

**Presenter– Shannon Doyle-Kenny & Kara Thorpe**



Shannon brings experience from a lifetime of tipping upside down loving gymnastics and how it helped with keeping strong mentally and physically. “Gymnastics saved my life!” Working through rehabilitation from partial paralysis back to an active gymnast and overall athlete came from years of training. Shannon started her career as a competitive coach with a National Certified Level 3 Artistic and Level 2 trampoline coach designation. Like Kara returned to grassroots coaching athletes from age 1 learning to walk on their feet and

hands, as well as how to fall safely. She also coaches life athletes age 91 re-learning to walk, avoid falling, lowering to sit, and standing rising from a chair independently. These athletes have brought new meaning to teaching physical literacy for life skills. As a Clinical Exercise Physiologist/Kinesiology geek, breaking down biomechanics of sports and everyday activities of daily living (ADL’s) is a passion I share with Kara and look forward to sharing this with you.



Kara Thorpe has a wealth of experience, knowledge and expertise working with gymnasts of all abilities. She is a Master Coach Developer for the Gymnastics Canada, specializes in Active Start and is a passionate Gymnastics For All advocate. Kara has coached gymnastics to children from 12 months to adults over 60 years young! She has experience in high performance, but always finds her way back to grassroots. She has coached teams of gymnasts to World Gymnestrada in Europe 3 times with over 100 participants ranging in age from 13 – 65. As a teacher and parent to children with special abilities, Kara sees the benefits in participation in sport as so much more than winning gold medal!

**Presenter– Jason Weber**



Jason has been the Coordinator of the Human Performance Centre at College of Kinesiology, University of Saskatchewan for the past 20 years. In this role, Jason leads the Strength and Conditioning Programming for Huskie Athletics varsity teams, all personal training, physiological and occupational testing. Jason is also a Strength and Conditioning Coach with Hockey Canada’s Women’s High Performance Program and is currently the Lead Strength and Conditioning Coach with the U18 Women’s National Team.

## **Presenter– Chantel McDougall**



Chantel McDougall has over 20 years of experience being a figure and power skating coach throughout central Saskatchewan. Presently, and for the last 9 years, Chantel's home club is Skate Saskatoon. As a child, Chantel was heavily involved in dance, speed swimming, figure skating and also enjoyed golf, softball and basketball.

Chantel's passion for cross training began when she completed the Advanced Coaching Diploma (Tasks 4 & 5). Chantel connected with other professionals through her studies throughout Canada who felt the same as she did. This was when Channel Performance was born.

Channel Performance focuses on building a support system for children, youth and athletes. Chantel saw results with her own athletes participating in her cross-training program that she designed. Chantel was instantly sold and convinced by her athletes' progress. "I could see my athletes improving on the ice at a much faster rate than those who did not participate in a cross-training program." Chantel saw first hand the difference with her athletes who trained in her cross-training program, who also trained on the ice a day or two less than other athletes at the same skill level then who skated two to three days more and still these athletes kept up or surpassed others with their technical skill development. Chantel also noticed her skaters who were in the cross-training program never plateau for long. "They steadily improved."

Chantel McDougall had the opportunity to take 12 figure skaters to Orlando, Florida to participate in a cross-training program involving Disney. "It was magical" to be the first figure skaters from around the world to train in a week-long dance workshop and then to perform at the Disney World parade. "It was a great experience, opportunity and a dream come true." Unveiling new opportunities and offering positive cross-training experiences to athletes builds new possibilities. "If I had never thought outside the box, I nor my athletes would have ever had the possibility to train and perform at Disney World."

Chantel now offers Channel Performance's support system to all children, youth and athletes. "I want all kids to be physically active and to have a support system available to them. It isn't fair that high performance athletes are the only ones who benefit from such a system. By not providing this service to the young grassroots and intermediate level athletes, we weed out the possibility of a high performance athlete. Sometimes the support introduced at an earlier stage is all a child needs to encourage them to go further and dream bigger!

### **Presenter - Leslie Frei**



Leslie Frei is a CEP – High Performance who began her career in Tactical Fitness with the Canadian Armed Forces pilot training, Military Police & Fire. She also has 20 years experience providing Police Fitness Training for RCMP Depot Division and currently manages the Operational Conditioning Unit at the Training Academy.

### **Presenter – Darian Kotchorek**



Darian grew up playing numerous sports which ignited her passion for nutrition and the impact it had on performance and health early on. She had a love for science and how nutrition could play such an influential role on athletic performance and overall health.

Her professional experience began after receiving her Bachelors of Science in Nutrition through the University of Saskatchewan where she completed a year long internship through the Regina Qu'Appelle Health Region. Prior to the completion of her Nutrition Degree, she started working with Vitality Nutrition as a nutrition student in 2017 and has since joined full-time as a Registered Dietitian with the Saskatchewan Dietitian Association.

Darian enjoys building her fitness through CrossFit, spending time outdoors, connecting with family and friends, and trying new foods! Whether it is assisting lifestyle clients with healthy habit formation, navigating digestive health, or working 1:1 with athletes on improving performance and recovery, Darian has a passion for helping others achieve their goals and teaching them how to fuel their bodies to feel their best!

**Presenter – Dr. Ryan Flett**



Dr. Ryan Flett was born in Saskatoon, where he completed his undergraduate degree before attending the University of Florida, Gainesville for his Masters. From 2001-2005, Ryan was the Mental Trainer and Canada Games Service Coordinator for the Sport Medicine & Science Council of SK. After the 2005 Canada Summer Games in Regina, Ryan went to Michigan State University, where he earned his PhD. Ryan's primary focus at MSU was applied research in Positive Youth Development, which included living and researching in inner-city Detroit, as well as helping to

develop and facilitate Captains' Leadership clinics for HS Athletes across the entire state. Ryan worked at West Virginia University as a professor in Athletic Coaching Education. Ryan has worked with numerous NCAA athletes and coaches from a variety of sports, including basketball and football.

Ryan has his BSc in Kinesiology, his MSc in Health & Human Performance, and his PhD focused on Sport and Exercise Psychology with emphases in Youth Development, Statistics, and Counseling. He has worked with over 40 different sports, artists, and other performers, over his 20 years and approximately 15,000 hours as a consultant. Ryan also has more than 20 years of coaching experience. He has worked with thousands of grassroots, youth, college, and masters athletes, as well as elite athletes and coaches competing at the international level from the United States, Canada, Brazil, and Chile.

He specializes in emotion; perfectionism; optimal performance in competition and optimal development in training; and in creating better habits. His approach has always been to focus on the client's story, who they are, their unique needs, their strengths, and their experiences, in order to identify the assets and barriers that they are dealing with.