



Professional Development Day Presentations

Lecture Topics:

- 1) The Foundation Before the Tactics- 1.5 hours
A theoretical based presentation on building Youth athleticism. Topics discussed will include “Real Life” Fitness, Foundations to sport-specific preparation, Movement skills and Athleticism, demands of sport, and Prescription of exercise.
- 2) Speed Agility Quickness Tool Box-1.5 hours
A Theoretical and practical taste of Speed, Agility and Quickness training. Discussion focus on who should participate, pre-requisites and safety considerations, guidelines for progression and regressions and application principles. A practical session using some of the latest SAQ training tools and drills using no equipment will follow.
- 3) Dynamic Warm Up and Purposeful Cool downs - 1.5 hours
Still stretching your athletes and class prior to working out? You could be setting them up for decreased performance and injury. This theoretical and practical session will lead you through the science and theory behind current day warm up and cool down techniques and exercises.
- 4) The Ultimate Circuit- Practical 1.5 hours
A practical circuit comprised of the favorite exercises used by the pros in Peter’s 11 years as an NHL strength coach. Get ready to train like a pro!

Implementation of theory and practical exercises into the classroom and coaching setting will be covered for all lecture topics.

Professional Development Day Fee Options:

	Package 1	Option 2	Option 3
Format	Choice of Single Workshop	Choice of 2 Workshops	Choice of 3 Workshops
Time	2 hours	4 hours	6 hours
Cost	\$750 (first 50 participants) \$20 (each person over 50) <u>ie. 100 participants</u> \$17.50 per/ person \$8.75 per/person/hour	\$1000 (first 50 participants) \$15 (each person over 50) <u>ie. 100 participants</u> \$17.50 per/ person \$4.37 per/person/hour	\$1300 (first 50 participants) \$12.50 (each person over 50) <u>ie. 100 participants</u> \$19.25 per/ person \$3.20 per/person/hour

*****Most Popular is package 3 - Lectures 1,2,3*****

“ A great series of Workshops- The Perfect blend of knowledge, humor, new drills and innovative exercises plus a great workout”

Responsibilities:

Twist Conditioning will be responsible for:

- Presenting theory, practical workshop, guidelines, latest research and how to integrate into curriculum, physical education classes and sport practices.
- Co-Preparing contents of marketing materials
- All equipment and preparation of handouts and learning materials
- Set up and take down

Hosting School District is responsible for:

- Marketing of Professional Development day
- Duplication of all handouts needed for Professional Development Day
- Securing appropriate site for hosting (dependent on attendance)
- Collection of registration fees
- Providing audiovisual support (ie. Laptop projector and screen)

Equipment Purchases:

All participants will receive the opportunity to purchase product at a Professional Development rate. A Twist team member will be happy to work with teachers and schools to put together an equipment package suitable to their needs.

Testimonials:

- Finally a Pro-D that will be totally useful and practical with in a school setting. It has been a while since there has been a PE/Athletics type session for teachers. I look forward to attending the additional presentations by Twist. Thanks!
- Being a coach I find this very relevant and useful. Often I attend a workshop (seated) and possibly think about incorporating it- often never do these workshops get me excited- perfect timing as it is track season. As well as I saw the effects and benefits personally. Thanks it was super!!!!
- I enjoyed the hands on nature! Peter has a good sense of humour, lots of stories. Great Speaker. Something that will benefit me personally and professionally.
- Awesome- kept us active but incorporated theory as well
- Two things really stood out for me
 - 1) Many of the exercises were challenging so athletes will work harder to improve at the task
 - 2) Most of the skills and exercises could be done in a very small space. This is important for teachers with larger classes and limited facilities.

**To book a date or for more information please contact Andrew Clark at
604-904-6556 or email aclark@sportconditioning.ca**