

INFORMATION PACKAGE FOR ATTENDEES

NSCA Ontario Provincial
Clinic — May 10th & 11th



Presented by:

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CONTACT INFORMATION

Address: Goldring Centre for High Performance Sport, 100 Devonshire Place, Toronto, ON, M5S 2C9

Phone: 905-870-5247

E-mail: alanna.coulson@utoronto.ca Website: www.NSCA.com

CLINIC INFORMATION BULLETIN

1. SCHEDULE OF EVENTS

FRIDAY MAY 10			
Time Start	Time End	Track 1: Kimel Family Field House, Level B1	Track 2: Fitness Studio, Level 3
1:00	1:15	Opening Remarks	
1:15	2:15	JEN SYGO: From Keto to Fasting: Making Sense of Top Trends in Sport Nutrition	
2:20	3:20	RIDGE KILEY: Programming Methods for Athletes Without an Off-Season: A Circus Approach	RICK WENNER: Creating Your Brand
3:20	3:35	BREAK	
3:35	5:00	DARIEN PYKA (PRACTICAL): <i>Building the Core</i>	RICK WENNER (PRACTICAL): <i>Creating Your Brand Workshop</i>
5:30	7:00	OFF SITE PRESENTER Q&A: Duke of York	

SATURDAY MAY 11			
Time Start	Time End	Track 1	Track 2
9:00	10:00	BRUCE CRAVEN: Best of the Best - Best at the Basics	
10:00	11:00	THOMAS LAM: <i>Signs, Symptoms and Damage, Motor Control Injury Prevention Strategies</i>	Dale Lablans: <i>The SOF truth: High performance program in an elite tactical population</i>
11:00	11:15	BREAK	
11:15	12:15	CARRIE STEWART: <i>Tactical Athletes - using IAFF Peer Fitness Trainers to Achieve Firefighter Readiness</i>	OUA COACH ROUND TABLE DISCUSSION
12:15	1:15	LUNCH	
1:15	2:15	CATHERINE SABISTON: <i>Mental Health Considerations for exercise and rehabilitation professionals</i>	ROCKY SNYDER: <i>Understanding the Role of the Foot in Training</i>
2:15	2:30	BREAK	
2:30	3:45	ROCKY SNYDER (PRACTICAL): <i>Gait-Based Strength and Conditioning</i>	BRUCE CRAVEN: <i>Adapting Strength and Conditioning Workouts for Para-sport athletes</i>
3:45	4:45	CHRIS CHAPMAN: <i>Improving Strength Qualities in Endurance Sport: An Applied Concurrent Training Model</i>	
4:45	5:00	CLOSING REMARKS AND GIVE AWAYS	

2. REGISTRATION

Registration will take place at the following times and locations each day:

Friday, May 10 th – 12:30pm	Field House (B1)
Saturday, May 11 th – 8:00am	Field House (B1)

Upon registration you will receive a schedule of events and accreditation. Registration will take place on level B1 near the Kimel Field House.

PLEASE ENSURE TO HAVE YOUR ACCREDITATION PRESENT THROUGHOUT THE ENTIRE DURATION OF THE CONFERENCE. INCLUDING ALL ON-FIELD SESSIONS, CLASSROOM SESSIONS, AND SOCIALS.

3: FACILITY INFORMATION

Goldring Centre for High Performance Sport: 100 Devonshire Place, Toronto

Building Hours:

Monday – Friday - 7:00am – 9:00pm

Saturday & Sunday – 9:00am – 7pm

*Goldring will be open only for registrants of the clinic outside these hours.

Office Number: 416-946-0400

PLEASE ENTER THROUGH THE MAIN DOORS AT THE SOUTH END OF THE BUILDING.

Please see map at the end of bulletin.

From the Gardiner Expressway: Gardiner Expressway to York St. exit. North on York to University Ave. (fork left at Front St. to get onto University Ave.). North on University (becomes Queen's Park Circle E. and then Avenue Rd.) to Bloor St. West (left) on Bloor. Left onto Devonshire Place (first street on left, after first lights).

From 401 (East of DVP): 401 West to Don Valley Pkwy. Don Valley Pkwy South to Bloor St Exit. West on Bloor St. Left on St. George St., left on Harbord St., left at Devonshire Place

From 401 (West of Allen Road): 401 East to Allen Road. Allen Road South to end (Eglinton). Turn left (go east) onto Eglinton. Turn right (go south) onto Bathurst St. Turn left (go east) onto Bloor St. Right onto St. George, left on Harbord St, left on Devonshire Place.

4. PARKING

Visiting participants may park in any public parking area or in any pay & display area. Visiting participants may also make note of the various subway stops that surround the University of Toronto.

For any questions or concerns please contact Parking & Transportation – St. George Campus

(416) 978-PARK [7275] Office Hours: Mon-Fri 8:15am-5:00pm.

5. NSCA ONTARIO OFFSITE PRESENTER Q&A AND SOCIAL

Date: Friday, May 10, 2018 at approx. 5:30pm
Site: Duke of York Pub
Address: 39 Prince Arthur Ave, Toronto, ON M5R 1B2
Phone Number: (416) 964-2441

DIRECTIONS FROM GOLDRING CENTRE FOR HIGH PERFORMANCE SPORT:

From Devonshire, turn right onto Bloor Street W
Turn Left at the lights onto Bedford Street
Turn Right at the Stop sign onto Prince Arthur Ave
Pub is on the right side

6. MEAL OPTIONS

Restaurants

Bar Mercurio

270 Bloor Street West (Bloor & St. George) 416-960-3877

Daddy's Pasta & Salads

673 Spadina Avenue (Sussex & Spadina) 416-598-5522

Duke of York Pub

39 Prince Arthur Ave (Prince Arthur & Bedford) 416-964-2441

L'Espresso Bar Mercurio

321 Bloor Street West (Bloor & St. George) 416-585-2233

Pizza Pizza

328 Bloor Street West (Bloor & Spadina) 416-967-1111

Over Easy

208 Bloor Street West (On Bloor east of Bedford) 416-922-2345

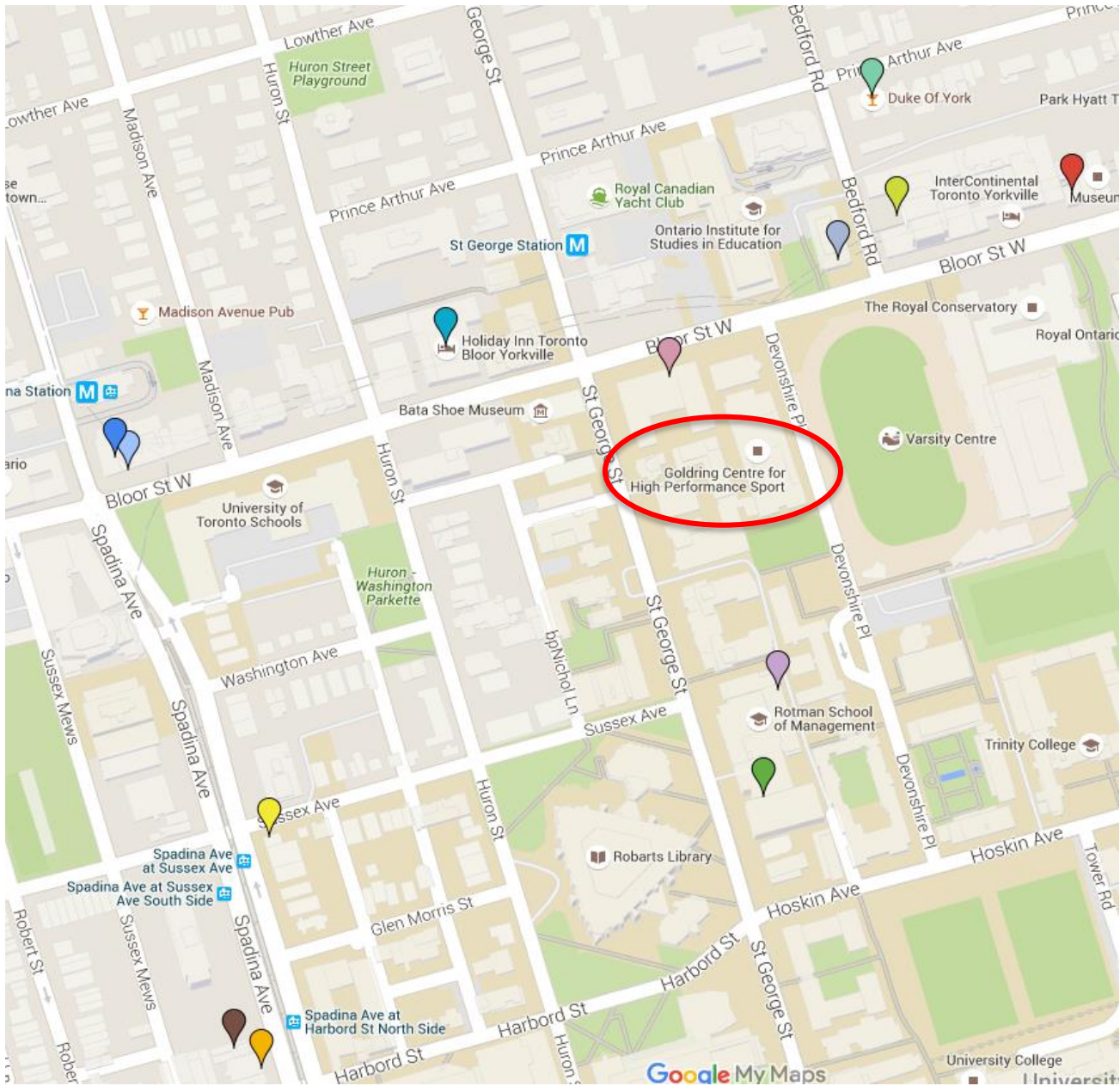
Taxi Information


Beck 416-751-5555 <http://www.becktaxi.com/>

City 416-740-2222 <http://citytaxitoronto.com/>

Royal 416-777-9222 <http://www.royaltaxi.ca/>

7. MAP – Food & Coffee



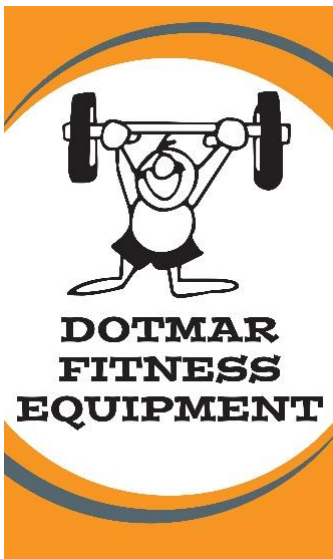
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|  Daddy's Pasta & Salads |  Fresh on Bloor |
|  L'Espresso Bar Mercurio |  Pizza Pizza |
|  Starbucks |  Duke Of York |
|  Second Cup - Rotman School of Management |  Over Easy |
|  The Exchange |  Pig Out BBQ |
|  Tim Hortons | |

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