

# Fit to Play™ & Perform

## High Performance Training & Treatment Tips



A comprehensive, research based lecture and practical course that provides therapists and coaches and trainers with assessment, treatment and exercise tools they can use immediately both off and on the venue of performance. Participants will understand the multifaceted role they play in producing better athlete throughout the training - competition' spectrum. At the close of the course the participants will have a better understanding of high performance training concepts. They will have the ability to design individualized dynamic warmup, stretching, multi-core functional strength, agility, general training and recovery programs and protocols to help athletes of all ages and abilities optimize performance, outsmart injuries and keep 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 at 3 Olympic games & served as the Director of Sport Science & Medicine for Alpine Canada travelling on the World Cup Ski Circuit from 1984-2003. He lectures Internationally most recently in China, Japan, Australia, Brazil, Ireland, UK, Turkey, Paraguay, USA & Switzerland. He has published over 300 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 been released. Info at [www.citysportsphysio.com](http://www.citysportsphysio.com)

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## High Performance Training & Treatment Tips

(Tentative Schedule – Full Day)

### Smart Training Tips & Guidelines

- Introduction

Lecture

### ABC's of Smart Functional Training & ACL Protection

Lecture

### Anatomy of a High Performance Warm-Up

Lecture & Practical

- General Upper core / Lower core warm-up
- Pre-Play warm ups-Racquet sports/ golf
- Pre-Ski warm-up strategies

### Lower Extremity Functional Strength Tests

- Functional Mobility, Stability & Strength Tests

Practical

### Multi-Core Training a 25 Year Perspective

Lecture

### Keeping Your Athletes in Line (aligned)

Lecture & Practical

- Corrective exercises & stretches to minimize malalignment
- Better Platform = Better Player/Athlete

### 3 Dimensional Upper & Lower Core Training

Practical

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

### Fast Feet Drills & Power Training

Lecture & Practical

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

### Common Injuries & Treatment Tips & Pearls including Myofascial Ball Release, Strip & Stretch Techniques (UE & LE)

Lecture & Practical

### Quick Assisted Post Training Stretch Routine

Practical

### High Performance Recovery Tips

Lecture & Practical

