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# Powering Podiums

**Using Movement Screens to Support Athlete  
Development**

**Thursday 28th March 2024**



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## Land Acknowledgement

We gratefully and respectfully acknowledge that our workplaces at CSI Pacific exist on the traditional, ancestral, and unceded territories of the xwməθkwəyəm (Musqueam), Skwxwú7mesh (Squamish), Líl'wat7úl (Lil'wat), Esquimalt and Songhees Nations of the Coast Salish peoples.



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# Agenda

Introduction

Andrew Latham- CSI Pacific

Nicole Jenicek- CSI Pacific

Sean Nugent- Langley Olympians Swim Club

Steve Ramsbottom- Performance Institute

Break out rooms

Questions and Discussion



# Using Movement Screens to Support Athlete Development

- Today's focus
- What is a movement screen
- Benefits and Challenges of Athlete Screening
- Adapting movement screens to specific sports
- Movement screens in Para Sport
  
- Why do you do movement screens
- What does it inform
- Would an adapted screen help your athletes and coaches



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# Nicole Janicek S&C Coach Canadian Sport Institute Pacific

National Judo Team Athlete

National Strength and Conditioning  
Association- CSCS

Supported Judo, Artistic Swimming and  
Athletics Canada

Masters from Brock in Applied Health  
Sciences

Specializes in Pediatric Exercise  
Physiology





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# Sean Nugent S&C Coach Langley Olympians Swim Club

Worked with Olympians in figure skating and weightlifting, and an Olympic Gold Medallist in mogul skiing

In 2019 Sean conducted a monitoring project investigating the relationship between multiple strength & power qualities, on-hill training ski & jump volume, on-hill jump amplitude, and competition performance and rank.





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## Steve Ramsbottom Founder of Performance Institute

S&C Coach for the Whitecaps 06-12  
Author of the book Wheelchair Training

worked extensively with various National para-sports including the Wheelchair Rugby Team, Wheelchair Tennis Team, the Men's and Women's Basketball teams, the BC Para-Ski Team, as well as BC Wheelchair Athletics

Worked Slovak National Hockey Team,  
Olympic Figure Skating Silver medalist  
Kevin Reynolds





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## Questions?

- Why do you do movement screens
- What does it inform
- Would an adapted screen help your athletes and coaches





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# Thank-you!

Recording and slides will be posted on the CSI Pacific website