

FUELLING HIGH PERFORMANCE

A STRENGTH & CONDITIONING WORKSHOP

JUNE 10 & 11 2022

📍 CanWest Sport Science & Performance Centre

SCHEDULE

JUNE 10 \$49
(for athletes)

Time: 3 pm - 7 pm

- Lectures
- Workout
- Nutrition/Recovery

JUNE 11 \$199*

(for coaches, teachers, physiotherapists, chiropractors etc.)

Time: 9 am - 4 pm

- Lectures
- Coffee
- Networking
- Workout
- Lunch provided

over **\$533** of value!

All registrations include a swag bag (\$135 value).

*Registration includes a \$199 product credit for Designs for Sport.

Note: Your program may be approved for credit hours from this workshop.



Sylvie Tetrault

Sylvie Tetrault is a Sports Nutritionist, and Strength and Conditioning Coach (CSCS), Functional Diagnostic Practitioner (FDN-P) with a Bachelor of Science in Kinesiology. Sylvie has been working alongside Gary Roberts since 2011, working with professional athletes (NHL, UFC, Olympians, Ironman, etc.) and high performers with a mission to help all her clients find their Inner Athlete through hands-on nutrition and lifestyle coaching.

Friday & Saturday:

Foundational Nutrition for Athletes



Adrian Vilaca

Adrian Vilaca is the Head Performance coach at Gary Roberts HPT and has been a part of the Gary Roberts program since 2011. A graduate of Lake Superior State University with a degree in exercise science, Adrian spent a decade competing professionally in Mixed Martial Arts and brings many of the concepts of movement and preparation into his coaching. He has worked with thousands of professional athletes over his career.

Friday:

Training Integration: How to combine strength training and conditioning for Performance

Saturday:

Championship Mindset: How to develop mental resilience in athletes



Melissa Ieraci

Melissa has been a part of the health and fitness industry for over 10 years beginning her career as a Paramedic in Ontario, Canada. After years of caring for patients affected with chronic disease due to poor nutrition and lifestyle choices, she shifted her focus to preventive health care. Melissa is a sports nutritionist and has expanded her knowledge base learning from Charles Poliquin and leaders in Functional Medicine. Currently Melissa works with Strength and Conditioning coaches around the world providing continuing education, protocols and support. She is the Business Development Executive of Sports Nutrition with Designs For Health, owns a successful private practice and is an instructor at The Canadian School of Natural Nutrition.

Friday & Saturday:

Nutrient Support for Performance (Pre Intra Post)



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REGISTRATION

Email admin@canwestcentre.ca to register