The Mechanics of Speed – Why are Mechanics Important?

Wed Sept 10th, 2014 @ 7pm

Fortius Sport and Health

3713 Kensington Ave., Burnaby, BC V5B 0A7

*An educational lecture presented by Fortius Sport and Health
in partnership with BC Athletics.*

Who: Dr. Gerry Ramogida DC and Mr. Laurier Primeau

Laurier Primeau is an internationally recognized track and field coach, most recently heading up Trinity Western's Track and Field program, quickly building it into a contender in the CIS. Prior to Trinity Western, Laurier served as the head coach of Scotland Athletics.

Dr. Ramogida, has served on many Canadian National teams at multiple World Championships, Commonwealth, and Pan American Games as a Team Chiropractor. Gerry was also on the Canadian medical staff for both the Athens and Beijing Olympic Games. Most recently, Gerry served as UK Athletics Lead Performance and Trackside Therapist in the years leading into and through the London Olympics (Jan 2010 to Dec 2013). Currently, Dr. Ramogida serves as the director of Chiropractic Services at Fortius Sport and Health. Dr. Ramogida is also a consultant to the Seattle Seahawks (2002 to present).

What: A lecture on sprint mechanics and what to look for in our athletes.

How to develop a search pattern to pick up mechanical faults. A discussion on how correct mechanics helps in reducing injury and improves performance. The importance of using drill progressions and the factors which help to improve skill acquisition.

When: Wednesday September 10th, 2014 at 7pm

Where: Fortius Sport and Health
3713 Kensington Ave.
Burnaby, BC V5B 0A7

Why: An opportunity to share the experience Laurier and Gerry have acquired over the last 20 years working with numerous mentors, coaches, and athletes in Canada and Abroad.

Register: Pre-registration is mandatory as we have limited spaces available.
Register online - http://www.trackie.com/online-registration/register.php?id=1344
Cost = $20. You will need a credit card for payment.
Can register multiple coaches at one time.

For more information on this or other courses, please contact
Jennifer Schutz at jennifer.schutz@bcathletics.org or 604-333-3558.