

Meeting of the Minds

Featuring Dr. Don Chu

In-Depth Discussion of Advanced Topics in Strength & Conditioning and High Performance Sport

May 18-19, 2013

Simon Fraser University

Burnaby, BC, Canada

Workshop Schedule

The intent of this workshop is to encourage high quality discussion amongst all participants over various topic areas. Each day will be started with a presentation from Dr. Don Chu on the fundamentals of strength, speed and power training, as well as key concepts relating to injury prevention and rehabilitation. Individual topic areas will then be moderated by other attending professionals, with a brief opening statement or presentation by the moderator.

All participants are encouraged to:

- Share their experiences with respect to each topic area
- Conduct demonstrations of various techniques
- Engage in a deeper discussion of each topic area
- Offer solutions to problems or conflicts within a specific topic area
- Get to know other coaches and professionals in your field

Everyone has something to offer in terms of his or her individual experiences or thoughts. Please bring an open mind and your enthusiasm for sporting excellence. Our schedule is flexible and we will be open to group discussion on any relevant topic areas.

The fee for this event is \$100.

Day 1 – 9:00am Start

1. Introduction from Event Host – Derek Hansen – 10 minutes
2. Key Note Speech – Dr. Don Chu – **Athlete Preparation and Training: What Have We Learned?** – 30 minutes
3. Discussion Topic: Strength Training from a Rehab Perspective – 60 minutes
 - Discussion Leader and Moderator – **Rob Panariello**
4. Discussion Topic: Soft-Tissue Therapy Integration with High Performance Athletes – What is the Best Approach?
 - Discussion Leader and Moderator – **Joseph Horrigan**

Lunch Break – 1 Hour

5. Presentation – Prolotherapy and Related Injectable Therapies for Sports Injuries - 45 minutes
 - **Dr. Jean Gillies, Rheumatologist**
6. Discussion Topic: Electronic Muscle Stimulation – Augmenting Conventional Strength Training – 60 minutes
 - Discussion Leader and Moderator – **Derek Hansen and Giovanni Ciriani**
7. Discussion Topic: Essential Olympic Lifting for the Strength Coach – What is Useful, What is Not? – 60 minutes
 - Discussion Leader and Moderator – **Tim Rabas**

Workshop Group Dinner

Day 2 – 9:00am Start

1. Discussion Topic: Plyometrics – Modern Trends and Traditional Methods – 60 minutes
 - Discussion Leader and Moderator – **Dr. Donald Chu**
2. Discussion Topic: College vs the Pros – Fundamental Differences in a Training Approach – 60 minutes
 - Discussion Leader and Moderator – **Sal Alosi**
3. Discussion Topic: Technology, The Internet and the High Performance Coach – 60 minutes
 - Discussion Leader and Moderator – **Jimson Lee** – 60 minutes
4. Discussion Topic: Where Do We Go From Here? – 60 minutes
 - Group Discussion

Finish by 2:00pm

Workshop Contact

- Derek Hansen
 - Email: dhansen@sfu.ca
 - Phone/Text: 604-773-9102
 - Information on accommodations: To be announced
 - Ground transportation from airport: Provided by hosts