

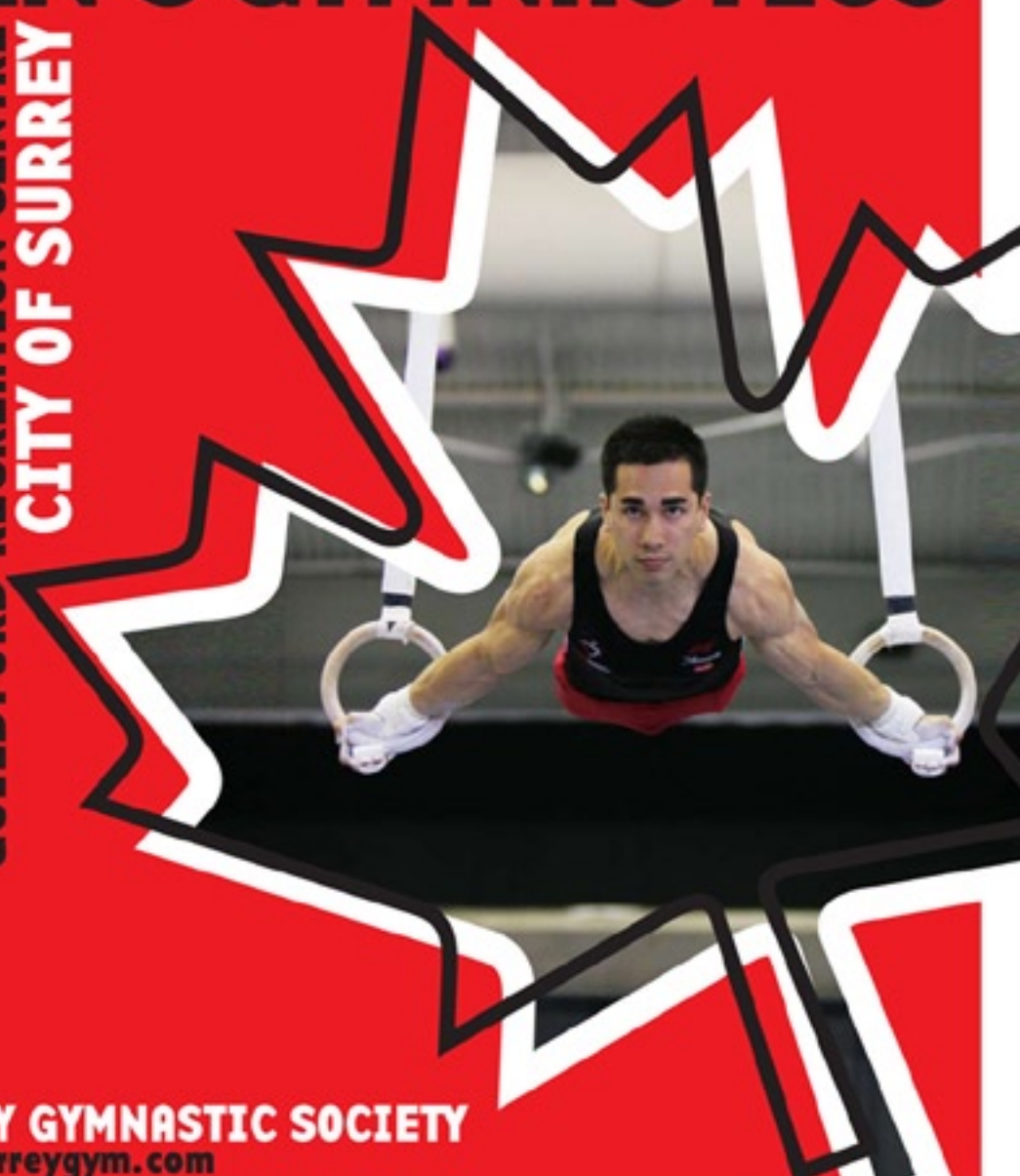
Gymnastics BC

WORLD

2009 Elite Canada

MEN'S GYMNASTICS

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February 2009



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LAYOUT

FEBRUARY 2009
VOLUME 18, NO. 1

Elite Canada



Elite Canada comes to British Columbia British Columbia is host to 3 separate Elite Canada events this winter. Check out the Men's Artistic Elite Canada in Surrey from February 25-26, Rhythmic Elite Canada in Abbotsford from March 5-8 and Trampoline Elite Canada in Kelowna from March 13-15.

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Managing Editor Moira Gookstetter; **Editor** Sandra Patterson; **Contributors:** Catherine Dubinsky, Club Aviva, Gymnastics Canada, Moira Gookstetter, Sandra Patterson, Brittany Rogers

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Travel Partner

UNIGLOBE Geo comes Aboard as New GBC Partner

Gymnastics BC is pleased to announce that the UNIGLOBE Geo Travel Group, has been named as Gymnastics BC Official Travel Agency. As the official travel agency, GBC and its member clubs will receive many new and cost saving benefits through this program.

“After an exhaustive Request for Proposal process, with a large response of agencies wishing to do business with Gymnastics BC, we awarded the partnership to UNIGLOBE Geo”, said Moira Gookstetter, Gymnastics BC CEO. “As an agency that knows Gymnastics we are excited about the many benefits and opportunities that this new partnership will bring to GBC and its members.”

This new partnership will allow Gymnastics BC, member clubs and individual clubs the opportunity to access and take advantage of the many travel benefits that UNIGLOBE Geo is offering under this partnership. Whether for Team BC travel, travel to a club invitational, or just wanting take your family on

a sunny holiday, this new partnership will provide GBC members with cost savings and an opportunity to raise some funds in return.

“UNIGLOBE Travel has always specialized in managing the diverse and changing travel needs of companies and travelers”, said Beverley deSantis, Partner, Corporate Sales & Marketing UNIGLOBE Geo Travel. “We are confident that with our experience with Alberta Gymnastics Federation and other sport groups, that we will meet the needs of the Gymnastics BC family.”

UNIGLOBE Geo has 16 locations across Western Canada, a vast network and level of experience dealing with group travel as well as everyday leisure travel.

They also work with other sport groups across Canada including the Alberta Gymnastics Federation, University of Victoria and University of Edmonton Athletic departments.

To book any group, individual or personal family travel, please contact Marion Barbier (Monday - Friday 7am – 3pm PST) 403-531-2400 ex 605 or 1-800 665 8025, mbarbier@geo.ca. To take advantage of the GBC benefits, you may also click on the Uniglobe GEO logo on the Gymnastics BC website.



Benefits to all Gymnastics BC members and affiliates include:

- No travel agent booking fees for all travel (gymnastics, personal and vacation!)
- \$5 rebate from every GBC member booking goes back to member club as an ongoing Affinity program
- 10% discount for all customers to the GEO online travel store
- Sign up for the UNIGLOBE weekly travel Specials and be entered in to win a trip for 2 to Mexico

Welcome to the New Look Layout

Layout is now online!! The new look Layout will be sent out to all clubs, committee members and subscribers once a month. Layout will replace e-Xtra as the online newsletter from GBC and concentrate on promoting gymnastics at all levels. Look for new features and increased profiles of the membership. Comments and suggestions are welcome and should be sent to communications@gymnastics.bc.ca.

Sign up today to receive Layout in your in box! Everyone is welcome to sign-up for Layout using the sign-up on the GBC website at <http://www.gymnastics.bc.ca>.

LAYOUT

New National Staff

GCG appoints Cathy Haines as Chief Technical Officer



Cathy Haines has over 30 years of experience in gymnastics as an athlete, coach, administrator, parent and volunteer. From 1987-2000, Cathy was the Coaching Development Coordinator at Gymnastics Canada and was responsible for the ongoing design and implementation of the NCCP. Since 2000, Cathy has been a sport consultant based in Ottawa, specializing in LTAD and Coaching Education. She has worked as a consultant with the Coaching Association of Canada and is presently working with a variety of sports on LTAD and NCCP design and implementation.

Cathy will start her new role with Gymnastics Canada on a contractual basis until the end of March. She will assume the full CTO's responsibilities on a part time basis (3 days per week) starting in April 2009.

Numbers Are Increasing! Age Statistics in Artistic Gymnastics

The average age of gymnasts is rapidly increasing in Artistic Gymnastics, as compared to the Athens Olympic Games. In Men's, the average age has reached 24.9 as opposed to 24.34 four years ago. In women's, 18.60 as opposed to 17.46.

Although the number of gymnasts participating in the Olympic Games is less significant than at the world championships, these numbers only confirm the rise we've been seeing over the past few years.

"I'm excited about the increase!" declared FIG President Prof. Bruno Grandi. "My hopes are being fulfilled, and the culture I've been working to cultivate in gymnastics is coming of age. More mature gymnasts are able to foster a more artistic climate in their exercises."

Born on February 24, 1973, the oldest competitor in men's gymnastics was Jordan Jovtchev (BUL). In women's, Oksana Chusovitana (GER), born June 18, 1975, lead the field.

Influential Woman

For the second time, Slava Corn has been named to the 2008 CAAWS list of Most Influential Women in Sport and Physical Activity in Canada.

The list is compiled by the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS). Twenty women were named to the 2008 version, which recognizes women who have made a significant impact. Their selection to the list reflects their influential activity in the calendar year 2008.

Slava Corn has worked diligently to develop the entire spectrum of the sport of gymnastics, from recreational programs to high performance. Her contribution to the development and promotion of the sport is well recognized around the world. Her dedication, commitment, and innovative approaches have enabled the sport to progress and evolve both in Canada and internationally.

For her outstanding contribution to gymnastics in Canada, Slava has been recognized by Gymnastics Canada as a Life Member, has won the Malcolm Hogarth Leadership Award, and is the recipient of the Carol Anne Letheren Award for international leadership and has been named as one of the 20 most influential women in sport in Canada in 2006 and 2008.

Her work at so many levels continues to inspire and encourage other women and girls to pursue their dreams!

Dismounts

From the Sport Information Resource Centre Health

Promotion is often defined as the science and art of helping people change their lifestyle to move toward a state of optimal health. A key component of healthy living is exercise. Just doing moderate levels of exercise every week has proven to decrease your risk of disease and improve your quality of life. (<http://www.sirc.ca/newsletters/mid-jan09/index.html>)

Inducted Elvira Saadi, current Cambridge Kips head coach and 2-time Olympian representing the USSR into the International Gymnastics Hall of Fame.

Born McKenna Kennedy Kelsall (*below*) to Gymnastics BC Life Member and 1976 Olympian Karen Kelsall in March 2008.



Born Kaydin Okpoh to Team BC and Team Canada member Cletus Okpoh on January 27, 2009.

20 Successful Candidates Selected for 2008-2009 Internship Program

The Coaching Association of Canada (CAC) has announced that 20 young coaches from across Canada have been chosen to participate in its 2008-2009 Coaching Internship Program (CIP). Through the program, which is funded in part by the Government of Canada's Youth Employment Strategy's Career Focus program, CAC offers subsidies of \$12,000 to enable sport organizations to hire these young professionals for coaching positions leading to permanent, full-time employment.

"The most important by-product of the CIP has been providing opportunities for full-time coaching to scores of young Canadians," says CAC Chief Executive Officer John Bales of Ottawa. "Working with experienced and committed mentor coaches, the interns hone their skills, gain valuable practical experience, and in, many cases, are able to build careers in the coaching profession."

Since its inception in 2000, the CIP has proven to be an important stepping stone in the careers of 174 coaches, including

Nicolas Gill of Montreal, Canada's most decorated judoka. He took part in the 2001-2002 program and, as Judo Canada's head coach, led the team to the 2008 Olympic Games.

Looking back on his participation in the internship, Gill says: "The program gave me the opportunity to start my coaching career. It was my first full-time job as a coach and allowed me to work under the tutelage of six-time Olympic coach Hiroshi Nakamura and begin my preparation to be in charge of the Olympic team seven years later."

Among the interns are the following gymnastics coaches along with their employers and locations are:

Katrina Burton, West Wind Gymnastics Club, Lethbridge, AB
Candice Feinrip, Oakville Gymnastics Club, Oakville, ON
Mallory Hartley, Kingston Gymnastics Club, Kingston, ON

You can view the 2008-2009 CIP interns' profiles at <http://www.coach.ca/eng/grants/interns/index.cfm>

Transition from NCCP Level 1 to Gymnastics Foundations (must be completed by January 1, 2010)

This is a reminder that the NCCP Level 1 Coaching program changed as of January 1st, 2009. For more complete details, please download the November 2008 Coaching Update newsletter from the Gymnastics BC website: http://gymnastics.bc.ca/uploads/2008_Nov_Coach_Update_Newsletter.pdf

Coaches who have Level 1 Certification

- Will be assigned the status of "Certified" in Gymnastics Foundations
- Coaches who have been assigned "Certified" status must maintain their status in accordance with the NCCP Policies

Coaches who have Level 1 Technical or Level 1 Technical and Practical

- Will be assigned the status of "In Training" in Gymnastics Foundations
- For the status to become "Trained", the coach must complete the Introduction to Competition Part "A" or Gymnastics Foundations Theory component (Day 2 of Weekend 2)
- Coaches with Level 1 Technical only must also complete their practical hours and workbook (from the Technical Level 1 course) and submit it to GBC

Coaches who have Theory only (Level 1, or Level 1 and 2)

- Will be assigned no status in the new NCCP; the entire Gymnastics Foundations program must be completed

All Level 1 coaches must complete the Making Ethical Decisions (MED) online module by January 1, 2010

- Coaches who are "Trained" and fail to complete this module by the deadline will be reassigned "In Training" status and be restored to "Trained" when the MED module is completed.
- Coaches who are "Certified" and fail to complete this module by the deadline will be reassigned "Trained" status and be restored to "Certified" when the MED module is completed.

Coaches that started Level 1 training prior to January (and haven't completed their Level 1 certification) will have until January 1st, 2010 to complete the online Making Ethical Decisions (MED) module (<http://www.coach.ca>). This module can only be completed after the Theory component has been completed.

Eventually, ALL coaches (for ALL sports in the country) will have to complete this module, but a deadline as to when this must be completed has not yet been mandated.



IN THEIR OWN WORDS

Brittany Rogers

**Elite Canada
Champion takes on
the world at the 2009
American Cup**

OMEGA GYMNAST

On winning Elite Canada

It was so exciting and a huge confidence boost for me. It was so neat to have an adrenaline rush knowing I am tops in Canada!

On making videos

I think I like to make them because I found something I

can do using my creative side and it shows people that I do have a fun side and that I'm not always 24/7 at the gym.

On her recent growth spurt

The hardest part was probably the mental strain of it all and knowing it had to happen and

there was nothing I could do about it. Physically I've gone through the worst and it could easily be fixable, so I just had to wait and be patient which usually isn't my expertise.

On American Cup

My goals for American Cup are mainly to go and have fun

and take it all in as a huge experience. I would love to place top eight, so that would be my main goal.

On the Olympics

The Olympics would probably be my biggest and farthest away goal, and definitely my ultimate gymnastics goal!

Eleven BC athletes earn WAG High Performance Status

Congratulations to the eleven young women who have earned high performance status for 2009. This status is based on results from 2008 including the recent Elite Canada.

Senior:

Sky Corbett-Methot (Omega Gymnastics)

Charlotte Mackie (Omega Gymnastics) *(middle right)*

Nicole Pineau (Omega Gymnastics)

Brittany Rogers (Omega Gymnastics)

Lauren Vysholid (Flicka Gymnastics)

Junior:

Taylor Ricci (Flicka Gymnastics)

Dayna Weststeyn (Kerrigan Gymnastics) *(near right)*

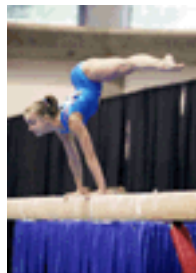
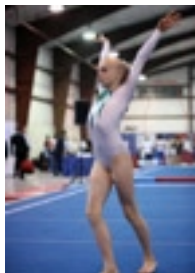
Novice:

Nicole Chow (Kerrigan Gymnastics)

Tiara Kong (Omega Gymnastics)

Alysa Samaratunga (Omega Gymnastics)

Briannah Tsang (Omega Gymnastics) *(far right)*



Photos by Garry Geisler

2008 Pan American Championships

Eight BC athletes competed at the 2008 Pan American Championships in Rio de Janeiro, Brazil in early December. The athletes won a total of 7 medals including 4 gold, 1 silver and 3 bronze medals.

Chelsea Nerpio *(left)* lead the BC delegation finishing an impressive 5th place in preliminary Senior DMT competition enabling the Canadians to secure the Team Gold Medal. In the men's DMT event, Luke Friesen placed 6th in preliminaries while helping the Canadian DMT men to a silver medal in the team event.

BC's athlete competing in the Age Group event had equal success with Olivia Bortolazzo and Cameron Quinlan leading the pack with 2 medals each.

Individual results are as follows:

- Chelsea Nerpio (Shasta): Senior - 16th (TR), 5th (DMT, prelims*), Silver (Synchro)
- Luke Friesen (Okanagan): Senior - 6th (DMT, prelims*)
- Cameron Quinlan (Shasta): 11/12 - 4th (TR), Bronze (DMT), Gold (Synchro)
- Poppy Quinlan (Shasta): 13/14 - 8th (TR, prelims*), Bronze (DMT), 4th (Synchro)
- Tristan Ranford (Shasta): 13/14 - 6th (TR), 9th (DMT), 4th (Synchro)
- Olivia Bortolazzo (Shasta): 15/16 - Silver (TR), Silver (DMT)
- Ben Goossen (Okanagan): 15/16 - 6th (TR, prelims*), 5th (DMT), Gold (Synchro)
- Nelson Murray (Okanagan): 15/16 - 12th (TR), 12th (DMT), Gold (Synchro)

* athletes finished in the top 8 but did not qualify for finals due to the maximum number of athletes per country rule in place.

Congratulations everyone.



Photo by Catherine Dubinsky (GBC)

Gymnastics BC's ACRiX Program offered at Club Aviva with PoCoMo Youth Services Society

One of the exciting parts of starting up a new program like ACRiX (Applied Circus: Radically Extreme) is to hear the diverse ways that our clubs find to deliver the same program. Here is the story of how two enterprising teenaged coaches at Coquitlam's Club Aviva got the ACRiX Program at Club Aviva up and running this past fall.

Stephanie Bishop and Stacey Bryant, former competitive gymnasts who are now part-time coaches at Club Aviva, took the ACRiX training last summer along with Club Aviva's owner, Vivien Symington. Stephanie was learning circus skills at Cirque Phoenix and Stacey continues as part of CirKids' (now CircusWest's) Performance Troupe. After attending the Gymnastics BC ACRiX Instructor training, the girls and Stacey's father, former Gymnastics BC Women's Judge, Dale Bryant, started making inquiries to get the program started in January 2009.

The schools in the area thought that the program sounded great and immediately started identifying elementary and middle school students who would not normally be able to participate in an activity like this one. Although they did not originally think that they could get the program running until January, with the assistance of Gymnastics BC, Vivien and youth workers and school counselors at the schools, they started their first ACRiX session for eleven young people on the second Sunday in October.

To help with the administration and grant-writing processes for the Program, they were able to enlist the assistance of PoCoMo Youth Services Society, a registered charitable society in the Tri-Cities. They are finalizing the process of establishing PoCoMo Youth



Services as the deliverer of the ACRiX Program at Club Aviva. "We were so happy to find a local community group that specializes in providing services to at-risk youth in the Tri-Cities," said Stacey. "We seem to be way ahead of where we were when we started just two months ago," she added.

And what do the parents and youth workers of the young people learning circus skills for the first time have to say? Here are some examples of the feedback provided so far:

My son loves coming to the ACRiX Program. He keeps asking me to get ready to leave the house because he doesn't want to be late. I really hope it continues in the New Year and that he can register again. It's the first time he's been excited about going to something.

- Mother of ACRiX Participant

This boy doesn't have a lot of friends. He tells me what he's learning at circus class. It is amazing for him to get involved in something like this. He wants to come to the next session in January.

- Middle School Youth Worker

She's having a ball. She's having fun being with a new group of kids. We've never had a juggler in the family. This program is great for her confidence.

- Father of an ACRiX Participant

And that is why every Sunday afternoon from 12:30 p.m. until 2:00 p.m., you will find Stephanie and Stacey coaching the ACRiX circus skills to young people at Club Aviva. If you would like to come out and watch or ask Stephanie, Stacey or Dale questions, you can make arrangements by emailing Stacey (stacey.bryant@hotmail.com). For more details on starting an ACRiX program in your club or community, please contact Louise Demers (ldemers@gymnastics.bc.ca) at Gymnastics BC.

2009 BC Gymnaestrada

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May 30-31, 2009

PNE, Vancouver



2009 BC GYMNAESTRADA
CIRCUS AND THE CITY

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Britannia Gymnastics: Britannia Gymnastics Club is looking for an energetic Gymnastics Instructor to coach children ages 18 months to 13 years. (http://gymnastics.bc.ca/view_doc_by_id.php?id=559)

Flicka Gymnastics: Flicka Gymnastics is looking for 2 full time coaches 35-40 hr. per week. Able to work in Kindergym program and Competitive. (http://gymnastics.bc.ca/view_doc_by_id.php?id=557)

Kitimat Dynamics Gymnastics Club: Kitimat Dynamic Gymnastics Club is seeking a full time coach for our recreational and competitive programs. (http://gymnastics.bc.ca/view_doc_by_id.php?id=583)

Nanaimo Gymnastics: Nanaimo Gymnastics School is a non profit organization with a membership of 400. We currently have a position available for a Competitive Coach and Recreation Pre School Coaches. (http://gymnastics.bc.ca/view_doc_by_id.php?id=584)

Assistant Manager of Recreational Programs
Vancouver Phoenix Gymnastics is a not for profit society. The Assistant Manager of Recreational programs will be responsible for administering and coaching in the Recreational gymnastics program offered at all of the Clubs' facilities. The selected candidate will report to the Manager of Recreational Programs. ([http://gymnastics.bc.ca/uploads/JOB_POSTING_for_rec_assist_\(2\).pdf](http://gymnastics.bc.ca/uploads/JOB_POSTING_for_rec_assist_(2).pdf))

Vancouver Phoenix Gymnastics
 Vancouver Phoenix Gymnastics requires full time high performance female coach to partner with Competitive Women's Program Head. Level 3 NCCP certified or equivalent. Dance, choreography an asset. Salary: \$41,080 or commensurate with experience. Start date negotiable. Please send application, resume & cover letter to Kyna Fletcher - Program Director or fax to 604-737-3626

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Month Ahead

FEBRUARY 6-8

Omega Invitational WAG categories; Omega Gymnastics Academy, Coquitlam

FEBRUARY 7-8

Glacier Avalanche Invitational WAG & MAG categories; Glacier Gymnastics, Nelson

FEBRUARY 8

Whistler Interclub and Competitive Mock Meet WAG Categories; Whistler Gymnastics

FEBRUARY 13-15

Pajama Party WAG Categories; Comox Community Centre

FEBRUARY 14-15

"I Love Gymnastics" Interclub Meet 2009 Interclub; Cartwheels Inc., Surrey

FEBRUARY 8-14

National Gymnastics Week

National Gymnastics Week's goal is to celebrate the positive benefits of Gymnastics For All along with Artistic, Trampoline, Aerobic and Acrobatic Gymnastics. The purpose of National Gymnastics Week is to increase the visibility of and participation in gymnastics throughout British Columbia. In addition to helping educate the public about safe and healthy gymnastics activities, National Gymnastics Week also provides fundraising and promotional opportunities for participating clubs.

GBC National Gymnastics Week events: Essay Contest and Jelly Belly Club Fundraising Mural project.

GCG National Gymnastics Week events: Handstands Across Canada: February 14, 11:00 a.m. (PST). Take a photo and send it to agagnon@gymcan.org and look for your photo in a future Gymnastics Canada publication!



Photo by Diane Scaman/GraceClick

FEBRUARY 25-26

Elite Canada - Men's Artistic Gymnastics

Surrey Gymnastics hosts this annual men's artistic gymnastics event at the Guildford Recreation Centre from February 25-26. Among those expected to compete is Surrey's Peter Andersen (above) in the Senior Men's competition. Gymnastics fans will have an opportunity to see many of Canada's best male artistic gymnasts.

FEBRUARY 20-22

North Shore Invitational WAG Categories; Windsor Secondary, North Vancouver

FEBRUARY 21-22

Gold Pan Invitational WAG Categories; Quesnel Technics Gymnastics

FEBRUARY 21-22

NCCP Gymnastics Foundations Part 1 Course UBC Gymnastics, Osborne Centre, Vancouver

FEBRUARY 27-MARCH 1

Surrey Invitational - Carol Lenz Memorial & Surrey Classic WAG & MAG Categories; Guildford Rec. Centre, Surrey

FEBRUARY 27-MARCH 1

Shasta Invitational TG Categories; Douglas College Campus, New Westminster

For more on Upcoming Events, visit <http://www.gymnastics.bc.ca>

Coming Up

MARCH 5-8

Elite Canada - Rhythmic Gymnastics University of the Fraser Valley, Abbotsford

MARCH 13-15

Elite Canada - Trampoline Gymnastics Okanagan College, Kelowna

APRIL 16-19

2009 BC Gymnastics Championships Langley Event Centre, Langley

MAY 30-31

2009 BC Gymnaestrada PNE, Vancouver

2009 BC Strength, Fitness and Conditioning Conference: “Recovery, Regeneration and Rehabilitation”

This year's conference features speakers from North America and Europe. Whether you are a sport coach, a strength and conditioning professional, a personal trainer, sports performance consultant or rehabilitation specialist, you will greatly benefit from the presentations and discussions.

This is your opportunity to participate in an affordable World-Class conference that won't take up your whole weekend.

Date: Saturday, March 7, 2009

Presented by: SFU Strength and Conditioning

Location: Simon Fraser University, Burnaby, BC, West Mall Complex, Third Floor

Presenters:

Donald Chu, PhD, CSCS, ATC, NATA

Presentation Topic: “The Role of Recovery, Regeneration and Rehabilitation in Elite Performances”

Donald Chu received his Ph.D. from Stanford University in 1974. His degree in Physical Therapy is also from Stanford. He has a Masters in Kinesiology & Physical Education from CSU, Hayward. He is a Professor Emeritus from CSU, Hayward after a teaching career spanning over twenty years. During the time from 1997- 2001, Dr. Chu served as the Program Director of the Ohlone College Physical Therapist Assistant program. From 2001-2003, Dr. Chu served as the Director of Athletic Training & Rehabilitation at Stanford University. He is a Past-President of the NSCA. Currently, Dr. Chu is the President of the California State Board of Physical Therapy, and serves as a public member on the Board of Interior Design for the State of California.

Chad S. Brenzikofer, BA, CSCS

Presentation Topic: “Neurodynamics in the Evaluation and Treatment of Hamstring Injuries”

Chad S. Brenzikofer received his Bachelor's Degree in Exercise Science in May of 1999 from Fort Lewis College. Since finishing his degree, Chad has taken over 30 manual therapy courses, completed a one-year high velocity spinal manipulation course, earned

his strength and conditioning (CSCS) credentials by the National Strength & Conditioning Association (NSCA), and completed a massage therapy program at the Massage Therapy Institute of Colorado.

Lyle McDonald, BSc

Presentation Topic: “Nutrition and Supplementation for Enhanced Recovery and Regeneration”

Lyle obtained a degree in exercise physiology from the University of California in Los Angeles, graduating in 1993. He has dedicated nearly 20 years of his life to studying human physiology and the art, science, and practice of human performance, muscle gain, fat loss, and body recomposition. Lyle has worked with athletes from numerous sports including bodybuilding, powerlifting, cycling, Olympic lifting and many others, developing training, nutrition, and supplement programs to help athletes maximize their potential. He has published seven books on various aspects of exercise, diet and sports nutrition, and writes a weekly blog on his website at www.bodyrecomposition.com.

John Gray, MSc, CSCS

Presentation Topic: “Spine Stability and Movement Retraining in Recovery from Back Injury”

With over a decade of experience in exercise therapy and athletic conditioning, John has gained an excellent reputation for his approach toward “core stability” in treating low back pain, preventing injury, and enhancing athletic performance. John completed his Bachelor of Physical and Health Education degree from the University of Toronto and went on to work with the Clinical Mechanics Group to complete an interdisciplinary MSc degree in Biomechanics at Queen's University at Kingston in Canada.

Giuseppe Gueli

Presentation Topic: “Innovations in the Application of Electrotherapy for Recovery, Regeneration and Rehabilitation”

Giuseppe Gueli has worked in all areas of sport performance including his duties as a coach, consultant and researcher. He has provided coaching expertise to the Italian national swim program, as well as served as a sport performance consultant to the world renowned football club, AC Milan. More recently, Giuseppe has been working in the area of Electrotherapy for application to sports performance, recovery and

rehabilitation for the newly Accelerated Recovery Program (ARP) technology used widely in professional sports in both Europe and North America.

Conference Schedule:

Each presentation will be a minimum of 90 minutes in length, including time at the end of the presentation for questions and discussions.

8:15-8:45: Conference Registration

8:45-9:00: Introduction

9:00-10:45: Dr. Donald Chu

10:45-12:30: Chad Brenzikofer

12:30-13:15: Lunch Break (Practical Demonstrations from Select Presenters)

13:15-15:00: Lyle McDonald

15:00-16:45: John Gray

16:45-17:00: Refreshment Break

17:00-18:45: Giuseppe Gueli

Conference Registration Information:

Conference Fee: \$185.00 CAD

Regular Registration Due Date: February 16, 2009

Late Registration: \$225.00 CAD

For more information on the registration process or the conference itself, please contact Head SFU Strength & Conditioning Coach, Derek Hansen via e-mail at dhansen@sfu.ca or by phone at 778-782-4059. NSCA and BCRPA continuing education credits will be available for this event.

Four easy ways to register:

By Phone: 778-782-3611 (VISA / MC required for payment)

By Mail: Attn: SFU Recreation & Athletics, 8888 University Drive, Burnaby, BC V5A 1S6, (VISA / MC / Cheque)

By Fax: 778-782-3425 (VISA / MC)

In person (8:30-16:00) at the General Recreation Counter at SFU Chancellor Gym

Please make cheques payable to: Simon Fraser University

Register today! Seating for this conference is limited.



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