

OPTIMISING ATHLETE PERFORMANCE

27th October 2016
@ Cork Institute of
Technology

An Interactive Workshop focusing on the monitoring of training load for injury prevention in sport

Ideally suited for Coaches, Physiotherapists, S&C Coaches, Teachers and Athletes

- Develop a greater understanding of load management
- How to prescribe and monitor athlete training loads for injury prevention and improved athletic performance
- The effects of fatigue on skill development and execution

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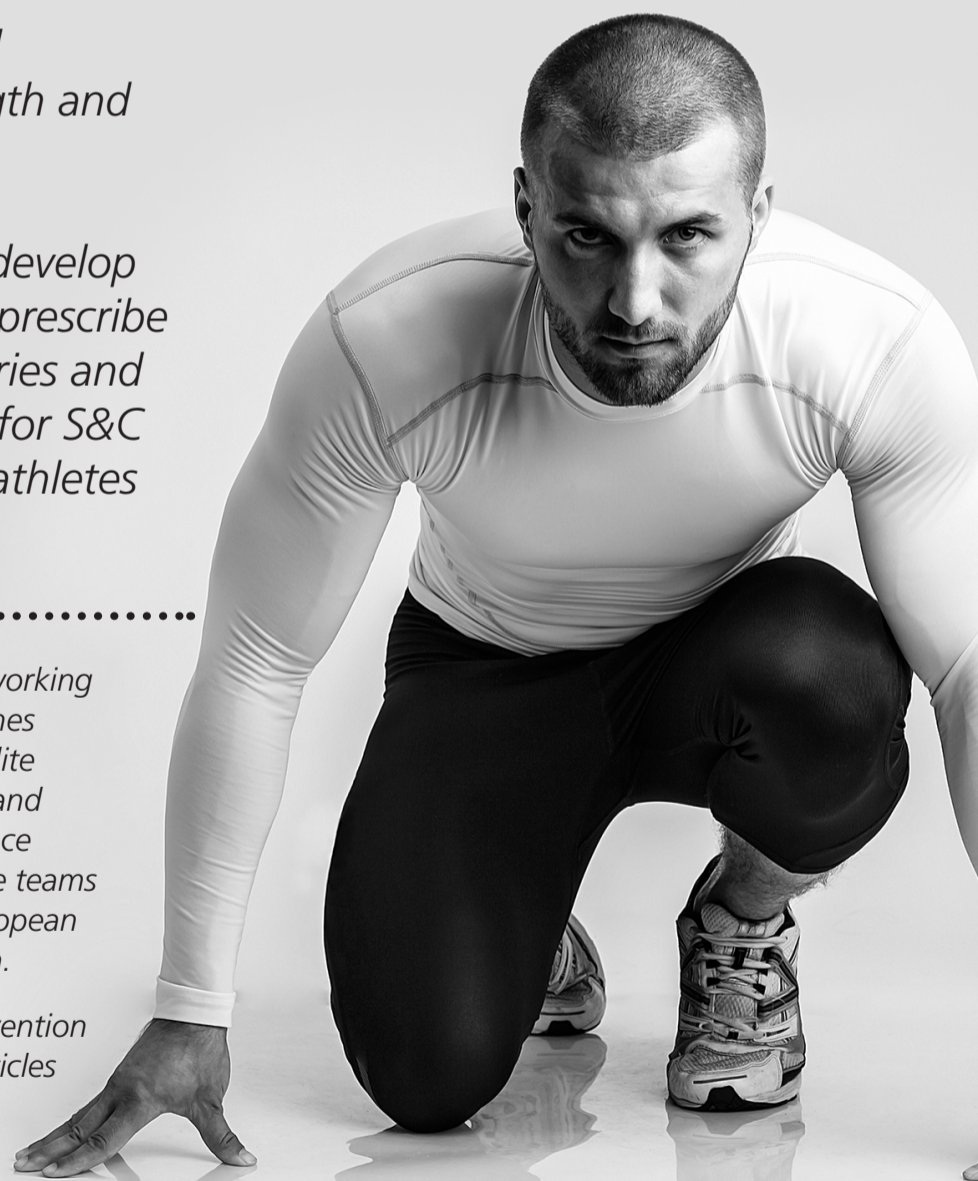
An evening full of **cutting edge and evidence-based** practice presented by one of the world's leading Strength and Conditioning coaches, **Dr. Tim Gabbett**.

This **Athlete Performance Workshop** is designed to develop a greater understanding of load management, how to prescribe and monitor athletic training loads to help prevent injuries and ultimately improve athletic performance. It is designed for S&C coaches, skills coaches, physiotherapists, teachers and athletes who want an improved athlete management system.



DR. TIM GABBETT has 20 years' experience working as an applied sport scientist with athletes and coaches from a wide range of sports. He has worked with elite international athletes over several Commonwealth and Olympic Games. He currently works as a sport science consultant and advisor for several high performance teams around the world, including most recently with European Footballs teams and NFL and NBA teams in America.

He holds two PhD's – the second specialising in physical demands, injury prevention and skill acquisition in football. Tim has published over 200 peer-reviewed articles and has presented at over 200 national and international conferences.



WORKSHOP THEMES:

- Monitoring training loads for injury prevention and performance
- Fatigue effects on skill
- Reactive agility Vs Change of Direction
- Coaches, S&C and physiotherapists working together
- Practical approach to interpreting data