

SCA - Performance Cycling Program (PCP) 2017/2018

November 2017 New Season Preparation Camp Schedule

Date	Topic	Location
Sunday November 12		Saskatoon Fieldhouse
12:30 PM	Welcome - Russ Down	Meeting Room 3 (2nd Floor)
1:00 PM	Dr. Kevin Spink U of S Sport Psych Topic: "Committment" (1hr 15 min)	Meeting Room 3
2:15 PM	Break	
2:30 PM	Interactive Cooking Session - Nutrition Bites w Theo Phillips, MSc RD (1.5hrs)	Meeting Room 3
4:00PM	Break / cloths change / hydration / prep for trainer session (30 min)	
4:30PM	Bike Trainer Session 1 (1 hr)	W/U area West- Track Main Level
5:15 PM	Field house track ride / Indoor Bike Safety Review (1 hr)	6 Lane Track Main Level
6:15 PM	Off fieldhouse track / change/ shower	
6:30 PM	Out of Building / Supper Break on own	
8:15PM -9:30PM	2017-2018 Performance Cycling Program Overview (Parent/ guardians welcome to attend this info session)	U of S Kinesiology Meeting Room 232 * Note-change of venue to U of S*
Monday, November 13		Saskatoon Fieldhouse
	***Staggared start time for each athlete based on "Small Group FMS Screen Time" - athlete signs up on Nov 12. *** Ex: 8AM, 9AM, 10AM ***	
8:00 AM	Functional Movement Screen Assessment (FMS). Grp 8 AM	Meeting Room 3
9:00 AM	Functional Movement Screen Assessment (FMS). Grp 9 AM	Meeting Room 3
10:00 AM	Functional Movement Screen Assessment (FMS). Grp 10 AM	Meeting Room 3
11:00 AM	Theo Phillips. MSc RD Nutrition Talk (1 hr)	Meeting Room 3
Noon	Lunch on own	
1:00 PM	Dr. Kevin Spink, Sport Psych Topic: "Managing Dissapointment / Recovering from Mistakes" (1 hr 15 min)	Meeting Room 3
2:15 PM	Break	
2:30 PM	Lukas Conly. Team member U23 National Road Trade Team Smart Savvy & Garneau. Topic: "Chasing the dream- sharing race experiences" (1 hr)	Meeting Room 3
3:30PM	Break/ cloths change/ hydration/trainer prep for trainer session.	
3:45 PM	Group Ride Trainer (1 hr 15 min)	Meeting Room 3
5:00 PM	Dept for Home	