14.55 - 15.35

WCCS-D3S6 (ROOM 1) - BASIC SPORTS TAPING
WCCS-D3S7 (ROOM 2) - BASIC SPORTS MASSAGE
WCCS-D3S8 (ROOM 3) - BASIC STRENGTH & CONDITIONING

15.35 - 15.50

BREAK

BREAK UP SESSION

15.50 - 16.30

WCCS-D3S6 (ROOM 1) - BASIC SPORTS TAPING
WCCS-D3S7 (ROOM 2) - BASIC SPORTS MASSAGE
WCCS-D3S8 (ROOM 3) - BASIC STRENGTH & CONDITIONING

16.30 - 16.45

BREAK

BREAK UP SESSION

16.45 - 17.25

WCCS-D3S6 (ROOM 1) - BASIC SPORTS TAPING
WCCS-D3S7 (ROOM 2) - BASIC SPORTS MASSAGE
WCCS-D3S8 (ROOM 3) - BASIC STRENGTH & CONDITIONING



09.00 – 09.30

LOGIN & REGISTRATION

09.30 - 10.10
WCCS-D4S1

PHILIP LEW
Maximizing Champion Mindset In Sports Psychology

10.10 - 10.25

BREAK

10.30 - 11.10
WCCS-D4S2

SHARON WEE
Effective Communication In Coaching & Media Relation

11.10 - 11.25

BREAK

11.25 - 12.05
WCCS-D4S3

ASSOC PROF. DR. TG FADHILAH TG KAMALDEN
The Important Of Bio-banding In Young Female Athlete

12.05 - 12.20

BREAK

12.20 - 13.00
WCCS-D4S4

ASSOC PROF. DR. MOHD NAHAR AZMI MOHAMED
Body Composition And It's Effect On Performance

13.00 - 14.00

BREAK

14.00 - 14.40
WCCS-D4S5

MOHD IZHAM BIN MOHAMAD
Nutritional Considerations For Female Athlete

14.40 - 14.55

BREAK

14.55 - 15.35

CLOSING CEREMONY