

The Mechanics of Speed* – Why are Mechanics Important?

An educational lecture presented by Fortius Sport & Health in partnership with FitFirst



Dr. Gerry Ramogida,

BSc., DC, CCSS (C) Resident



Mr. Laurier Primeau,

Track and field coach at Trinity Western's Track & Field program

Date: Tuesday, Feb 24th, 2015

Time: 7:00 pm

* **IMPORTANT:** This event qualifies for NCCP coaching hours.
NCCP#'s will be recorded at Check-In.

COST \$20

Proceeds will go to
the Fortius Foundation
and WAC Canada.

**PRE - REGISTRATION IS MANDATORY
AS SPACES ARE LIMITED.**

CLICK HERE TO REGISTER.

**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.**

Learning objectives:

- Sprint mechanics and what to look for in our athletes.
- Identifying key areas of observation and evaluation in the running population
- How correct mechanics help in reducing injury and improves performance.
- The importance of using drill progressions and the factors which help to improve skill acquisition and serve as a means of daily movement screening.

About the presenters:

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).

Mr. 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.

Registration:

fitness@fortiussport.com | 604 292 2502

For more information, please visit

www.fortiussport.com/events

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