

2017 Canada Summer Games Education Summit hosted by Athletics New Brunswick in conjunction with the Canadian Sport Centre Atlantic Sport Science Program

Saturday May 7th & Sunday May 8th @ Saint Thomas Forest Hill Conference Centre (368 Forest Hill Road, Fredericton)

Saturday May 7th - 1:00-6:00pm - Coaches Education (open to all **coaches** in the province)
- Coaches should bring a notebook. Coffee and snacks will be provided. No registration is required.

Topics to be covered Include:

- An overview of the 2017 CSG program
- An overview of the 2016 Espoir Champs
- Mental Skills with Dr. Ryan Hamilton on Grit, Growth, & Mental Toughness (2:15-3:45pm)
- Strength & Conditioning for Coaches from Ken Morrison on a coaches influence (4:00-5:30pm)
- Performance Enhancement: Optimizing training and competition for NB by NB.

*This day is designed to get New Brunswick coaches engaging with one another through the pursuit of the common goal - - - raising New Brunswick athlete performance!

Sunday May 8th - 9:00am - 5:00pm - **All athletes who have set the goal of making the 2017 CSG Team (1995, 1996, 1997, 1998, 1999, 2000, 2001 YOB). Attendance is strongly encouraged! Coaches who work with athletes in these age groups are also encouraged to attend**

- Athlete and Coaches should bring a notebook. Lunch will be provided along with some snacks throughout the day.
- **Registration fee of \$15 is mandatory and REQUIRED** to cover the costs for food. The registration deadline is Tuesday May 3rd, 2016 (11:59pm) at the following Trackie Reg link:
<https://www.trackie.com/online-registration/register/nb-2017-csg-education-summit-athletes-coaches/3777/>

Topics to be covered include:

- Mental Skills with Dr. Ryan Hamilton on A Practical Guide to Mental Toughness (9:30-10:30)
- Getting to Know your Future Teammates
- Performance Nutrition with Natasha McLaughlin-Chaisson on Fueling Potential (1:00-2:30)
- Strength and Conditioning with Ken Morrison on the Pillars for Performance (2:45-4:00)
- Direction of the CSG Program and answering any questions related to making the team in 2017.
- In addition all CSG staff will be in attendance to answer questions about the 2017 program.

Specific questions related to any of the topics: mental skills (sport psychology), nutrition, and strength and conditioning can be sent to Head Coach Jason Reindl by Tuesday May 3rd, 2016.

Further questions can be sent to:

2017 CSG Head Coach Jason Reindl (506) 343-2149 – jasonreindl@me.com



Presenter Bio's:

Dr. Ryan Hamilton

Ryan holds a PhD from the University of New Brunswick in Experimental and Applied Psychology and has also earned a Master's degree in sport and exercise science, and a bachelor's degree (honours) in psychology. Dr. Hamilton is an associate professor in the department of Psychology at the University of New Brunswick and is a recipient of the Arts Faculty Teaching Excellence Award. As a consultant, Ryan is the lead sport psychologist with the Canadian Sport Centre in New Brunswick; works extensively with the UNB Varsity Reds programs, has attended multiple Canada Games with Team New Brunswick, and in 2014 attended the Commonwealth Games with Team Canada. Ryan has consulted with athletes from more than 30 different sports including non-traditional sports such as lawn bowling and wrestling as well as mainstream North American sports like football and hockey - where he presently consults with an NHL franchise. Ryan is also a frequent keynote speaker at conferences across the country where he shares his expertise and funded research in the areas of mental toughness, cancer survivorship, hazing, and behavioural intervention.

Natasha McLaughlin-Chaisson

Natasha McLaughlin-Chaisson, Sport & Performance Dietitian, has attained the world- renowned International Olympic Committee Diploma in Sports Nutrition, and a Bachelor's Degree in Nutritional Sciences from the Université de Moncton. She is also certified ISAK level 1 anthropometrist. Natasha provides education, training and hands-on support to recreational level to professional level athletes/teams throughout North America and Europe. She has worked with the NHL, AHL, Cycling Canada's national teams, FIFA, Football Canada, most provincial sports at the Canada Games and AUS levels, as well as various policing and firefighting units, among others. Natasha is a member of the New Brunswick Association of Dietitians and the Hockey Nutrition Network. She is also a consultant for the Canadian Sports Institute and the Coaching Association of Canada.

Ken Morrison

Ken Morrison, Certified Strength and Conditioning Specialist, is a graduate of both the Bachelor of Science in Kinesiology and the Master of Science and Exercise Sport Science programs at the University of New Brunswick, having written his graduate thesis on the topic of biomechanical assessment of change of direction performance in male university soccer players. He is currently the lead Strength and Conditioning Coach for the Canadian Sport Centre Atlantic in New Brunswick, as well as for the UNB Varsity Reds, designing and implementing programming for a variety of sports across all levels, from provincial and Canada Games teams, to national team and CIS athletes. Additionally, Ken is a Learning Facilitator for the Coaching Association of Canada's Resistance Training module. He was a decorated soccer player at provincial, national and CIS (Canadian Interuniversity Sport) levels, having been a member of the U16 and U17 national teams, a national club championship team, a podium Canada Games team, and the UNB Varsity Reds for five years. His accomplishments with the Varsity Reds program included AUS (Atlantic University Sport) MVP and CIS All-Canadian status. He brings this first-hand knowledge of athletes into his experience working with them on a daily basis.

