

WINNING EDGE

SEMINAR SERIES

2011/2012

Achieve your potential

TOPIC/DESCRIPTION	PRESENTER	LOCATION	DATE/TIME	WHO SHOULD ATTEND
Mental Skills: Goal Setting & Self Talk, & Sports Nutrition: Recovery Nutrition	Dr Lisa Rogerson, Celeste Lavallee (RD, IOC)	E-120 Van Vliet Centre, University of Alberta	Sept. 14, 2011, 5:30pm-7:30pm	Athletes, Coaches, Parents
Mental Skills: Quality Practice & Focus, Sports Nutrition: Debunking Sport Nutrition Myths: How do the needs of athletes differ from the general public?	Dr Lisa Rogerson, Celeste Lavallee (RD, IOC)	Rm #4, Terwillegar Community Recreation Centre	Oct 17, 2011, 5:30pm-7:30pm	Athletes, Coaches, Parents
Physical Literacy (Long Term Athlete Development) Workshop for Parents and Coaches: Fundamental Movement Skills Certification for Coaches.	Dr Vicki Harber, Lindsey Materi (MA)	Trans Alta Tri-Leisure Centre, Spruce Grove	October 23, Time 8:30am-1:00pm	Coaches, Parents
Mental Skills: Imagery & Confidence, Sports Nutrition: Hydration and Nutrition During Training	Dr Lisa Rogerson, Celeste Lavallee (RD, IOC)	E-120 Van Vliet Centre, University of Alberta	Nov 23, 2011, 5:30pm-7:30pm	Athletes, Coaches, Parents
Sport After High School	TBD	TBD	TBD	Athletes, Parents
Strength & Conditioning: Curriculum Based Strength and Conditioning for Athletes/Teaching Progressions of Olympic Weightlifting	Lindsey Materi (MA)	Foote Field, University of Alberta	Jan 14, 2012, 10:00am-1:00pm	Strength & Conditioning Coach, Physical Educators, Personal Trainers, Physiotherapists
Sports Medicine: Concussions in Sport	Dr Connie Lebrun, Dr Terry McDonald	E-120 Van Vliet Centre, University of Alberta	Jan 24, 2012, 5:30pm-6:30pm	Athletes, Coaches, Parents
Mental Skills: Self Talk & Imagery in Practice, Sports Nutrition: Athlete Accountability in the Kitchen: How to involve child and adolescent athletes in food planning and preparation	Dr Lisa Rogerson, Celeste Lavallee (RD, IOC)	Rm #4, Terwillegar Community Recreation Centre	Feb 6, 2012 5:30pm-7:30pm	Athletes, Coaches, Parents
Mental Skills: Focus, Strength & Conditioning & Sports Nutrition: Drug Awareness & Supplements and Your Sport	Dr Lisa Rogerson, Lindsey Materi (MA) Celeste Lavallee (RD, IOC)	E-120 Van Vliet Centre, University of Alberta	Mar 21, 2012, 5:30pm-8:00pm	Athletes, Coaches, Parents
Strength & Conditioning: Best Practises for Your Sports Program	Lindsey Materi (MA)	Foote Field, University of Alberta	Mar 24, 2012, 10:00am-1:00pm	Coaches