



# 3<sup>rd</sup> Annual Northern Coaching Conference

May 15 & 16, 2010 • Prince George, BC

## Implementing Effective Strength Programs

Good training requires training hard, but also training smart. During this conference, coaches will learn ways for assessing and improving posture, movement patterns, flexibility, strength, speed, agility, power, and flexibility. Coaches will also learn how to interpret the test results and most importantly come up with a plan to improve them.

**Presenter: Steve Ramsbottom** BHK, CSCS

Steve is the owner of Performance Institute, a Strength and Conditioning facility located in Burnaby, BC. He is the Strength and Conditioning Coach for the Vancouver Whitecaps FC and trains several of BC's top amateur athletes (Gymnastics, Figure Skating), national team members and actors.

### Register Today!

Early bird fee: \$70.00

Fee after May 1st: \$90.00

[www.pacificsport.com/nbc](http://www.pacificsport.com/nbc)

or call 250-960-5348

Canadian  
Sport  
Centre  
Pacific



**Pacific  
SPORT**

PacificSport Northern BC

Charles Jago Northern Sport Centre • 3333 University Way, Prince George, BC • Canada • V2N 4Z9 • Tel. 250-960-5348 • Fax. 250-960-5343