I wanted to pass along some information to you about an exciting new venture we are piloting at the University of Regina. The Faculty of Kinesiology and Health Studies is undertaking the development of an Institute focused on athlete health and performance. The purpose of the Institute is to bring together our Faculty's collective research expertise, the applied knowledge/training we already provide, and specialized equipment we have at the University 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. In addition to all our existing resources and facilities, we have also recently created some specialized strength training and conditioning space at the University that we are excited about.

What I am really writing about is that the new Institute will be piloting Dryland Hockey Training camps this spring and summer focused on younger community based elite athletes preparing for the fall evaluation season. Here are the details:

**Session 1**: May 2 – June 30 (Typically MWF from 4:45-6:15 pm, exceptions around long weekends)

**Session 2**: June 27 – Aug 26 (Typically MWF from 8:30 – 10:00 am, exceptions around long weekends)

(Athletes may register for one or both sessions)

**Camp Groups:**

(a) Males playing or aspiring to Bantam AA next season (2002, 2003)

(b) Males playing or aspiring to Midget AA or AAA next season Males (2001, 2000, 1999)

(c) Females playing or aspiring to Midget AA or AAA next season (2002, 2001, 2000, 1999)

**Each session includes:**

- Specialized testing at start and end of each session (includes Functional Movement Screening and Cybex/Humac),
- 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 season
- 24 training dates (**90 minutes per session**) – total of 36 hours training, plus 3 hours of testing (at start and end)
- 5 neurotracker (attention training) sessions throughout the camp
- Curriculum includes physical and mental training components, along with nutrition planning
- access to our athletic trainers if required

**Cost:**

- Single session - $210.00
- Both sessions - $390.00

Note: **these are special introductory prices and do not reflect current market rates for a service such as this.**
Camp Lead Instructor:
Brock Appleyard – B.Kin (Human Kinetics), CSCS
5 year Cougar (CIS) hockey player and alternate captain, former Weyburn Redwing Captain (SJHL)

Camp Assistant Instructor:
Ryan Dech – B.Kin (Honours – Concussion Research) (August 2016)
3 year Cougar (CIS) hockey player and Academic All-Canadian, 3 year Edmonton Oil King (WHL)

Camp Supervisors:
• Barclay Dahlstrom, M.Sc., CSCS
  Instructor U of Regina responsible for Training and Conditioning courses
• Jonathan Silbernagel, B.Kin, CEP, FMS (Level 2 & Y-Balance certified)
  Dr. Paul Schwann Centre staff member working with individual and group clients in exercise assessment, training, and rehabilitation
• Nicole Renneberg, B.Kin, CAT (c), C.Ac., RYT200, CSCS, FMS (Level 2)
  Head athletic therapist for Cougar and Ram teams
• Robert McCaffrey, M.Sc (Ph.D Student – Sport Psychology)
  Mental training consultant with Sport Science & Medicine Council of Saskatchewan

Camp Directors
Kim Dorsch, Ph.D (Sport & Exercise Psychology)
  Professor, active researcher in sport psychology, and Sport Science & Medicine Council mental training consultant
Darren Candow, Ph.D. (Exercise Physiology/Training & Nutrition)
  Professor, active researcher in effects of supplements and training on human performance

Dates and Times (subject to change):
Times and dates follow on the next page

If you are interested in this camp, please contact me directly at KHS.Dean@uregina.ca. I have also attached a pdf poster that has registration information. Note, we can accept a maximum of 30 participants in each session.

Harold
Session 1 Schedule:

Monday May 2 – 4:45 pm – 6:15 pm (Testing)
Tuesday May 3 – 4:45 pm – 6:15 pm (Testing)
Wednesday May 4 – 4:45 pm – 6:15 pm
Friday May 6 – 4:45 pm – 6:15 pm
Saturday May 7 – 9:00 – 10:30 am
Monday May 9 – 4:45 pm – 6:15 pm
Wednesday May 11 – 4:45 pm – 6:15 pm
Friday May 13 – 4:45 pm – 6:15 pm
Monday May 16 – 4:45 pm – 6:15 pm
Wednesday May 18 – 4:45 pm – 6:15 pm
**Friday May 20 – 9:00 am – 10:30 pm
Tuesday May 24 – 4:45 pm – 6:15 pm
Wednesday May 25 – 4:45 pm – 6:15 pm
Friday May 27 – 4:45 pm – 6:15
Monday May 30 – 4:45 pm – 6:15
Wednesday June 1 – 4:45 pm – 6:15
Thursday June 2 – 4:45 pm – 6:15
Monday June 6 – 4:45 pm – 6:15
Wednesday June 8 – 4:45 pm – 6:15
Friday June 10 – 4:45 pm – 6:15
Monday June 13 – 4:45 pm – 6:15
Wednesday June 15 – 4:45 pm – 6:15
Friday June 17 – 4:45 pm – 6:15
Monday June 20 – 4:45 pm – 6:15
Wednesday June 22 – 4:45 pm – 6:15
Thursday June 23 – 4:45 pm – 6:15
Friday June 24 – 4:45 pm – 6:15 (Testing)
Monday June 27 – 4:45 pm – 6:15 (Testing)

Session 2 Schedule

Monday June 27 – 4:45 pm – 6:15 (Testing)
Tuesday June 28 – 4:45 pm – 6:15 (Testing)
Tuesday July 5 – 8:30 – 10:00 am
Wednesday July 6 – 8:30 – 10:00 am
Friday July 8 – 8:30 – 10:00 am
Monday July 11 – 8:30 – 10:00 am
Wednesday July 13 – 8:30 – 10:00 am
Friday July 15 – 8:30 – 10:00 am
Monday July 18 – 8:30 – 10:00 am
Wednesday July 20 – 8:30 – 10:00 am
Friday July 22 – 8:30 – 10:00 am
Monday July 25 – 8:30 – 10:00 am
Wednesday July 27 – 8:30 – 10:00 am
Thursday July 28 – 8:30 – 10:00 am
Tuesday August 2 – 8:30 – 10:00 am
Wednesday August 3 – 8:30 – 10:00 am
Friday August 5 – 8:30 – 10:00 am
Monday August 8 – 8:30 – 10:00 am
Wednesday August 10 – 8:30 – 10:00 am
Friday August 12 – 8:30 – 10:00 am
Monday August 15 – 8:30 – 10:00 am
Wednesday August 17 – 8:30 – 10:00 am
Friday August 19 – 8:30 – 10:00 am
Monday August 22 – 8:30 – 10:00 am
Wednesday August 24 – 8:30 – 10:00 am
Friday August 26 – 8:30 – 10:00 am
Monday August 29 – 8:30 – 10:00 am (Testing)
Tuesday August 30 – 8:30 – 10:00 am (Testing)