



Ski NB AGM and Sport Science
Sunday September 27, 2015
LB Gym, UNB, Fredericton
8:30am-4:00pm

Registration: <https://www.eventbrite.ca/e/ski-nb-agm-and-sport-science-tickets-18317203248>

Athletes - come prepared to be active!
Coaches will obtain up to 2 educational credits

8:30-9:00

Registration **A-116**
All athletes must be registered with their club to participate. Club and ACA forms will be available.

9:00-10:30

U14 & under **Fitness testing with Michele Leger** **LB Main Gym**
Age appropriate testing protocols and how you can use your results to make you a better athlete.

U16 & over **Fitness with Canadian Sport Centre Atlantic** **LB Gym, lower gym**
Age appropriate conditioning activities with a certified strength and conditioning coach.

Parents **SCAT training** **A-116**
Parents will learn about Ski NB's concussion policy and will review how to evaluate an athlete with the SCAT protocol.

10:30-12:00

U14 & under **Fitness with Canadian Sport Centre Atlantic** **LB Gym, lower gym**
Age appropriate conditioning activities with certified Strength and conditioning coach.

U16 & over **Fitness testing with Michele Leger** **LB Main Gym**
Age appropriate testing protocols and how you can use your results to make you a better athlete.

Parents **Information session with Ski NB** **A-116**
Overview of 2016 season, Atlantic Alpin Atlantique, National events and other questions you might have for the season.

12:00-12:45

Lunch provided by Ski NB

12:45-1:45

**U14 & under
& Parents**

SMART goal setting with Ian Banks

A-116

How to set SMART goals and develop step along the way.

**U16 & over
Parents**

First aid awareness with the Ski Patrol

A-116

Do you know what you should do if you are injured, your friend is injured or you come across someone who is? Learn some basic knowledge to better prepare you.

1:45-2:45

**U14 & under
& Parents**

Equipment knowledge with Outdoor Elements C-210

What does my child need: how to fit skis, boots and what questions to ask retailers. What should I expect as they get older?

**U16 & over
& Parents**

Advanced goal setting with Ian Banks

A-116

Q & A about what comes next in ski racing after U14 and how to set goals for this season and beyond. Info will be provided on FIS points and equipment, Can-Am qualifying, how to acquire skiing skills required at a higher level, the stages of skill acquisition.

3:00-4:00

Parents & coaches Annual General Meeting

A-116

U14 & under

Wall climbing *waiver required

LB Gym, Wall climbing

*Come prepared to test your limits.
Climbing shoes are available.
Only 16 climbers at a time.*

U16 & over

Knockerball

LB Main Gym

*Come prepared for a fun activity!
If you don't know what it is google it!*

*A waiver must be signed: <http://www.unb.ca/fredericton/urec/resources/Sportclub/waiverreactivities0911.pdf>

4:00-4:15

New Board member meeting

A-116