

Summer 2011 Referee Satellite Training Program



This program is designed for Elite Referees in the Ottawa. It will be facilitated by Chris Schwarz who is the founder of FITQUEST and is the Head Strength and Conditioning coach with the Ottawa Senators. A detailed satellite (take home) program and photos will be provided to allow each athlete to train on their own in their facility of choice. A scheduled session will demonstrate each exercise, direction of phase and designate time to perform techniques of new phase. A Fitness Assessment will also be performed at the first session.

Program will be run out of the Heritage Gym in Carleton Place. Athletes will be expected to be motivated and work independent of supervised training sessions 5 days per week.

INCLUDED: 1 Fitness and Functional Assessment
4 Periodized programs (4 program phases) and demonstration of exercises.
Nutritional guidance and online-coaching throughout summer.

FOCUS: Neuromuscular re-education and alignment
Functional Core Strength
Power
Agility and Mobility
Energy system development

Program will be run out of the Heritage Gym in Carleton Place. Athletes will be expected to be motivated and work independent of supervised training sessions 5 days per week.

COST: \$200 plus hst. (payable in 2 payments). For more information please contact Chris directly at chris@fitquest.ca

SCHEDULE

DATE	TYPE OF SESSION	TIME	PLACE	INFO
TUES MAY 24TH	ASSESSMENT AND PHASE 1 DEMO	6PM-8PM	HERITAGE GYM	TESTING AND PHASE 1 PROGRAM DEMONSTRATION PROGRAM JUNE 1ST TO
WEDS JUNE 15TH	PHASE 2 DEMO	7:30-9PM	HERITAGE GYM	PHASE 2 BEGINS JUNE 19TH
WEDS JULY 13TH	PHASE 3 DEMO	6:00-730PM	HERITAGE GYM	PHASE 3 BEGINS JULY 18TH
WEDS AUG 4TH	PHASE 4 DEMO	6:00-730PM	HERITAGE GYM	PHASE 4 BEGINS AUG 8TH