

4th Annual Northern Coaching Conference

May 14 & 15, 2011

Hosted & Coordinated by

PacificSport Northern BC

Schedule

Saturday

8:30 a.m. Registration
9:00 a.m. Coaching Enhancement Workshop: Sport Readiness Assessments
11:00a.m. *Break*
11:15 a.m. Sport Readiness cont'd.
1:15 p.m. *Lunch (off site on own)*
2:00 p.m. 'P'repair to Periodize: Part 1
4:30 p.m. Coaches Reception

Sunday

8:30 a.m. 'P'repair to Periodize: Part 2
10:45 a.m. *Break*
12:30 p.m. Lunch or Participant departure (based on individual travel itinerary)
1:00 p.m. *TENTATIVE OPTION: NCCP module: Make Ethical Decisions*

All workshops are designed for coaches who work with teams or train individual sport athletes in small group or team settings. Activities will include lecture, practical examples, group discussions and individual activities to facilitate personal practical application.

Fee: Early Bird (until May 1st) ~ \$45.00, After May 1st ~ \$65.00

Host site: Charles Jago Northern Sport Centre (UNBC)
3333 University Way
Prince George, BC

For more information please contact: Kristen Harrott at 250.960.5346
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Conference Content

Sport Readiness Assessments

By nature athletes are skilled movers and are able to compensate for physical limitations in order to successfully execute sports skills. These compensations lead to increased fatigue and soreness, decreased sport performance, and eventually injury. The goal of this module is to provide coaches with simple tools to help identify and address physical limitations in athletes in order to maximize the benefits of their conditioning programs and decrease risk of injury.

'P'repair to Periodize

The goal of periodization is a bigger, stronger, faster, more sport prepared athlete. However, intense training more often than not leads to muscle imbalanced and unstable athletes. Instead of achieving performance bests, well conditioned athletes eventually succumb to either performance drop-off, lost training days, personal health problems or injury. Regardless of the chosen cyclic training system, periodization models for developing or imbalanced athletes must be adapted to focus on movement mastery, and include an integration of 'P'repair to Perform phases / exercises . In this two part session, we will theoretically examine various periodized methodologies, their specific benefits, shortcomings and effective implementation. Then we will discuss and illustrate effective training methodologies to individualize and prevent training related muscle imbalances. The handout will include detailed Injury prevention assessments & individualized 'P'repair to Perform training programs for commonly seen muscle imbalances.

Presenters

Tracie Albisser MSc, CSCS, Exercise Physiologist

Tracie is the Strength Coach for the IGNITE Athlete Development Program in Prince George. She attended the University of British Columbia completing her Bachelors of Human Kinetics and Masters of Science in Kinesiology. She is a certified exercise physiologist (CEP) and course conductor for certified personal trainers with the Canadian Society of Exercise Physiologist (CSEP) and a certified strength and conditioning specialist (CSCS) with the National Strength and Conditioning Association (NSCA).

Over the last 15 years of training experience she has had the opportunity to work with a full spectrum of clientele including high level athletes, injured/disabled, and those with chronic conditions such as cardiovascular disease, diabetes, arthritis, and osteoporosis. She has presented and instructed in fitness, sport, academic, and corporate settings and brings her passion for teaching and healthy lifestyles to everything she does.

Chad Benson MSc, BPE

Chad is the owner of ARC Performance Training Systems Ltd, and is a Strength & Conditioning Coach for Canadian Sport Centre Pacific. He graduated from the University of NL (B.Sc in Psych, BPE) and the University of Victoria (M.Sc Kinesiology).

Chad is currently working with numerous national team athletes from sailing & women's basketball. He has coached many emerging elite and high performance athletes from 9 different team sports (rugby, football, lacrosse, basketball, baseball, soccer, volleyball, hockey, field hockey) and 10 individual sports (sailing, golf, tennis, squash, wrestling, athletics, figure skating, downhill skiing, triathlon, swimming). Chad is a member of the CanFitPro Advisory Board and has had the pleasure to educate fellow fitness and sport performance peers through such organizations as the NSCA, AOSSM, BCRPA, CATA, CFP, CSEP & IDEA.