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Enhancing your Sports Performance Program

with various speakers

Tuesday, August 24, 2010
 9:00 am to 3:15 pm
 William Aberhart HS 3009 Morley Trail NW Calgary
 \$40 includes lunch

WHO SHOULD ATTEND:

CTS Sports Performance teachers, Physical Education teachers

ABOUT THE SESSIONS:

9:00 am to 11:30 am: CHOOSE FROM:

<p>1. OLYMPIC LIFTING—MIKE SOUSTER & JEFF OSADEC (PEAK POWER)</p>	<p>2. OVERVIEW OF SPORT PSYCH COURSES—FRANK VAN DEN BERG</p>
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11:30 am to 12:30 pm—LUNCH COURTESY OF HEALTH PATHWAYS CBE

LUNCH & LEARN—

OVERVIEW OF THE NCCP STRENGTH TRAINING PROGRAM—JASON SJOSTROM

12:45 pm to 3:15 pm: CHOOSE FROM:

<p>1. YOGA FOR SPORT PERFORMANCE—TARA LUCASH</p>	<p>2. PLYOMETRICS, SPEED AND AGILITY—CATHY PILKINGTON--NSD</p>
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SESSION DESCRIPTORS:

9:00 AM to 11:30 AM:

SESSION #1 OLYMPIC LIFTING

This seminar will give an overview on the Olympic Sport of Weightlifting. Over the past decade, strength coaches and athletes in other sports, are now understanding the lifts involved in Olympic Weightlifting are useful training modalities for developing strength and power. Learn what the sport of Olympic Weightlifting has to offer in the area of Sport Performance. This session will include both theory and physical activity.

SESSION #2 OVERVIEW OF SPORT PSYCH COURSES

This session will provide an overview of outcomes and terminology in the new Sport Psychology CTS courses. Suggestions and strategies for teaching will also be covered.

12:45 PM TO 3:15 PM:

SESSION #1 YOGA FOR SPORT PERFORMANCE

This session will give you insight into how yoga & flexibility is a crucial component in a comprehensive fitness program. Being an interactive session, you will leave with a basic understanding of yoga poses, the muscles the postures address, breath work, relaxation techniques and how to create a flowing yoga series.

SESSION #2 PLYOMETRICS, SPEED AND AGILITY

This session will give you an overview of activities you can use with your students to develop speed and agility.

National Sport Development believes that if they could consistently provide three key components to our athletes, they would have a significantly increased opportunity to succeed in their sport of choice.

- Provide athletes of all ability levels and sport, access to year round high level sport specific coaching & instruction
- Provide athletes of all ability levels and sport, access to year round customized strength and conditioning programs
- Provide athletes of all ability levels and sport, access to year round high performance
- Provide athletes of all ability levels and sport, access to year round high level sport specific coaching & instruction facilities

Alberta Regional PD Consortium

Adult Learning for Students' Sake

ABOUT THE FACILITATORS:

Jeff Osadec, M.Kin, B.ESS, B.Ed, B.GS, CSCS, Exercise Physiologist

After completing his masters at University of Calgary Jeff also completed the Exercise Coach course, through the Institute for Corrective High Performance Exercise Kinesiology in San Diego, California, demonstrating the skills and knowledge to design and implement personalized exercise programs that incorporate traditional exercise with mind-body exercises. Jeff is also trained in basic, holistic and performance nutrition

Mike Souster, M.Sc, B.Kin (Hons); Director, Peak Power Sport Development; Exercise Physiologist

After completing his undergraduate work in Kinesiology at the University of Calgary, Michael obtained his Masters of Science degree in Exercise Physiology from the University of Alberta. As a former varsity and national level sprinter Michael combines his knowledge of sport science with his experience as an athlete. Michael has worked with the NHL's Edmonton Oilers, and has worked with all levels of hockey helping athletes to reach their full potential through their physical preparation for hockey. A majority of Michael's summer training is focused on the conditioning for the sport of hockey and alpine skiing. PPSD has trained numerous athletes in the midget, junior and college ranks, as well as athletes currently playing at the professional level (NHL and European Elite Leagues).

Tara Lucash came to yoga as a way to manage the demands of being a school teacher. During her Masters in human development and counselling she focused on stress management and meditation. She used these techniques both personally and with her students as a guidance counsellor with CBE & Rocky View School Boards. In 2006 she completed her yoga certification and has been teaching power, hatha and hot yoga in the city since.

National Sports Development representative

"In partnership with the Calgary Board of Education the NSD School Courses are available to male and female students in the Calgary Public School System. The program offers students the opportunity to earn school credit, improve their academic and athletic skills, fitness levels, leadership, and become active contributing members of the community. These courses are available to all levels of hockey and performance athletes who wish to challenge themselves and reach their full athletic potential."

Frank van den Berg graduated in 1995 from the University in Groningen (RUG), The Netherlands, with a Master's degree in developmental psychology and sport psychology. Since 1998, Frank worked as a sport psychologist with several national and developmental athletes, teams & coaches in The Netherlands and Canada. In the past five years Frank has been involved as a Sport Psychologist/Mental Performance Consultant Frank's own competitive sports background highlights track & field and bobsleigh.



★ Sessions may be changed or cancelled ★

Please check our website for current information.

REGISTER ONLINE AT <http://www.carcpd.ab.ca>