



BC Athletics Presents:

Targeted Athlete Development Camp

May 14, 2017; 10am - 3pm
Fortius Sport & Health

Who: Athletes & coaches identified on BC Athletics' IPS Targeted Athlete List

Date: Sunday, May 14, 2017

Location: Fortius Sport & Health [[Website](#)] [[Map](#)]; Online, via webinar.

Time: 10:00am to 3:00pm

Lunch: Lunch & Beverages Provided

Travel Assistance: Support provided to those athletes & coaches based outside of the Lower Mainland

Agenda

10:00am - 11:00am - Injury Prevention
[Presented by Olympian [Stephanie McCann](#)]

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11:00am - 12:00pm - Mental Performance Presentation/Workshop
[Presented by the Canadian Sport Institute]

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12:00am - 12:45pm - Lunch Break (Catered Lunch & Beverages Provided)

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12:45pm – 2:00pm - Nutrition for Performance
[Presented by the Canadian Sport Institute]

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2:00pm - 3:00pm – Lessons from the Olympians
[Panel discussion with some of BC's Olympians led by Olympian [Lynn Kanuka](#)]

For any questions please contact Chris Winter, Technical Manager, BC Athletics – Chris.Winter@bcathletics.org