



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

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2017 Athletics Manitoba Sport Science Speaker Series **(Target group Western Canadian Challenge)**

Athletics Manitoba would like offer all Midget & Youth provincial team members and personal coaches the opportunity to hear from some of the best sport science practitioners the in Manitoba. The Athlete Development Seminars are designed for coaches and athletes to grow outsidess of their event specific knowledge. Listed below are the speakers and topics offered.

March 5th, 2017 2:30pm FKC RM 193 - Brent Lohmer: *What got you here, won't get you there!*

Brent Lohmer grew up in Stonewall playing and competing in all types of sports. Since then he has dedicated his professional life to helping youths develop the skills necessary to excel in sport and in life. He has spent the last 5 years coaching youths aged 6-18 and the last 10 years coaching Special Olympic athletes. Brent has a wealth of experience in coach development, NCCP facilitation, and strength & conditioning. He will be speaking on athlete development, sleep and recovery process, therapy, training session preparation, and daily postural/movement influences on deficiency.

March 19th, 2017 2:30pm FKC RM 193 - Morena Miljkovic & Lauren Kaminski: *Sport Psych 101*

Morena Miljkovic is currently a PhD student in the Department of Psychology at the University of Manitoba. Morena's current roles include being a Sessional Instructor at the University of Manitoba, an Autism Consultant in the St.Amant Autism Program, and the President of the Manitoba Association for Behavior Analysis. Morena recently began working in sport psychology under the supervision of Dr. Adrienne Leslie-Toogood to create/implement behavioral programs for athletes from a wide variety of sports.

Lauren Kaminski is currently a Master's student in the Department of Psychology completing her degree in the field of Applied Behavior Analysis. She has recently been working with athletes from a variety of different sports under the supervision of Dr. Adrienne Leslie-Toogood. In this work, she creates a variety of behavioral programs to improve athletes' mental skills and athletic performance.

Morena and Lauren will cover topic related to pre-competition preparation, post-competition processing, anxiety, focus, & centering.

June 4th, 2017 2:30pm FKC RM 193 – Renée Raban: *Eating to Perform*

Renée Raban is a Registered Dietitian working in private practice and health care since 2009. She has knowledge and experience in various aspects of nutrition such as overall health and wellness, mindful eating, weight management, clinical nutrition and sport nutrition. Renée completed her Bachelor of Human Nutritional Science degree at the University of Manitoba, and her Dietetic Internship in Winnipeg. She is a member of the College of Dietitians of Manitoba, Dietitians of Canada, the Manitoba Sport Nutrition Network and Dietitians of Canada's Sport Nutrition Network. Renée provides services in both French and English. Renée promotes using nutrition for living your best life as she strives to achieve the same in her own life with balancing her career in dietetics and her personal life with her husband and 2 sons.

Renée will be covering topics related to basic nutrition and hydration, pre-competition nutrition, post-competition nutrition, & supplementation.

All seminars are targeted at Western Canadian Challenge athlete, but open to coaches and athletes of all ages.

Please RSVP to admin@athleticsmanitoba.com