

17 March 2017

The Faculty of Kinesiology and Health Studies, along with our Athlete Health and Performance Initiative, is pleased to announce that we will be running our Dryland Hockey Training camps again this spring and summer. The focus is on community based elite male and female athletes preparing for the fall evaluation season. Here are the links to the details (including price) as well as the registration location:

May-June : https://ca.apm.activecommunities.com/uregina/Activity_Search/1085

July-August : https://ca.apm.activecommunities.com/uregina/Activity_Search/1086

May-August : https://ca.apm.activecommunities.com/uregina/Activity_Search/1084

Age Groups: Males or Females 1999 - 2003

Similar to last year, each session includes:

- Specialized testing at start and end of each session (includes Functional Movement Screening and Y-Balance Test – Hockey Specific),
- Individualized periodized strength & conditioning program development (based on testing information) & adjustments
- Program to take with you after completion of session(s)
- Ability to access program on computer or smart phone during the session
- (Optional program updating & testing 2 times between end of session and end of competitive season; optional access to program via smart phone following camp *)
- Typically three training sessions/wk (**90 minutes per session**)
- 3 neurotracker (attention & focus training) sessions throughout the camp
- (Optional access to Neurotracker system and training from home *)
- Curriculum includes physical and mental training components, along with 1 nutrition planning session.
- access to our U of Regina athletic trainers if required

**Information about the optional features, along with the cost, will be made available closer to the start of the camp(s)*

Brock Appleyard – B.Kin (Human Kinetics), CSCS will again be our lead instructor. Additional instructors will be added once the composition and final numbers of the camps are known. Camp direction, supervision and adjunct resources come from faculty and staff of the Faculty of Kinesiology and Health Studies including Barclay Dahlstrom, M.Sc., CSCS, Jonathan Silbernagel, B.Kin, CEP, FMS (Level 2 & Y-Balance certified), Robert McCaffrey, M.Sc (Ph.D Student – Sport Psychology), Nicole Renneberg, B.Kin, CAT (c), C.Ac., RYT200, CSCS, FMS (Level 2), Kim Dorsch, Ph.D (Sport & Exercise Psychology), and Darren Candow, Ph.D. (Exercise Physiology/Training & Nutrition).

The purpose of the Athlete Health and Performance Initiative is to bring together our Faculty's collective research expertise, the applied knowledge/training available in our coaches, staff and students, a holistic approach to athlete development, and our specialized equipment to better equip athletes to achieve excellence in sports performance. Pillars of excellence for the Centre include: strength and conditioning, mental training & health, mechanics and movement analysis, nutrition, and sport medicine

If you require any additional information, please do not hesitate to contact me using information in the letterhead.