

# Fit to Ski & Slide

## High Performance Training Tips



A comprehensive, research based lecture and practical course that provides participants with assessment and exercise tools they can use immediately both off and on hill to improve ski performance. Participants will understand the multifaceted role they play in producing better skiers 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, ACL injury prevention and recovery programs and protocols to help skiers of all ages and abilities optimize performance, outsmart injuries and keep Fit to Ski & 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 Australia, Brazil, Ireland, UK, Turkey, Paraguay, USA & Switzerland. He has published over 250 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](http://www.citysportsphysio.com)

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(Tentative Schedule – 7 hours)

<b>Introduction Training Tips &amp; Guidelines</b>	Lecture
<b>ABC's of Smart Training &amp; ACL Protection</b>	Lecture & Demo
<b>Anatomy of a High Performance Warm-Up</b> <ul style="list-style-type: none"><li>• General training warm-up</li><li>• Pre-Ski warm-up strategies</li></ul>	Lecture & Practical
<b>The Malaligned Skier &amp; Slider</b>	Lecture & Practical
<b>Lower Extremity Functional Strength Tests</b> <ul style="list-style-type: none"><li>• Functional Mobility, Stability &amp; Strength Tests</li></ul>	Practical
<b>Multi-Core Training a 25 Year Perspective</b>	Lecture
<b>Stronger Platform = Better Skier</b> <ul style="list-style-type: none"><li>• Basework &amp; Bridging routines</li></ul>	Practical
<b>Connecting the Core (Upper &amp; Lower Core Training)</b> <ul style="list-style-type: none"><li>• Upper &amp; Lower Core with Kinetic Chain Exercises CKC / PCKC / OKC Training</li><li>• Balls, Bands &amp; Balance Training</li></ul>	Practical
<b>Common Ski Injuries &amp; ACL Injury Rehabilitation Protocols</b>	Lecture & Practical
<b>Fast Feet Drills</b> <ul style="list-style-type: none"><li>• Agility, Balance, Coordination &amp; Speed Drills</li></ul>	
<b>Hopping &amp; Bounding Drills</b> <ul style="list-style-type: none"><li>• Power &amp; deceleration training</li></ul>	Lecture & Practical
<b>High Performance Recovery Tips</b>	Lecture & Practical

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