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Powering Podiums

Strength and Conditioning in a COVID 19 World

Wednesday 29th April 2020



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Adobe Connect housekeeping

The session works best if you;

- Stay muted unless speaking,
- Raise your hand to speak,
- Use chat box for any questions , or for sharing comments when others are speaking
- Session will be recorded for later viewing/referencing.



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Today's Schedule

- Setting the Scene
- S&C in a COVID 19 World
- David O Mahony-CSI Pacific
- Mary Claire Geneau- CSI Pacific
- Luca Dalla Pace- BC Soccer Soccer Dev. Officer
- Questions and comment



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Dave O'Mahony

CSI Pacific



- Originally from Ireland, Dave recently moved to Canada to start a PhD in Sport Science, focusing on Force-Velocity profiling for sprinting performance alongside a role as Regional Strength and Conditioning Coach with CSI Pacific. He holds a bachelor's degree in Sport Science and Health from Dublin City University, Ireland and a master's degree in Sport Science with a focus in Sports Medicine from Lund University, Sweden.
- Alongside experience working in S&C in New Zealand and Sweden, Dave spent the last 5 years working in the Netherlands with the Dutch Olympic Committee, assisting athletes in multiple sports to European and World Championship medals.



Mary Claire Geneau

CSI Pacific



- Mary Claire was a Varsity athlete in Hockey and Track and Field. She completed her Undergrad at the University of Toronto in Kinesiology. This was followed by a Masters of Exercise Science, also at the U of T, on Neck Strength and Concussion.
- During this time, she worked as a Certified Strength and Conditioning Coach with the Varsity Blues for a total of 4 years. She has now been working at the Canadian Sport Institute for 1 year as an Assistant Strength and Conditioning Coach with Rowing, Para-Triathlon and Mountain Bike.



Luca Dalla Pace

BC Soccer



- Luca has been working with BC Soccer since March 2009 within various roles in the Soccer Development Department. His current role is of Soccer Development Officer and he is in charge of the overall operation of the BC Soccer Provincial Program.
- Luca is a Canada Soccer A Licensed Trained coach and is a part of the Canada Soccer National Youth Teams staff most recently in the summer of 2019 where he was the Goalkeeper Coach for the Under 15 Boy's CONCACAF Championships in Florida.
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Strength and Conditioning in the ‘new’ normal

- What should we telling our athletes to do?
- What should we be advising against?
- How can we monitor the athletes at this time?



Where are we at the moment?

- What training phase are we in with regard to a YTP
- Not transition-as we have no date for pre-season
- Not preseason- as we have no date for the first event?
- What could/would we call 'this phase'



How are we feeling?

- Uncertain
 - Confused
 - Frustrated
 - Anxious
 - Isolated
-
- None of these are positive!
 - Our role is to keep our athletes activated and to be ready to come back when we do come back



Today's intended outcomes

- To facilitate a discussion around how we can adjust the processes around the delivery of Strength and Condition programs in a COVID-19 World
- Provide information on the do's and don'ts to safeguard athletes and coaches
- To identify best practices in Strength and Conditioning during the COVID-19 restrictions
- Provide the best, and safest, environment for athletes and coaches
- Share best practices around Strength and Conditioning
- Provide information on what is safe and what we should avoid with our athletes.



In closing

- Many thanks to our presenters today
- And thank you for taking time out of your, we hope there was something in this for you.
- A recording along with slides will be available on the CSI Pacific website later this week

- We are back on May 6
- **Supporting Athletes Holistically During COVID19**



A final thought for you.....

- Bayes' theorem, named after 18th-century British mathematician Thomas Bayes, is a mathematical formula for determining **conditional probability**.
- The theorem provides a way to revise existing predictions or theories (update probabilities) given new or additional evidence.
- Probability of an event occurring increases if a 'prior' is detected, for example a pandemic.
- This, or this reaction by Governments to a possible pandemic, will happen again.
- What will we learn this time around to better prepare us for next time?