

CCC High Performance Seminar

Canmore, Alberta, May 6th to 8th, 2016



PRESENTATIONS' VIDEOS

Saturday, May 7, 2016

Keynote Address by Hans-Christer Holmberg, PhD: Professor of Sport Science at Mid Sweden University and Director for Research and Development at the Swedish Olympic Committee and the Swedish Winter Sports Research Centre, Dr. Holmberg will be presenting research on post exercise heart rate recovery in skiers, gender differences in double poling and sprint technique, as well as technique and efficiency changes over different terrain types.

- [PART 1 OF 4](#)
- [PART 2 OF 4](#)
- [PART 3 OF 4](#)
- [PART 4 OF 4](#)

Michael Kennedy, PhD: Professor of Physical Education at the University of Alberta, Dr. Kennedy's research focuses fatigue, health and fitness factors that affect illness injury and performance in athletes. Dr. Kennedy will be speaking on lung function and health in Nordic skiers as well as pacing strategies in endurance sport.

- [PART 1 OF 1](#)

Alex Hutchinson, PhD: A former physicist, national-class runner, and a National Magazine Award-winning science journalist. Alex covers fitness and endurance for Runner's World's Sweat Science blog and The Globe and Mail's Jockology Column. Alex will be speaking on current research trends across endurance sport.

- [PART 1 OF 2](#)
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Meredith Rocchi: PhD Candidate in the School of Psychology at the University of Ottawa where she studies sport motivation, with a focus on understanding what impacts coaches' and athletes' motivation. Meredith will be speaking on coaching strategies for fostering short and long-term intrinsic motivation in athletes.

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Sunday, May 8, 2016

Keynote Address by Øyvind Sandbakk, PhD: Researcher at the Center for Elite Sports Research at the Norwegian University of Science and Technology, Dr. Sandbakk will be speaking via skype on speed and heart rate profiles of elite skiers in competitions, the physiological responses to repeated upper body sprint exercises in highly trained Nordic skiers and the physiology profiles of elite Nordic skiers.

- [PART 1 OF 2](#)
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Blair Evans, PhD: Professor of Kinesiology at Penn State, Dr. Evans' research focuses on the inherent social nature of sport and ensuring that meaningful and positive relationships are developed in these settings. Dr. Evans

will be speaking on team dynamics in individual sports and emotions during endurance competition.

- [PART 1 OF 3](#)
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Guillaume Millet, PhD: Professor at the University of Calgary's Faculty of Kinesiology, Dr. Millet is an expert in ultra endurance training and the associated physiological responses to endurance exercise. Dr. Millet will be speaking on the causes of fatigue and exhaustion in whole-body exercises in normal and extreme conditions, as well as how neuromuscular fatigue can explain running strategies and performance in ultramarathons.

- [PART 1 OF 2](#)
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Joel Jacques: Head Wax technician for the Canadian National Ski Team, Joel will be speaking on the latest waxing trends on ski preparation at the world cup level.

- [PART 1 OF 1](#)