

KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Strength and Conditioning Coach Assistant - Speed and Power

of Positions Available: 2

Industry/Company Description: Vergie Speed – a Calgary based company specializing in developing speed and power for Hockey, Soccer, Basketball, Ringette, Volleyball and Football athletes. We 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 – gender...to help athletes reach peak performance and achieve amazing results. Go to www.vergiespeed.com for more info.

Location: The Vergie Speed Training Facility is located in the South East. 7835 Flint Road SE. Across the street from the Heritage LRT station.

Required Hours per Week: 72 hours per term during fall and winter (6 per week); 10-12 per week during spring

Academic Session: Fall and Winter Terms Only

Specified Schedule: Students are expected to be available for two 3-hour blocks during the week. One from 5-8pm during the week and the second from 12-3pm on a Saturday or Sunday.

Project Duties/Responsibilities:

Specific Duties of Student...

- Observe and assist in implementing training programs for athletes involved in Hockey, Soccer, Basketball, Ringette & Football. 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 based drills. All of today's elite athletes are moving quicker and more explosively. We will teach our students how and why to correct various deficiencies in athletic movement.
- 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 Hockey and Soccer. 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 (Functional Movement Screen, Fitness Testing Supervision, Data Analysis, Data Entry, etc.)

Required Student Qualifications: Students must have a passion for working with young athletes.

On-Site Supervisor: Glenn Vergie is the on-site supervisor. He can be reached at glenn@vergiespeed.com – 403-660-1755

Glenn Vergie – Bkin, CSCS – President of Vergie Speed and Head Speed and Power Coach