



PEI Mutual Canada Games Trials Sport Science/Information Series



There will be an educational component to the PEI Mutual Canada Games Trials for athletes, coaches, and parents. All sessions begin at 7:00 pm, are free of charge but pre-registration is required for some sessions as space and group size is limited. Please refer to the schedule below for specific information on the series.

Wednesday July 5 - Sport PEI (Charlottetown)

Strength and Conditioning/Physiotherapy Services

Learn about the advantages that developing your strength & conditioning has on your sport performances and the impact that physiotherapy has on your ability to train.

Presenters:

Angela Marchbank, BScK

As the Fitness, Wellness and Healthy Living Coordinator for the University of Prince Edward Island, Angela supports the Passport to Wellness Initiative of UPEI, coordinates/develops fitness and Healthy Living programming, manages the UPEI Fitness Center and works with Panther Sport Coaches to provide fitness assessments of their athletes. Angela was the Executive Director for Special Olympics PEI for close to 10 years, a coach with Special Olympics floor hockey team for 5 years and the Healthy Living Coordinator for Queens Health Region for 2 years.

Stanley Chaisson BScK, PFT

With a broad background in fitness and sport and a Kinesiology degree from Dalhousie University, Stanley Chaisson has had great success since beginning his personal training at the UPEI Fitness Center. He has built a large clientele and has worked with beginners all the way up to elite University athletes. No matter what your fitness goals, Stan can help motivate you to achieve them.

Colin Moore, Physiotherapist

Colin Moore is a physiotherapist and the owner of Sports Centre Physiotherapy located on UPEI campus. Colin has been active in sports physiotherapy for 10 years and is the only physiotherapist on PEI to hold a certificate in sports physiotherapy from the Canadian Physiotherapy Association. He has worked as a physiotherapist at many local, regional, national, and international events such as the Canada Games, World Figure Skating Championships, and international soccer games with the Canadian Soccer Association.

To register please contact Cheryl Crozier at 569-0583 or email at cgcrozier@sportpei.pe.ca

Wednesday July 12 - Summerside Wellness Center

Coaching at the Canada Games

A number of Canada Games coaches will share their secrets and stories to which improved their coaching ability.

Panel of past Canada Games Coaches (To be determined)

To register please contact Francois Caron at 432-2706 or email at fcaron@gov.pe.ca

Wednesday July 19 - Sport PEI (Charlottetown)

What Parents of Canada Games Athletes Need to Know

This session is designed to educate parents on the Canada Games, expectations from coaches, and what can be expected if your child makes a training team.

Presenters:

Greg Lucas

2005 Canada Games Men's Basketball Asst. Coach

Ted Lawlor

Chef de Mission for the 2005 Canada Games and has been a member of Team PEI mission staff for many Canada Games

No Pre-registration required

Wednesday July 26 - Access PEI O'Leary

Getting the Most out of Your Sport Performance

This session will look at the importance of strength & conditioning and how it positively impacts your sport performance.

Presenter:

Wes Jackshaw

Wes has been practicing corporately and privately as a Kinesiologist for over 20 years. As a Certified Strength and Conditioning Specialist (CSCS) with the National Strength and Conditioning Association, and a Professional Fitness and Lifestyle Consultant (PFLC) with the Canadian Society for Exercise Physiology, he has extensive experience in management programs for Injury Prevention and Rehabilitation, Stress, Weight, Back Assessment and Health, and Conditioning programs for all ages and abilities.

His past Hockey experience includes work with a number of Midget AAA and Junior players (three years of Team training with the Charlottetown Abbies), as well as NHL exposure with Dr. Howie Wenger (then Exercise Physiologist with the LA Kings and currently NY Rangers).

Wes also currently coordinates EMPLOYEE HEALTH SERVICES for employees in the Civil and Health sectors of the PEI government, and privately consulting in a variety of areas in Health, Fitness and Wellness.

As the Director of SOLE OPTion, Wes is dedicated to developing the area of High Performance in Lifestyle, Occupation and Sport.

To register please contact Joanne Wallace at 859-8861 or jpwallace@gov.pe.ca .

Wednesday August 2 - Summerside Wellness Center

Developing the Mental Advantage

This session will look at using key mental skills and strategies to achieve your best result and the impact that physiotherapy can have on your training.

Presenters:

Tara Costello M.A.

Tara Costello, Ma is a sport psychology and mental skills consultant. She has worked with teams and individuals at the provincial, national and professional levels of sport.

Ralph Manning

Physiotherapist with the Cornwall Physiotherapy and Sport Rehabilitation Clinic

To register please contact Francois Caron at 432-2706 or email at frcaron@gov.pe.ca

Wednesday August 9 - Sport PEI (Charlottetown)

High Performance Coaching

This presentation is designed for coaches who aspire to be or are Provincial or Canada Games coaches. It will look at a number of skills and strategies to improve your coaching ability.

Presenters:

To be Determined

To register please contact Cheryl Crozier at 569-0583 or email at cgcrozier@sportpei.pe.ca

Wednesday August 16 - Summerside Wellness Center

What Parents of Canada Games Athletes Need to Know

This session is designed to educate parents on the Canada Games, expectations from coaches, and what can be expected if your child makes a training team.

Presenters:

Peter Bolo

Head Coach of Men's Canada Games Volleyball Team (2005, 1989) and a member of the 1999 Mission Staff

Francois Caron

Assistant Chef de Mission for the 2007 Canada Games and a member of mission staff on a number of past Canada Games

No Pre-registration required

Wednesday August 23 - Montague (Location to be determined)

Using STOTT Pilates for Improving Performance/Sport Nutrition

This session will explore the benefits of using Pilates to develop your core strength and balance and the importance of nutrition on your sport performances.

Presenter:

Carrie Rigney-Weatherbie

Carrie is the owner and one of four Certified STOTT Pilates Trainers at The Pilates Centre in the Spa at the Charlottetown Mall. She has been an active fitness professional over the past 15 years since graduating from Dalhousie University with a B.Sc. in Health Education and Kinesiology. Carrie welcomes all Canada Games Trail athletes to her studio to experience the balance, strength and power that pilates offers.

Allan Davidson

Allan Davidson is a registered dietitian who has been involved as a service provider with Sport PEI for five years. As a service provider Allan has worked with many provincial games teams and young athletes providing education on the importance of diet and nutrition to help enable athletes in achieving their top performance. Topics Allan presents include; the impact of nutrients on athletic performance, pre & post-event nutrition suggestions, and common tips and misconceptions surrounding healthy eating. Allan works with the PEI Department of Health - primary care division as a community dietitian in public health and community health centres.

To register please contact Margie Misener at 368-4789 or email at mrmisener@gov.pe.ca .