UNIVERSITY OF REGINA
ATHLETE HEALTH &
PERFORMANCE INITIATIVE
PRESENTS

CLINICAL & APPLIED
TRAINING TECHNIQUES
FOR OPTIMAL PERFORMANCE WORKSHOP

OUR SPEAKERS

Scotty Butcher, PhD
School of Physical Therapy
University of Saskatchewan

Session 1: Clinical
Hip hinging for clinical applications to sports performance

Session 2: Clinical
High-intensity interval training for clinical populations and older adults

Chad Benko, BSc, CEP
Synergy Strength
Saskatoon, Saskatchewan

Session 1: Applied
Implementation and application of the power clean for sports performance

Session 2: Applied
Overhead strength and power training

SEPTEMBER 17
8:00am-5:00pm
UNIVERSITY OF REGINA

$100
REGISTRATION FEE

Visit https://ca.apm.activecommunities.com/uregina/Activity_Search/1780 to register
or contact Dr. Darren Candow: (Darren.Candow@uregina.ca) for more information