



National Athletics Centre Symposium 2010

Injury Prevention Strategies and Movement
Solutions

November 6, 2010
Victoria, British Columbia, Canada



National Athletics Centre Symposium 2010

Injury Prevention Strategies and Movement Solutions

November 6, 2010: University of Victoria

Symposium Presenters

Keynote Speaker:

Nick Winkelman

Nick Winkelman is the Director of Performance Education at Athletes' Performance where he oversees all mentorship education courses and is a full-time strength and conditioning coach. Winkelman has a diverse coaching background within the sports performance field and lectures nationally and internationally on all topics pertaining to exercise science, strength & conditioning and personal training. Winkelman's work has been published in the UK Strength and Conditioning Association's Journal and presented at the NSCA National Conference.

Wynn Gmitroski

Wynn Gmitroski has coached most of Canada's top middle distance runners over the past 15 years, including Diane Cummins (Canadian Record Holder and 2001 World Championships finalist, 800m) Angela Chalmers (1992 Olympic Bronze medalist, 3000m), and Gary Reed (Canadian Record Holder and 2007 World Championships Silver medalist, 800m). His knowledge of endurance training methodology and recovery / regeneration systems is world renown and virtually unsurpassed in athletics coaching circles.

Details

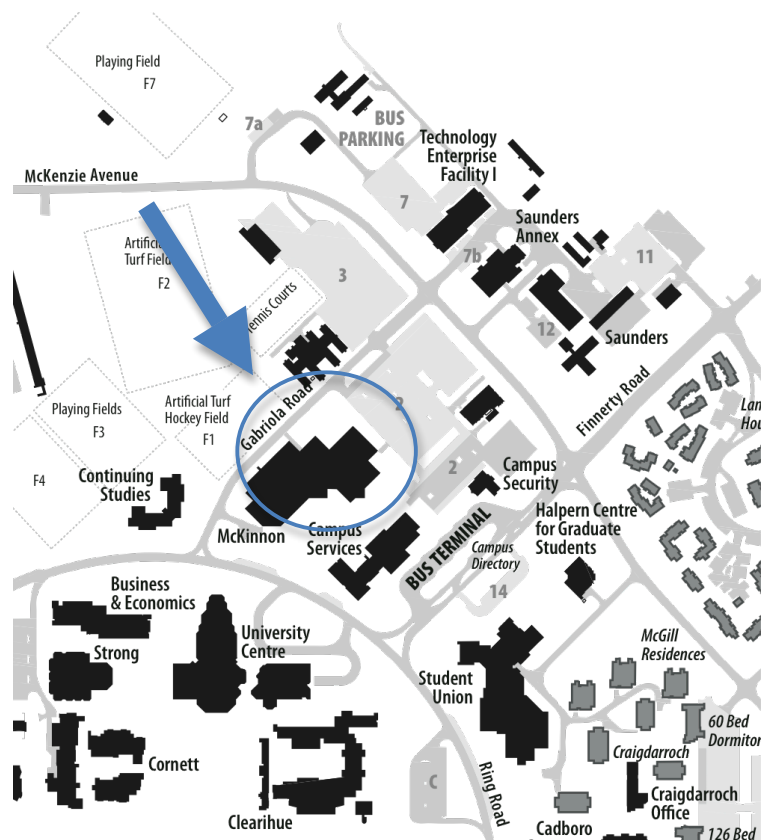
Date: Saturday November 6, 2010

Time: 9:00am-5:00pm

Location: University of Victoria, McKinnon Building - Classroom 150

Location & Map

The National Athletics Centre Symposium on Injury Prevention Strategies and Movement Solutions will be held in classroom 150 of the University of Victoria's McKinnon building.





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Presentation Schedule

8:00am-9:00am	Participant Check-In
9:00am-9:30am	Introduction
9:30am-11:00am	Keynote Speaker: Nick Winkelman
11:00am-11:15am	Break
11:15am-1:00pm	Nick Winkelman- Practical Session
1:00pm-1:30pm	Lunch
1:30pm-3:30pm	Specialized Session -Directed towards Coaches and Health Practitioners
3:30pm-3:45pm	Break
3:45pm-4:45pm	Q&A Session with Presenters
4:45pm-5:00pm	Closing Remarks

Hotel Information

A limited number of rooms have been booked off at the Best Western Carlton Plaza Hotel at a special rate of \$84.00/night (2 double beds) for symposium participants. To reserve your room, please email caj@uvic.ca with the subject line "Reservation."



Conference Rate

Coaches & Practitioners \$100.00

(Coaches may bring one athlete with this rate.)

Registration

To register please email Claire Jean at caj@uvic.ca or register online: www.runvictoria.com.



Advanced Planning Session

Sunday, November 7, 2010
9:00am-12:00pm

Specifically for full-time and linked athletes and coaches with the National Athletics High Performance Centre Victoria