



4th Annual Northern Coaching Conference

May 14 & 15, 2011 • Prince George, BC

Only \$45
(early bird fee)
\$65 after May 1st

'P'repair to Periodize: Sport Performance Prescriptions for Adolescent Athletes

Regardless of the chosen cyclic training system, periodization models for developing athletes must be adapted to focus on movement mastery, and include an integration of 'P'repair to Perform phases / exercises. During this conference, coaches will learn how to assess movement patterns and muscle imbalances in their athletes using the Sport Readiness assessment exercises and then learn how to adapt Strength training and Speed/Agility phases into their yearly training plans.

Presenters:

Tracie Albisser, MSc, BHK is currently the Strength coach for the IGNITE athlete development program in Prince George. 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). Tracie has over 15 years of training experience.

Chad Benson MSc, BPE, 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).

Register early for only \$45 or after May 1st for \$65!

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