CCBC High Performance Coaching Seminar
Kamloops, BC, April 27th-30th, 2017
Tournament Capital Centre, Thomson Rivers University, 910 McGill Road, Kamloops

Thursday, April 27, 2017

7:30pm – 8:45pm	BC T2T + COACHES	**CCBC High Performance System Update**: this session will include information on the use of leading edge data collection/analysis technology.
9:00pm - 10:00pm	OPEN TO ALL	Coach Social & Refreshments

Friday, April 28, 2017

8:00am – 8:05am	OPEN TO ALL	Opening Remarks & Schedule for Friday
8:05am – 9:00am		**Anna Aylwin**, Head Strength and Sport Physiologist with Canadian Sport Institute Calgary and Head Strength/Conditioning Coach for both our National Ski Team and Para-Nordic National Team, will be presenting on strength training for Nordic sports.
9:00am – 10:00am	GROUP #1	Strength Training: practical session (Anna Aylwin)
9:00am – 10:00am	GROUP #2	**Chris Manhard**, CCBC Provincial Coach/NCCP Comp-Dev Coach Developer for cross country skiing, and **Adam Elliot**, CCBC Development Squad Coach, will be presenting on training program design and using Telemark athlete Gareth Williams' YTP as a case study. Training Program Design - Part 1 (Chris Manhard/Adam Elliot)
10:00am – 11:00am	GROUP #1	Training Program Design - Part 1 (Chris Manhard/Adam Elliot)
10:00am – 11:00am	GROUP #2	Strength Training: practical session (Anna Aylwin)

11:00am – 12:30pm		Lunch Break
12:30pm – 3:30pm	OPEN TO ALL	**Natasha Kutlesa**, Ph.D., R.Psych., a Registered Psychologist from Calgary, working with Olympic and Paralympic athletes in her sport psychology practice and consulting with the Canadian Sport Institute – Calgary, and **Kelly Dragger**, High Performance Dietician with Canadian Sport Institute Calgary, will be presenting guidelines on risk assessment, treatment, and return-to-play decisions related to the Relative Energy Deficiency in Sport (RED-S), previously known as the Female Athlete Triad. Specific attention will be given to practical recommendations for the coach-athlete communication about body weight, shape, and body composition, and the effects of RED-S on the athlete's psychological and physiological function, health, and athletic performance.
3:45pm – 5:15pm		Group run organized by the Overlander Ski Club, Kamloops
6:00pm		Group dinner at the Noble Pig. Participants will be responsible for paying for their own dinner.

Saturday, April 29, 2017

8:30am – 8:40am	OPEN TO ALL	Opening Remarks & Schedule for Saturday
8:40am – 9:20am		Strength Training. This will be a question and answer session using strength training programs for IPS Targeted Athletes as case studies (Anna Aylwin)
9:20am – 10:30am	GROUP #1	Strength Training: practical session (Anna Aylwin)
9:20am – 10:30am	GROUP #2	Training Program Design - Part 2 (Chris Manhard/Adam Elliot)
10:30am – 11:40am	GROUP #1	Training Program Design - Part 2 (Chris Manhard/Adam Elliot)

10:30am – 11:40am	GROUP #2	Strength Training: practical session (Anna Aylwin)
11:40am – 1:00pm		Lunch Break
1:00pm – 5:00pm	OPEN TO ALL	**Keynote Address by Hans-Christer Holmberg, PhD**: Professor of Sport Science at Mid Sweden University and Director for Research and Development at the Swedish Olympic Committee and the Swedish Winter Sports Research Centre, Dr. Holmberg will be presenting research on biomechanics and how it relates to technique, ski equipment such as pole length, creating power with different techniques, physiology related to training zones (especially where anaerobic threshold should be set) and training plans - new developments.

Sunday, April 30, 2017

8:30am – 8:40am	OPEN TO ALL	Opening Remarks & Schedule for Sunday
8:40am – 12:00pm		Dr. Holmberg presentation (continued)
12:00pm – 12:30pm		Working Lunch
12:30pm-2:00pm	OPEN TO ALL	**Ross McKinnon**, a Registered Physiotherapist, will be presenting on the importance of physiotherapy involvement in running a successful cross country ski club program, the importance of physiotherapy early season assessments, and injury prevention / management strategies for coaches.
2:00pm		Wrap-up and Departure