



## **TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY**

145 Pacific Ave. Winnipeg, MB. R3B 2Z6 • Tel: 204-925-5743 • Fax: 204-925-5792  
www.athleticsmanitoba.com

### **Dr. Moses Bernard**

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Dr. Bernard is a movement performance chiropractor with a cum laude Doctor of Chiropractic degree from the Parker College of Chiropractic in Dallas, TX. He also holds a bachelor's degree in Kinesiology from the University of Saskatchewan, in Saskatoon, Canada where he graduated with great distinction.

His post-graduate studies have ranged in fields as diverse as yoga therapy, infant neuro-motor development and Olympic weightlifting. Dr. Bernard has taught seminars throughout the United States, has had multiple articles published in peer-reviewed academic journals, and has presented findings from clinical studies at international research conventions.

He competed internationally in track and field while at University in Canada, making the 2005 Saskatchewan Canada Summer Games Team as a hurdler and cycled competitively at the state level for about for years after moving to Florida in 2009. His current workouts and training are a mix of mobility training, running, powerlifting, and yoga.

He currently treats patients at Kodawari Wellness Studios in Tampa Florida, an integrated wellness practice with two yoga studios, an organic cafe, physical therapy, massage, acupuncture, & Chinese medicine.

He has also has worked with organizations including the NFL, NFL Players Organization, MLB and traveled with the Toronto Blue Jays.

Bio can be retrieved from: <https://mosesbernard.com/media>



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### **Alex Gardiner**

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Alex Gardiner is the Speed and Power Coach at the University of Manitoba and works with both the Bison Track and Field team and Bison Football.

Gardiner completed his tenure as the Olympic head coach for the Canadian Track & Field team at the 2012 London Summer Olympics where Canada had their best athletics performance since 1992. In addition, the Winnipeg native was the Olympic head coach for the Canadian T&F team at the 2004 Athens Summer Olympics and was part of three more Olympics for Canada at the 2008 Beijing Summer Games (Canadian Olympic Committee [COC] – International Competitive Intelligence), 2006 Torino Winter Games (COC – High Performance Sport Science Lead) and 1996 Atlanta Summer Games (CEO Athletics – Program Delivery; where Canada won two gold medals).

In addition to his Olympic credentials, Gardiner returned home as he graduated with a Bachelor of Arts at the University of Manitoba and started his track and field career as Bison track and field head coach from 1984-92. During those Bison years, he guided the acclaimed program to six overall men's CIS national championships (four in T&F: 1988, '89, '90, '92 and two in Cross Country: 1988, '89). Plus, Gardiner coached five Bison athletes that performed in either the Olympics or World Championships and coached four other Bison athletes who competed at either of the Commonwealth Games, Pan Am Games, FISU Games or at the international level.

At the Athletics World Championship, he was head coach of Canada T&F team on four separate occasions (2003, '05, '09, '11) plus sprints and relay coach three other times (1991, '93, '01). His resume also includes head coach for Canada T&F team at the World Junior Championships (1988, '90, '10 plus sprints and relay coach in 1986). He has his National Coaching Certification Program (NCCP) Level 5 and is at Master Coach level with National Coaching Institute (NCI) in Manitoba and Victoria.

Bio retrieved from: <https://gobisons.ca/staff.aspx?staff=46>



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### **Cole Scheller**

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Cole Scheller is the Lead Bison Strength and Conditioning Coach at the University of Manitoba. He is a certified strength and conditioning specialist through the National Strength and Conditioning Association (NSCA) and holds a Bachelor of Kinesiology from the University of Manitoba. Cole is currently completing his research looking at different methods of strength assessment for his Masters in Kinesiology through the Faculty of Kinesiology and Recreation Management at the University of Manitoba.

Since January 2015 Cole has been an integral part of the Bison strength and conditioning team with a primary focus on the Bison Football and Soccer team. Additionally, Cole has been involved with the Junior Bison strength and conditioning programs since its inception in 2015.

Cole is currently working to complete his National Coaching Certification Program (NCCP) Level 1 Weightlifting certification.

Bio can be retrieved from: <https://gobisons.ca/staff.aspx?staff=134>