

Fit to Play™ & Perform

High Performance Training & Rehabilitation



A dynamic, comprehensive, research based lecture and practical course provides participants with assessment, treatment and exercise tools they can use immediately in both clinical and athletic environments. Participants will understand the multifaceted role a physical therapist plays in producing better patients and athletes throughout the 'treatment - training - competition' spectrum. At the close of the course the participants will have a better understanding of high performance training concepts and have the ability to design individualized dynamic warmup, stretching, multi-core functional strength, agility and recovery programs and protocols to help their clients of all ages and abilities ranging from the weekend warrior to high performance athletes outsmart injuries and keep them Fit to Play™ & Perform.

About the Principal Instructor- Carl Petersen BPE, BSc (PT)

Carl is a Partner & Director of High Performance at City Sports & Physiotherapy Clinics in Vancouver. He has spent 25 years working as the physiotherapist & fitness coach for a variety of athletes from club level to World Cup skiers and professionals on the ATP/WTA Tennis tour. He was the dedicated physiotherapist for Alpine Canada at 3 Olympic games & served as the Director Of Sport Science & Medicine for Alpine Canada and travelled on the World Cup Ski Circuit from 1984-2003. He lectures Internationally most recently in Australia, Brazil, Ireland, UK, Turkey, Paraguay, USA & Switzerland. He has published over 200 articles on training & injury prevention in a variety of International publications for both the scientific & lay community. He has recently written or co-authored 3 books including Fit to Play™-Tennis, Fit to Ski and Fit to Deliver all of which have received wide acclaim in the professional community. His new Fit to Play™ & Perform DVD series has just been released. Info at www.citysportsphysio.com

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(Tentative Schedule –Full Day or 1 & ½ Day)

Smart Training Tips & Guidelines

- Introduction

Lecture

ABC's of Smart Functional Training

Lecture

Anatomy of a High Performance Warm-Up

Lecture & Practical

- General Upper core / Lower core warm-up
- Pre-Play warm ups-tennis Specific

Lower Extremity Functional Strength Tests

- Functional Mobility, Stability & Strength Tests

Practical

Keeping Your Athletes in Line (aligned)

Lecture & Practical

- Corrective exercises & stretches to minimize malalignment issues
- Multi-Core Training (Base work & Bridging to hold neutral)

Multi-Core Training a 25 Year Perspective

Lecture

3 Dimensional Upper & Lower Core Training

Practical

- Connecting the Upper & Lower Core with Kinetic Chain Exercises CKC / PCKC / OKC Training
- Balls, Bands & Balance Training
- Strengthening the Serve & Ground Strokes

Designing Microcycles (Planning & Periodization Tips)

Lecture

Fast Feet Drills & Power Training to Improve Footwork

Lecture & Practical

- Fast Feet & Power Training Warm-up
- Agility, Balance, Coordination, Deceleration & Speed Drills
- Medicine Ball Exercises
- Hopping & Bounding routines

Common Injuries-Prevention & Treatment Tips

Lecture & Practical

Myofascial Ball Release Strip & Stretch Techniques (UE & LE)

Practical

High Performance Recovery Strategies (short & longer term)

Lecture & Practical

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