

mehr wissen. mehr verstehen.



PROGRAM DESIGN AND MONITORING FOR ATHLETIC DEVELOPMENT STRENGTH AND CONDITIONING FOR SPORTS - WORKSHOP

YANNIK MORIN (CAN)

TRACK CYCLING AND BOBSLEIGH COACH AND A MULTISPORT STRENGTH AND
CONDITIONING COACH

La Taule – Athletic Training Centre in Québec, Canada



30.-31.05.2020

REGISTRATION

CONTENT

PROGRAM DESIGN ALWAYS SOUNDS EASY, UNTIL YOU START IT!

Using theoretical knowledge about training intensity, volume, adaptation times, regeneration times, periodization, etc. for putting together a daily, weekly or monthly schedule is getting complex when combining all these factors. You need to know the actual state of your athlete's fitness and rank individual sports specific needs accordingly. Also, you need to set training targets in consultation with the sports specific coach (or needs) and decide proper actions for reaching new goals.

By doing so, you may have some training and competition data from which you can extract valuable information. This can be very helpful when estimating the load and volume your athlete is going to be exposed to by your training plan. Experienced and successful coaches always know what they have done in the past. They document what they do, monitor how this works for the athletes in training and competition and then draft the perfect INDIVIDUAL training plan.

All this means a lot more than only leading through some exercises! This takes an enormous amount of time for preparation and analysis, which noticed very little by all the other staff. However, you are measured by the performance of your athletes. Therefore, you need to do proper program design and monitoring in the most effective and time efficient way.

Throughout this weekend, you will learn solutions for programming and monitoring athletes of all ages and levels. Coach Yan (Yannik Morin) will share with you an impressive display of science and practice to have the most significant impact and best results

Boost the quality of your training programs and save time when monitoring your athletes!

AUDIENCE GROUP AND LEVEL WHO SHOULD ATTEND THIS EVENT?

- **Strength and Conditioning coaches working for teams or individuals.**
- **Sports coaches involved in their athletes SnC.**
- **Athletes and sports enthusiasts who wish to increase their understanding of strength training principles for sports.**
- **Sports Scientists**

BENEFITS WHY SHOULD YOU ATTEND THIS EVENT?

- **Learn how to draft efficient training programs which will result in highest performance**
- **Increase the quality of your programs with a better structured training**
- **Raise the performance of your athletes by using optimal load/rest ratios**
- **Learn how to evaluate training responses of your athletes with self-made monitoring programs**
- **Save time with automatized (individualized) sports specific monitoring**
- **Ensure performance increase with the efficient use of training documentation**



SPEAKER

3 | YANNIK MORIN (KANADA)

Track Cycling and Bobsleigh Coach and a Multisport Strength and Conditioning Coach

La Taule – Athletic Training Centre in Québec, Canada

Yannik Morin is a track cycling and bobsleigh coach and a multisports strength and conditioning coach based in Québec, Canada.

As an athlete, Yannik won Natural Mr. Universe in Las Vegas in 1998 and competed at the 2002 Salt-Lake-City Olympic in 2-man Bobsleigh. He is a 5 times Canadian champion in Track Cycling, as well as a multiple times medalist at the Pan Am Championship.

Morin has over 23 years of professional experience under his belt and has been working with Canada's best athletes from many disciplines. He has a diploma in Physical Preparation and Evaluation from Poitiers University (France) and is currently studying High Performance Coaching and Technical Leadership at University of British Columbia.

He is known to be innovative, creative and excellent at communicating information that is up to date and ready to use. He is working with several coaches to develop the best athletes in both summer and winter sports for the upcoming Olympics.

MORE INFORMATION:



<https://bit.ly/3bXTggr>

<https://www.facebook.com/CoachYan1/>

QUOTE

As a Head and S&C Coach he worked with a whole bunch of elite athletes::

- Hugo Houle, Astana Team, World Tour Cycling
- Stéphanie Roy, PRO Ironman 70,3
- Antoine Jolicoeur-Desroche Pro Ironman
- Marie-Soleil Blais, Astana Team, Woman World Tour
- Pavlos Antoniadis, ITU triathlon junior Canadian Champion, and 8th at Junior • World Championship 2018
- Léandre Bouchard, National Team mountain bike, road to Tokyo 2020
- Cindy Montanbeault, National Team mountain bike, road to Tokyo 2020
- Hugo Barrette, Rio Olympic, Pan Am Games Champion Track Cycling sprint road to Tokyo 2020
- Lauriane Genest, Commonwealth Games, Track Cycling sprint road to Tokyo 2020
- Mike Saunders, World Master Champion 2013, Strongman
- Marie-claude Molnar, 2012 London Paralympic games medalist.
- Christophe Normand, Pro CFL Football, currently for the Montreal Alouettes.





TOPICS AND PROGRAM

SATURDAY, 30.05.2020

DAY 1: PROGRAMMING FOR SPORTS

9 am-12pm

- Strength and conditioning coaching in 2020
- Strength and conditioning coaching competency
- Programming according to long term athlete development (LTAD)
- Discipline analysis
- Gap analysis
- Performance analysis
- Specific sport demand
- Athlete profiling
- Goals contextualization

12 pm-1:15 pm

LUNCH BREAK

1:15pm-5pm

- Strength, power, agility and speed development
- Youth and master consideration
- Program design for sport small group-workshop



SA, 30.05.2020

9 AM- 5 PM



BSPA WIEN

AUF DER SCHMELZ 6,
1150 WIEN



ENGLISH
LANGUAGE



€ 349,-
COSTS

12

SPOTS
MINIMUM

GET TICKETS
<https://bit.ly/38Sadps>

Wir behalten uns das Recht vor die Veranstaltung abzusagen, wenn die Mindestteilnehmerzahl nicht erreicht wird.

WICHTIGE ZUSÄTZLICHE INFORMATIONEN:

Dieser Workshop hat praktischen Charakter. Eine aktive Teilnahme am Trainings/Übungsprozess wird angenommen. Nehmen Sie daher passende Sportkleidung zur Fortbildung mit und teilen Sie uns es bitte mit, falls diesbezüglich eine Einschränkung besteht. Garderobe und Duschen sind vorhanden.



TOPICS AND PROGRAM

SUNDAY, 31.05.2020

DAY 2: MONITORING FOR STRENGTH AND CONDITIONING

9 am-12pm	<ul style="list-style-type: none">• Monitoring basics• Data solution process• Data collection• Benchmark and KPI
12 pm-1:15 pm	LUNCH BREAK
1:15pm-5pm	<ul style="list-style-type: none">• Monitoring tools (tech)• training load evaluation• External training load• Internal training load• Building a progression dashboard• Monitoring workshop• weekend recap on various topics related to strength and conditioning for sports



SU, 31.05.2020

9 AM- 5 PM



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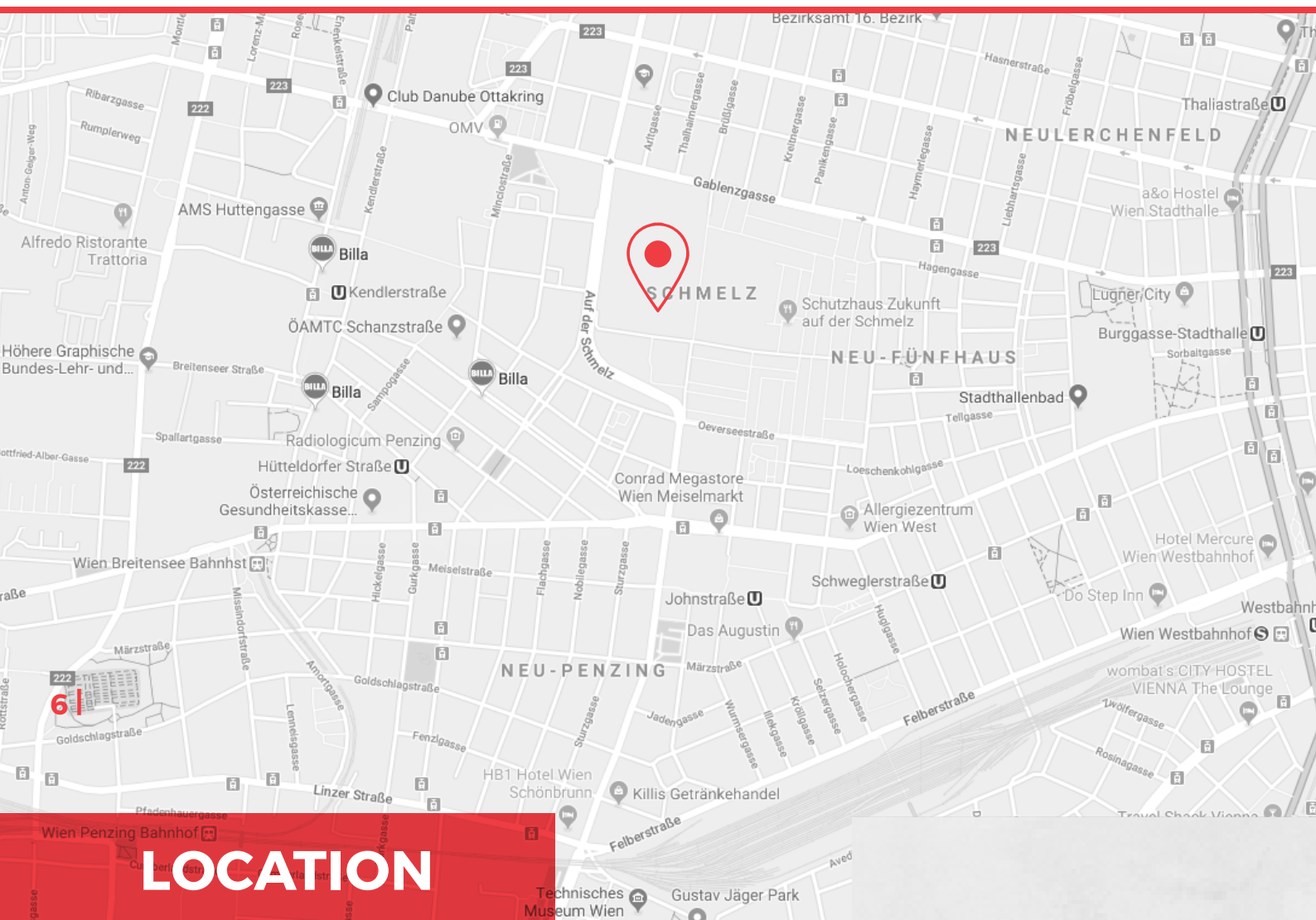
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LOCATION

BSPA WIEN

AUF DER SCHMELZ 6,
1150 WIEN

GO BY

CAR:

The faculty building provides just a few parking lots, so please take into account some time for searching a lot. During the week there is a short-term parking zone.

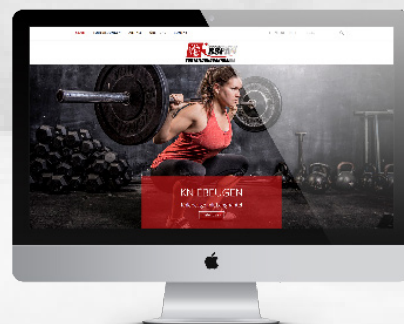
GO BY

PUBLIC TRANSPORT:

Take the U3 and get off at „Johnstraße“. Either take a 5-10min walk or take the 10A bus and take one stop, get off at „Auf der Schmelz“!

MORE AT

bspa-fortbildungsakademie.at



office.fbak@bspa.at

We are looking forward to hearing from you!

