

KINESIOLOGY PRACTICUM DESCRIPTION

Practicum Position Title: Strength and Conditioning Assistant

Agency/Company: [Vergie Speed](#)

Location: 7835 Flint Road SE, Calgary, AB (across from Heritage LRT Station)

Terms Available: Fall or Winter

Number of Positions: 2

Specified Schedule: Students are expected to be available for two 3-hour evening blocks (Monday, Tuesday, Wednesday or Thursday)

Project Duties/Responsibilities:

Vergie Speed is a Calgary-based company specializing in developing speed and power for hockey, soccer, basketball, ringette, volleyball and football athletes. They work with youth athletes, University athletes from CIS and NCAA Schools and Junior Hockey players from the WHL.

Vergie Speed's training programs are designed to help competitive and elite athletes achieve increased mental, physical and emotional performance in their sports. The programs have been customized based on athlete level, age, sport, and gender to help athletes reach peak performance and achieve amazing results.

Practicum students will:

- Observe and assist in implementing training programs for athletes involved in hockey, soccer, basketball, ringette and football. Practicum students will be taught not only what and how we are teaching the athletes – but why.
- Learn to correct and help develop proper movement efficiency with agility drills & strength exercises. All of today's elite athletes are moving quicker and more explosively. They will teach how and why to correct various deficiencies in movement patterns.
- Learn how and why effective sports nutrition, mindset and recovery techniques will further enhance athletic performance. Many coaches in youth sports often neglect and overlook these critical and effective strategies.
- Students will design a comprehensive Speed and Power training program for a youth sport. All components including – Warm-Up, Power, Speed / Agility, Conditioning, Strength and Core Strength, Cool-Down, Sport Nutrition, Mindset and Recovery Techniques. Not only each specific component – but why...with specific volume and intensity – and how to explain the program to athletes, parents, medical staff and sport coaches.
- Observe and assist in team and individual testing and evaluation (Assessments, Fitness Testing Supervision, Data Analysis, Data Entry, etc.)

Required Student Qualifications:

- Police Information Check with Vulnerability Sector
- Passion for working with youth athletes

On-Site Supervisor: Glenn Vergie, BKin., CSCS, glenn@vergiespeed.com

Kinesiology Practicum Application

Placement: Vergie Speed

Students must have 60 units completed to qualify for a practicum, including 30 units of KNES
Students may participate in up to three practicums, with no more than two at the same location

Submit together to
knespracticum@ucalgary.ca:

- Completed Practicum Application
- Confidentiality Agreement

Submit to Vergie:

- Police Information Check

INSTRUCTIONS

- Contact the on-site supervisor to arrange an interview.
- Bring a copy of this application with the completed student portion to your interview to be completed by the On-Site Supervisor.
- Submit application and required documentation (if applicable) to knespracticum@ucalgary.ca; our office will email your @ucalgary address within 5 business days with next steps for you and your On-Site Supervisor.

STUDENT PORTION – COMPLETE PRIOR TO INTERVIEW

Practicum Term

Fall _____ (year)
_____ (year)

Winter _____ (year)

Spring

Student Information

Name:

UCID:

Phone Number:

Email:

@ucalgary.ca

Student Practicum Expectations: Why have you chosen this practicum placement? (1-2 sentences)

Code of Conduct

Students are responsible for compliance with the [University of Calgary's Code of Conduct](#).

- Yes No I have read and understood the University of Calgary's Code of Conduct.
 Yes No Do you have a pre-existing relationship(s) with person(s) or group(s) associated with this practicum placement?
If yes, please briefly explain the nature of the relationship:

I agree that:

- No salary or payment will be received based upon my participation in a Kinesiology practicum placement
- I will meet the expectations of the practicum placement for which I am applying
- I will be punctual throughout my practicum placement and will adequately notify the On-Site Supervisor about any absence(s).
- I will complete 60-72 hours within the dates of the term.

Start Date (first day of lectures)

End Date (last day of lectures)

I agree with the above-mentioned terms and conditions.

Student's Signature:

Date:

ON-SITE SUPERVISOR PORTION

Name: Glenn Vergie

Organization: Vergie Speed

Phone:

Email: glenn@vergiespeed.com

As the On-Site Supervisor, I agree that:

- No salary or compensation will be given to the practicum student
- I will provide sufficient hours, supervision, and guidance during this practicum placement
- I will complete a mid-point and final evaluation for the practicum student.

I agree with the above-mentioned terms and conditions.

On-Site Supervisor's Signature:

Date:

CONFIDENTIALITY AGREEMENT

Practicum students and the agency must complete the signed confidentiality agreement and submit it (along with the practicum application form) to knespracticum@ucalgary.ca .

THIS AGREEMENT is made as of the _____ day of _____, 20____.

BETWEEN:

(hereinafter called the "**Agency**")

AND:

Whereas:

(hereinafter called the "**Student**")

It is the Student's legal and ethical responsibility to protect the privacy, confidentiality and security of all records, proprietary information and other confidential information relating to the Agency, including business, employment and medical information relating to patients, members, employees and health care providers. ("Confidential Information").

And whereas:

The Agency has adopted policies and procedures regarding Confidential Information including its policies and procedures for complying with the *Freedom of Information and Protection of Privacy Act* and the *Health Information Act* ("Policies and Procedures").

In witness hereof, the parties agree as follows:

1. The Agency agrees to disclose and the Student agrees to receive Confidential Information in furtherance of participating in his/her practicum with the Agency, as set out in the Practicum Agreement.
2. The Agency agrees to advise, instruct and guide the Student as to the Policies and Procedures.
3. Upon receipt of the information set out in paragraph 2 herein, the Student agrees to use his/her best efforts to comply with the Policies and Procedures and to protect the Confidential Information, or any part thereof, and prevent it from being disclosed to any person contrary to the Policies and Procedures.

IN WITNESS WHEREOF, the parties have duly executed this Agreement effective as of the day and year first written above.

Agency

Student

Signed: _____

Signed: _____

Print Name: _____

Print Name: _____

Title: _____

Date _____

Date: _____