



## 2019 BC Athletics High Performance Targeted Athlete Development Camp

January 19, 2019; 10am – 3:30pm  
Fortius Sport & Health

Time	Topic	Presenter
10am - 10:30am	Introduction	BC Athletics
10:30am - 11:30am	Sport Nutrition Workshop	Joanna Irvine, Performance Nutritionist
11:30pm - 12:30pm	Anti-Doping Seminar	Canadian Centre for Ethics in Sport (CCES)
12:30pm - 1:15pm	Lunch	Catered by Fortius Bistro
1:15pm - 2:15pm	Injury & Illness Prevention	Stephanie McCann, BScKin, MPT, OLY, CAFCI
2:15pm - 3:15pm	Mental Performance Workshop	Danelle Kabush - Mental Performance Consultant
3:15pm - 3:30pm	Wrap Up	BC Athletics