



ASIA Virtual Workshop

Next Stage: Our Challenges Beyond Tokyo 2020 and Beijing 2022

3 March 2022, Thursday 14:00-18:45 (JST)

Join us for the ASIA Virtual Workshop; a unique online networking experience bringing together experts on High Performance Sport from all disciplines and diverse occupational backgrounds discussing “Athlete Support in the New Normal” and “the Future of ASIA.”

Program Outline

Opening Remarks (14:00-14:05 (JST))

Satoshi Ashidate President, Japan Sport Council

Takahiro Waku Chair, Association of Sports Institutes in Asia; Director, Department of Information & International Relations, Japan Sport Council; Deputy Director-General, Japan Institute of Sports Sciences

Session1: Athlete Support adapted to the “New Normal” (14:05-15:20 (JST))

This session focuses on information exchange on athlete support throughout the COVID-19 pandemic and discussions regarding the future of High-Performance Sport Centers in the “New Normal”. Presentations by representatives of the Hong Kong Sports Institute, the National Sports Institute of Malaysia, the Inspire Institute of Sport (India) and the Japan Sport Council will be followed by a panel-discussion and Q&A. This session is open for participants from ASIA and Non-ASIA organizations. For details, please see page 2.

Session2: Forecasting, Planning, and Strategies –

Discussions on Future ASIA Collaborations (15:30-17:00 (JST))

Four groups consisting of ASIA members will make presentations on Tokyo2020 and other exciting topics, and discuss the future collaboration and initiatives of ASIA. Participants from non-ASIA member organizations are welcome to join this session. Participants from ASIA member organizations are free to join any group regardless of their country. Please choose a group when you register for the workshop. For details please see page 3.

Session3: ASIA member Networking (17:10-18:10 (JST))

Lead by experts in their field, this networking session offers a platform for more in-depth discussions. The networking topics/sessions are: Psychology, Nutrition, Biomechanics, Physiology, Athlete Pathway, Strength and Conditioning.

Please note that only participants from ASIA member organizations can join this session.

For details, please see page 4-5

Closing Session (18:15-18:45 (JST))

Takahiro Waku Chair, Association of Sports Institutes in Asia; Director, Department of Information & International Relations, Japan Sport Council; Deputy Director-General, Japan Institute of Sports Sciences

Representatives of each ASIA member organization

Registration

Please register until 27 February 2022, Sunday.

Registration Form: <https://www14.webcas.net/form/pub/iir/asiaws>





Session 1

Athlete Support adapted to the “New Normal” 14:05-15:20 (JST)

In recent years, the pandemic has been one of the biggest challenges for athlete support practices. Representatives from Hong Kong, Malaysia, India and Japan will share their experiences and the best practice of athlete support in the new normal, followed by a panel discussion and Q&A.



Athlete Support Adapting to the “New Normal” by the Hong Kong Sports Institute

Dr. Daniel Lee

(Associate Director, Elite Training Science & Technology, Hong Kong Sports Institute)



With Covid-19 - What we learned from The Tokyo Olympic 2020 Games preparation ?

Mr. Mohd Izham Bin Mohamad

(Head of Sport Science, National Sports Institute of Malaysia)



Navigating around the COVID-19 impact on High Performance Sport: a perspective from India

Mr. Rushdee Warley

(CEO- Inspire Institute of Sport)



New ways of scientific support in HPSC

Mr. Yasuyuki Kubo

(Deputy Director, Department of Sports Sciences, Japan High Performance Sport Center)



Session 2

Forecasting, Planning, and Strategies – Discussions on Future ASIA Collaborations

15:30-17:00 (JST)

During this session representatives of ASIA member organizations will be split into four groups by country/region. The group work will consist of two rounds, presenting on Tokyo2020 or other exciting topics, discussing and brainstorming on the future collaboration of ASIA.

Except for the pre-assigned presenters and group-leaders, all participants can choose their group freely when registering for the workshop.

Round 1 (15:30-16:20)

- Presentations by representatives of each ASIA member country/region within the assigned group
- Summary by each group leader to all workshop participants on the presentation within the group

---5 minutes Break---

Round 2 (16:25-17:00)

- Based on the first part of this session, discussions within each group on how ASIA can contribute to the athlete development in each member country/region
- Presentation by each group leader to all workshop participants on the suggestions and ideas

Group A	Group B	Group C	Group D
Facilitator: Japan Presenter: Malaysia Sri Lanka	Facilitator: Singapore Presenter: India Nepal Taiwan	Facilitator: Hong Kong Presenter: Bangladesh Thailand	Facilitator: Qatar Presenter: Cambodia China Maldives

This session is open to all participants of ASIA and Non-ASIA member organizations. Please choose your group when you register for the workshop.



Session 3

ASIA Member Networking

17:10-18:10 (JST)

This session is open to participants of ASIA member organizations only.

Lead by an outstanding expert of each field, the aim of the networking session is to give a platform to researchers of all fields to reconnect and discuss topics of each research interest.

Participants of ASIA member organizations are asked to choose a networking topic when registering for the workshop.



1. Psychology

Chair: Dr Henry Li

(Reg. Psychologist (HKPS, AHPRA), Sport Psychologist (Hong Kong Sports Institute), President, (Hong Kong Society of Sport & Exercise Psychology)

2 years on, what's the "new normal"? How sport psychologists have been adapting to support our athletes with pandemic condition", Three speakers, Ms. Joyce Koh from Singapore, Ms. Chen MeiChi from Chinese Taipei, and Mr. Marcus Jarwin Manalo from Philippines will reflect and share their sport psychology service experience over the past two years. Dr. Henry Li from Hong Kong China will be the moderator. Each presenter will have 10-15 minutes presentation. The main purpose of this session is to exchange sport psychology working experience including work topics (i.e., performance enhancement and mental health), work mode (i.e., face to face contact, online service etc.) and self-care during professional work (i.e., consultation or even travelling with pandemic risk and long duration) among our Asian countries and for athletes.



2. Nutrition

Chair: Ms. Cheryl Teo

(Sport Dietitian, SSI)

The topic for this networking session is 'Providing Nutrition Support in the COVID-19 Pandemic'. The current COVID-19 climate has upended traditional nutrition support provided to athletes at competitions and in their daily training environment. This networking session will provide a platform for participants to share the challenges faced, and ways nutrition support has evolved in their respective countries.



3. Biomechanics

Chair: Dr Luqman Aziz

(Team Lead, Sport Biomechanist, SSI)

What is the role of R&D towards supporting our athletes and coaches? As a Sport Biomechanist, much of the work revolves around servicing support for athletes and coaches with the aim of enhancing performance and reducing the risks of injuries. To be faster, higher, and stronger, often times innovation is necessary to assist us in answering questions relating to how best we can value add to support our athletes and coaches. Research and development (R&D) are directed towards innovation, introduction, and/or improvement of products and processes within our work. What role does R&D have in your work as a Biomechanist? How do you incorporate R&D with Servicing your athletes and coaches? This networking session intends to provide a platform for institutes to share their opinions, methods, and processes relating to the space of R&D and Sport Servicing.



Session 3

ASIA Member Networking

17:10-18:10 (JST)

4. Physiology

Chair: Dr Zac Leow

(Sport Physiologist, National Youth Sports Institute)



The pandemic has caused disruption to training and competition. In this networking session, I would like physiologists/the attendees to share your experiences and challenges in navigating through this period of uncertainty. Also, on hindsight, what could have done better to prepare athletes for the Tokyo Olympics and Beijing Winter Olympics.

5. Athlete Pathway

Chair: Dr. Taisuke Kinugasa

(Senior Pathway Scientist/Senior Researcher, Japan High Performance Sport Center)



The participants will share about athlete development pathway approaches including talent ID, transitional supports, national alignment etc.

6. Strength and Conditioning

Chair: Mr. Hardaway Chun-Kwan Chan

(Senior Scientific Conditioning Coach, Elite Training Science & Technology Division, Hong Kong Sports Institute)



In the networking session, two areas are expected to be discussed.

1. Periodization is one of the most important aspects of an S&C coach to boost the physical performance of athletes. The decision-making process of the periodization is scientific and complex. Nowadays, S&C technology grows rapidly, various technologies are out there, such as VBT, Duel Force Plate, etc. We aim to discuss on how we applied these technologies and assist us on the periodization/planning.
2. If time allows, we'll discuss the 2nd area. Under the COVID pandemic, there is a huge impact on the athletes' training, such as competition always called for cancelled and the periodization is disrupted, compulsory quarantine after travel overseas for competition which may force the athlete to cease training, etc. This part aims to get everyone share their experience/difficulty facing and how you tackle these difficulties.



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ABOUT ASIA

ASIA is a non-profit-making nongovernment organization; it is a representative body of the group of high performance sports institutes in Asia to create networks to develop sports in Asia.

MISSION

ASIA seeks to connect Asian countries on the foundation of high performance development to support the sporting ambitions of each member.

VISION

ASIA envisions an active community of all Asian countries, which creates opportunities to develop sport performance and creates a better society with respect and openness.

MEMBERS

Japan Sport Council / Japan (Chair/ Founding member) • Singapore Sport Institute / Singapore (Founding member) • Aspire Academy / Qatar (Founding member) • Hong Kong Sports Institute / Hong Kong, China (Founding member) • National Youth Sports Institute / Singapore • Philippine Olympic Committee / Philippines • Sports Science Academy of Nepal / Nepal • Bangladesh Institute of Sports / Bangladesh • National Sports Institute of Malaysia / Malaysia • National Sports Training Center / Chinese Taipei • Nanjing Sport Institute / China • Chengdu Sport University / China • Sports Authority of Thailand / Thailand • National Sports Training Center / Cambodia • National Institute of Physical Education and Sport / Cambodia • Inspire Institute of Sport / India • Maldives Paralympic committee / Maldives • National Olympic Committee of Sri Lanka / Sri Lanka • Sport Sciences Research Institute of Iran / Iran

Workshop Registration

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For more details about ASIA, please visit our webpage: www.sportasia.org