

**Training Perspectives-Physical Literacy, Elite Athlete & High Performance Careers**

**May 1, 2021**

**Online Pre-Recorded**

**email link will be sent morning of May 1<sup>st</sup>.**



Saskatchewan  
Kinesiology &  
Exercise Science  
Association



**Shannon Doyle-Kenny & Kara Thorpe**

Physical Literacy and Gymnastics: Is it playing upside down or training vestibular and muscular systems to thrive.



**Chantel McDougall**

Multi-sport/cross-training; support system



**Jason Weber**

“Staying in your lane” The role of an S&C Coach as part of the Integrated Support Team



**Leslie Frei**

Preparing your Clients for Police Training & Other Physically Demanding Occupations



**Darian Kotchorek, RD**

Fuel for Athletes- Nutrition for Performance and Recovery



**Dr. Ryan Flett**

Mental training tools and strategies for athletes, coaches, and practitioners

*This conference is relevant to all Kinesiologists and other health care professionals who prescribe exercise as medicine. General public is welcome to attend, especially those interested in exercise in the ageing population.*

WORTH 12.5 CSEP PDC'S

\$75 SKESA MEMBERS    \$125 NON-SKESA MEMBERS

PAYMENT BY E-TRANSFER to [info@skesa.ca](mailto:info@skesa.ca)

REGISTRATION DEADLINE APRIL 29, 2021



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