

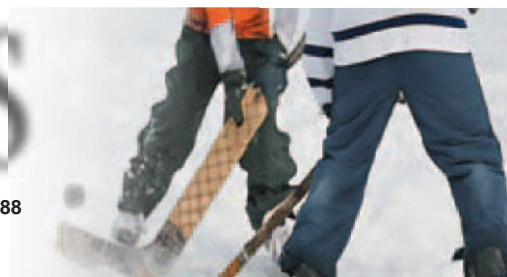


SPORTS

Sean Rooney, editor

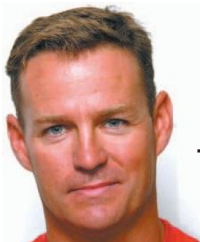
403.528.5688

sports@medicinehatnews.com



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CSI in Calgary an incredible resource, but so is ASDC right here



Ed Stiles
Training Matters

So there we were knee deep in national level athletes, primal grunts of exertion, weights clanging, sweat dripping, medicine balls flying through the air.

On our left, Kaillie Humphries and other world class bobsleigh athletes; to the right, the national women's alpine ski team. Hammering away on the bikes, the men's sledge hockey team: I may be biased but new Hatter Derek Whitson was working the hardest. Speaking of local athletes, up saunters Rudi Swiegers, Olympic pairs figure skating veteran of the Sochi Games, turns out he actually remembers training with me back in the day. Everywhere we looked there were motivated athletes giving their all to be better than they were yesterday.

The Canadian Sports Institute in Calgary is one inspiring place to visit. Needless to say our small contingent of emerging athletes from the Alberta Sport Development Centre were very impressed. One of the trainers took our crew through a mini workout focussing on the quality of their fundamental movement patterns like squats, hip hinges and planks.

It's always reassuring to hear that the exercises and quality thereof we focus on is consistent with what the top trainers in the country are sharing.

Following are a few gems that we heard at the Canadian Sport Institute Calgary:

- It is vitally important that athletes move with purpose. Consciously establishing healthy postural positions before during and after exercise. Don't just do a dynamic warm up, but do it well.
- For developing athletes it is better to use simple basic movements like body weight squats and jumps rather than complex exercises. Complicated movements require good coaching, constant correction and still can expose them to higher injury risk as they go through the adolescent growth spurt.
- Eat well. The lunch that they provided, bun-wiches, was nothing fancy but provided a broad spectrum of nutrients and energy to fuel them through their day.
- Injury is a part of sport. Don't ignore it. Deal with it. The longer we nurse and compensate around pain the harder it is to get back on track.
- The glamour side of sport is about five per cent of the reality. The blood, sweat, and tears side is where the elite get to spend most of their time. All the more reason to try to keep workouts as fun as possible for as long as we can so they are not burnt out by age 15.

This is the fifth time we have been fortunate enough to take local Alberta Sport Development Centre Southeast athletes to the Canadian Sport Institute. Each time I am reassured that we are doing good things in Southeast Alberta. We are, in fact, a small scale CSI, offering sport science, nutrition and sport psychology opportunities for local talent, their coaches and parents. Through seminars, Strive magazine, school presentations as well as our Athlete Enhancement Program we are helping athletes strive for their potential. Want to learn more about how to take advantage of the programs we offer? Contact Cory Coehoorn at 403 504 3547.

Ed Stiles BPE, Certified Exercise Physiologist is a member of the Alberta Sport Development Centre's Performance Enhancement Team and operates Peak Performance Fitness Services. He can be reached via email at asdc@mhc.ab.ca or at peakperform@hotmail.com.



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