



# Sport Performance Training Program

Training for the future

Fall 2016

Sport PEI , Synergy Fitness and Nutrition have developed a Sport Performance Training Program for PSO identified athletes.



New in 2016 a partnership has formed with Adrenaline Athletic Club to provide programming in the Summerside area.

This Sport Performance Training Program will provide an integrated system of service delivery in an environment that will help ensure Island athletes are moving toward their performance goals.



The focus of the Sport Performance Training Program will be to provide a menu of services and mechanisms to help PSO identified athletes develop the mental, physical, technical and tactical requirements to achieve their desired performance outcomes.



The Sport Performance Training Program will cater to the specific developmental needs of provincial level athletes and coaches, and elite athletes transitioning from the provincial to the national level.

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## Goals

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The main goal of the program is to ensure that Island athletes and teams are given the proper education, tools, guidance, and support they need to maximize their sport skills. To accomplish this goal, the Sport Performance Training Program focuses on:

- Implementing a more focused and organized system of identifying, educating, developing, and evaluating training protocols.
- Applying a higher quality and an increased quantity of time spent in preparation for regional, national and international events.
- Instilling a greater level of confidence, expectation, and accountability into the culture of high performance sport on PEI.

Synergy Fitness and Nutrition along with Adrenaline Athletic Club will provide leadership and professional services to all associated groups as well as creating partnerships to provide the highest level of service for athletes, coaches, parents, and sport groups.

Synergy Fitness and Nutrition and Adrenaline Athletic Club will be responsible for the following:

- Deliver programs and on-site training for PSO identified Island athletes
- Oversee logistics of athletes and teams testing and training schedules
- Nutrition education, team and individual meal strategies, and planning
- Additional services as requested (may require additional fee)

## Eligibility

Provincial Sport Organizations must apply to receive services from Synergy Fitness and Nutrition or Adrenaline Athletic Club. The number of sport organizations accepted into the program will be determined based on the total number of athletes to ensure appropriate training group sizes.

The training program will be developed based on the goals outlined by the Provincial Sport Organization. The training sessions must occur between November 2016 and September 2017.

The athletes must be identified by their Provincial Sport Organization to participate in the program.

Priority will be given to sport organizations which have previously participated in the program.

Space is limited.

## Services

The services under the Sport Performance Program:

**Package 1 – Group / Team Training for groups with over 15 athletes**

- 40 contact hours of professional services – which includes 36 strength and conditioning training sessions, 2 nutritional seminars and 2 testing sessions.
- Take home individual programs

Cost is \$240 plus tax per person

**Package 2 – Semi- Private Group/ Team Training for groups of 10 or less**

- 30 contact hours of professional services – which includes 26 strength and conditioning training sessions, 2 nutritional seminars and 2 testing sessions.
- Take home individual programs

Cost is \$300 plus tax per person

### On-Site Strength and Conditioning

Each training group, which is identified by the Provincial Sport Organization, will receive 36 contact hours per year for strength and conditioning training. The hours can be organized to best support the overall training and competition schedule of each sport group, i.e. off-season.

### Testing

Each training group will receive baseline sport testing at Synergy. These tests would occur at a minimum of two times per year.

Additional testing may be requested by a PSO, but those costs will be the responsibility of the PSO or the athletes themselves.

### Nutrition and other Professional Services

Coaches and athletes will be invited to attend nutrition seminars and other professional services, e.g. mental training, which will enhance the athlete's training experience. Examples of sessions would be: pre-game meals, developing weekly meal plans, goal setting, etc. These seminars will be offered at no cost.

### Provincial in Scope

Synergy Fitness will also accommodate teams/groups who would like training sessions at other locations. For example, a team with most athletes from the west can request training sessions to occur periodically at a location close to their athletes. However, it must be a location that is safe and appropriate and approved by Synergy Fitness.

### Schedule

The private training centre has three training spaces which allows for three separate groups to comfortably and adequately train at the same time. This allows for much more scheduling flexibility as well as private instruction than other commercial gyms or private gyms. Sport Performance Training athletes will have access to at least one space when requested, and will have many opportunities during the week to use two or all spaces as needed. It is important to recognize the needs of both parties working within the space and for there to be a respectful relationship when it comes to scheduling.

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### Location

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The Synergy Fitness and Nutrition is located at The Mount Continuing Care Community in Charlottetown at 141 Mount Edward Road.

Adrenaline Athletic Club is located at 613 South Drive in Summerside.

## About the Facility

This space includes the latest in sport training and fitness equipment. The space will truly be a place that Island athletes can call home. The physical facility will be ideal for meeting the newly adopted scheduling and training needs of all groups as well as providing a culture of excellence.

### **Synergy Fitness:**

- Private training centre featuring new equipment and 3 training spaces
- Men's and women's changing rooms and showering facilities
- Staff offices which can be used for individual consults and meetings
- Dining hall that will have meals designed for athletes under the guidance of a registered dietitian.
- Boardroom (capacity of 16)
- Large auditorium
- Space for outdoor gym on property
- Close proximity to UPEI (sport facilities, classrooms, accommodations, potential testing facility, student trainers)
- Close proximity to physiotherapy clinics

### **Adrenaline Athletic Club:**

- 24 hour members access, located in the heart of Summerside
- Fully stocked Pro shop
- Classes offered- Boot Camps, Fit Camps, Spartacus, Spin TRX, Centurion, Meta Box-it Circuit, Yoga, Hot Yoga, Athletes Yoga, Cardio, Drillz and much more
- In house Naturopathic Massage Therapist
- Spacious mirrored class room/activity room with several TRX strap stations
- Outdoor training apparatus, several heavy machinery tires, circuit training area
- Modern equipment in a clean comfortable environment
- Extremely friendly and knowledgeable staff
- A stable of top notch goal oriented accredited certified trainers
- A vast selection of machines and a full variety of free weights
- TNT Food Experience official dealer (*eat and live healthy*)
- Free WI FI
- Large flat screen TV's offering training techniques and work out tips and suggestions
- Clean changing rooms, washrooms, locker room, and shower facilities
- Community orientated, have made countless donations to fundraisers, benefits, and non-profit organizations

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## About the Trainers

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### **Kris MacPhee – Co-owner Synergy**

#### Education and Accreditation

- Master of Sport Science with a Coaching Major from the US Sports Academy
- BA-UPEI
- Certified Personal Trainer- CanFitPro
- Certified Sports Conditioning Specialist- IFPA (International Fitness Professional Association)
- First Aid/CPR/AED- Renewed Yearly

Kris has worked with athletes of all levels and across a wide range of sports. He has extensive experience working with athletes at the elite level including many Canada Games athletes and teams, UPEI Panthers sport teams, as well as many national level and professional athletes.

National and professional athletes that Kris has worked with include: Charlottetown Islanders Hockey Club; Abbey MacLellan – Field Hockey, Bailey Webster – St. John Seadogs; Joel Ward – Hockey; Jada Yeo – SFU Softball; Caitlin Campbell – Biathlon; Shannon MacAulay – Hockey and many more.



### **Bethany Vessey – Owner and Founder Synergy**

#### Education & Accreditation

- BSc. Nutrition
- Register Dietitian
- Certified Personal Training Specialist and Group Fitness Specialist (CanFitPro – PTS & FIS)
- CPR/AED - Renewed Yearly
- NCCP Level I (National Coaching Certification Program) Field Hockey
- Planning to write the NSCA CPT certification



## **Dan Archibald – Trainer Adrenaline Athletic Club**

### Education & Accreditation

- Certified Personal Trainer - Sport Performance Institution in Ottawa

Dan has extensive experience working with both the general public and athletes. He has worked with youth of all levels and sports as well as professional athletes.

Professional athletes Dan has worked with: Dion Phaneuf - NHL Ottawa Senators; Daryl Boyce - NHL/European pro hockey; Brett Gallant - NHL/AHL; Alex Gallant - AHL.



## **Sport Performance Training Program Application**

Provincial Sport Organizations must apply to receive services from either location. The number of sport organizations accepted into the program will be determined based on the total number of athletes to ensure appropriate training group sizes.

The athletes **must be identified by their Provincial Sport Organization** in order to participate in the program.

Priority will be given to sport organizations which have previously participated in the program.

Training schedules will be determined based on the number of sports and athletes, so please ensure that your application is received by the deadline date. Payment for services goes directly to Synergy Fitness and Nutrition or Adrenaline Athletic Club.

**Applications must be sent to Sport PEI and then the facilities will be contacted to discuss if there is space and a plan going forward. Requested will be reviewed the first and third Wednesday of each month.**

**Space is limited so timing is important.**

<b>Name of Organization:</b>		
<b>Level of Athlete (i.e. LTAD):</b>		
<b>Names of Athletes (including ages):</b>		
1.		9.
2.		10.
3.		11.
4.		12.
5.		13.
6.		14.
7.		15.
8.		16.
<b>Current training plan:</b>		
<b>Goals/Objectives for athlete(s)/team:</b>		
<b>Name of coach(es), including NCCP # and certification level:</b>		
<b>Name:</b>		<b>Certification and NCCP #</b>