

# **Strength and Conditioning for the Paralympic Athlete**



Pacific Institute for Sport Excellence

# Bio

- PISE Adapted Strength and Conditioning Specialist
- Bachelor of Athletic and Exercise Therapy (BAET)
- CATA CAT(C)
- CSEP CEP
- NSCA CSCS
- AT/CEP – AB and Para sports
- Rehab to performance



# What is PISE?

- Not-for-profit organization
- Brings together:
  - Community sport and active healthy living development
  - Sport and exercise education
  - World class athlete performance services
  - Sport technology research





# Our Clients

- ~14 000 users of building and facility
- ~4500 children and youth (~300 with intellectual, developmental or physical disability, ~300 indigenous youth)
- All ages and abilities – youth to seniors, Olympians/Paralympians, active for life to professional athletes



# Outline

Training environment that truly nurtures excellence

1. An open and welcoming training environment
2. Effective use of Long-Term Athlete Development principles
3. Persistent focus on improvement - process and effectiveness
4. Considering needs of the person/athlete and the program objectives
5. NSO/PSO alignment and leadership



# 1. Open and Welcome Training Environment

- ‘Yes First’ mentality
- Continual desire to expand inclusivity building wide
- Language/symbol usage
- ‘New Normal’
- Person first



# How we started

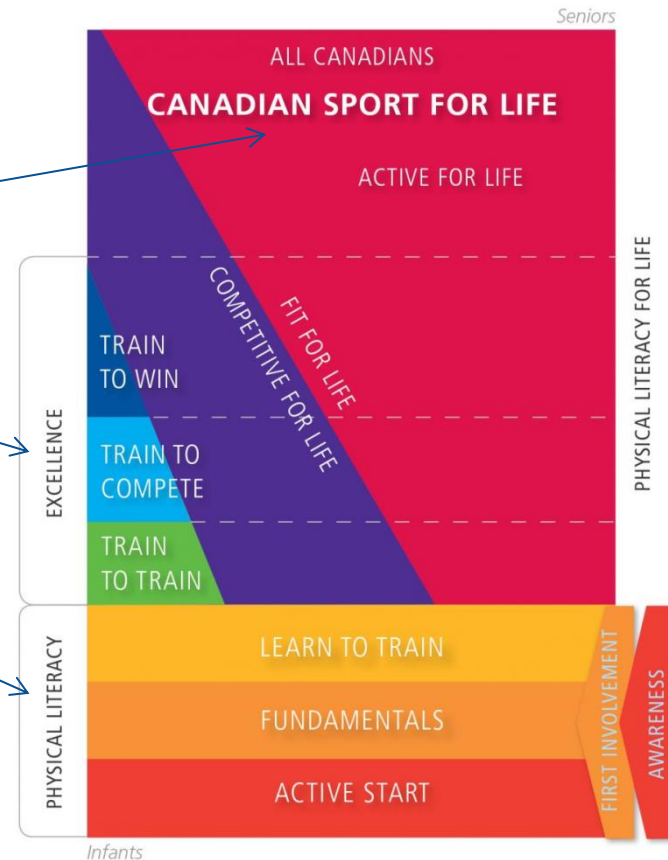
## Adapted Strength and Conditioning Program

- Responded to community need – 1 class per week
- Desire to collaborate
  - Victoria Wheelchair Sports
  - Center for Exercise Education (Camosun College)
- Willingness to try 😊
  - No readily available ‘how to’ manual



## 2. Effective Use of LTAD Principles

May be at  
multiple stages  
simultaneously

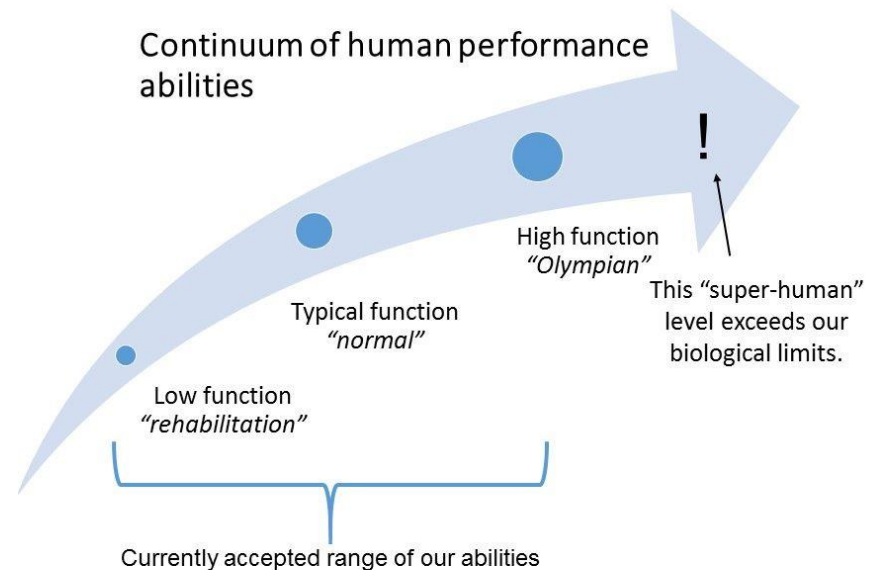


<http://canadiansportforlife.ca/learn-about-canadian-sport-life/ltad-stages>



# Rehab to Performance

- Understand the continuum of human performance
  - It applies to everyone!
  - Can get 'stuck' in a phase



- Digitaljournal.com



# 3. Persistent Focus on Improvement

- Developed intake protocols and movement competencies
- 3+ years of programs to reference
- Collaborating with other professionals
  - OneAbility/CSI
- Meetings with NSOs



## 4. Considering needs of the person/athlete and the program objectives



# How we deliver

- High performance (HP)
  - Work with PSOs/NSOs
    - HP experience for Paralympic/development athletes
  - Work with Canadian Sport Institute Pacific
    - Provide service to carded athletes
- Coach development
  - S&C coaches comfortable with needs of Paralympic sport





## 5. NSO/PSO Alignment and Leadership

- Collaborate for benefit of athlete
- Fill knowledge gaps
  - Condition, sport demands
- Provide strategic info for implementation
  - YTPs, key objectives
- Created accountability and excellence culture
- Opportunity to reduce costs



# Lessons Learned

- Stay true to training principles
- Be prepared to make changes...daily
- People are people are people
- Creative brain required!



# Questions



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