

Your CSC Pacific Athlete Training Logbook



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Dear athletes,

As the Canadian Sport Centre Pacific, we ensure that you are at the leading edge of your performance through applied sport science and medicine, sport technology, research, innovation and expertise while we continue to grow practical support services that enable you to focus on your training.

This Athlete Log Book has been designed to assist you with logging your training and competition schedule, assessing your performance state and managing your time. Also included are resources that you can refer to in the areas of nutrition, biomechanics and strength training to name a few. Ultimately, we hope that this will assist you on the road to your personal athletic achievements.

Yours in Sport,

Dr. Gord Sleivert
Vice President Sport Performance
Canadian Sport Centre Pacific

Performance Points: Information for You!

As the Canadian Sport Centre Pacific, we strive to provide you with leading edge sport science and medicine, technology, research and innovation information to support an optimal training and competing environment. Performance Points are created throughout the year by our Performance Services staff to supplement the practical support services that we provide.

Below is a list of Performance Points that are available on our website at www.cscpacific.ca.

Biomechanics and Performance Analysis

Data Integration with Video
Motion Capture and Analysis
Performance Analysis
Speed Analysis
Start Performance
The Physics of Human Movement
Turnovers as Performance Indicators

Nutrition

High Quality Nutrition
Nutrition for Travel
Recovery Nutrition
Vitamin D

Physiology

Asthma
Electrolyte Analysis of Sweat
Field Testing
Heat Adaptation
Hydration
Medical Screening: Blood Tests
Physiological Monitoring
Pollution in Beijing
Pre-Test Preparation
Simulated Altitude Training
Travel Strategies

Planning

Planning and Periodizing

Psychology

Goal Setting 101
Ideal Performance State
Switching Between Sport and Life

Strength and Conditioning

Posterior Chain
Prevention of Knee Injuries
Recovery and Regeneration
Strength & Conditioning
Strength and Conditioning for the Young Athlete
Training Logs
Training to Enhance Power
Warm-Up

Technology

Sport Technology

JANUARY 2008						
SUN	MON	TUES	WED	THURS	FRI	SAT
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FEBRUARY 2008						
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MARCH 2008						
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APRIL 2008						
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MAY 2008						
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JUNE 2008						
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JULY 2008						
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AUGUST 2008						
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SEPTEMBER 2008						
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OCTOBER 2008						
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NOVEMBER 2008						
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DECEMBER 2008						
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