

STRENGTH TRAINING: UNDERSTANDING THE WHEN, HOW, AND WHAT THROUGHOUT THE SEASON



TOMMY GINGRAS

Tommy began coaching during his time as an undergrad at the University of Waterloo. There he was interning with the strength and conditioning department while also competing in track and field. For the last 6 years he has worked at various USports schools as a strength coach and/or athletics coach. In that time, he has coached high school, varsity and professional athletes who were training in those facilities. Tommy has remained in the sport of track & field as he is currently coaching with Border City AC in Windsor.



KELSEY BALWILL

Kelsey is currently in a dual role as a coach who is continuing to compete in the sport of Athletics. She has enjoyed a career in the sport which has so far included All-American honours and representing Canada in events. She has been coaching with the Border City program for the last 9 years since the club began. Kelsey has helped guide a number of athletes within the club to opportunities to continue their athletic career in college at Canadian and American schools.



NICK STOFFBERG

Nick Stoffberg is the Technical Manager Operations for Athletics Alberta. His track and field coaching experience in speed/power events ranges from high school, to club, university, and post-collegiate athletes in Canada. He has also worked as a Sports Performance Coach providing programming for developmental athletes at the University of Alberta.