

Sport Conditioning



What is the HPTRC?

The official training facility of Golden Bears and Pandas Varsity Athletics, the High Performance Training and Research Centre (HPTRC) is quickly becoming the first choice of Edmonton's top sports clubs, including the Edmonton Oilers. The HPTRC is a first-class facility housing high quality weight lifting and cardiovascular equipment, as well as experienced and knowledgeable Sport Conditioning coaches to build customized, targeted programs for high performance athletes. The HPTRC is also proud to be the home of the Alberta Sport Development Centre – Capital Region, which is dedicated to enhancing the development of emerging athletes.

Sport Conditioning

Sport Conditioning is training for the demands placed on an athlete in their sport. Our Sport Conditioning coaches use training techniques based on the latest research to effectively build maximal strength, power, and endurance, resulting in increased fitness levels and athleticism.

Athletes have the opportunity to work with a Sport Conditioning coach two times per week. Our team of coaches will teach proper technique for Olympic lifts, squats, presses, pulling, and jumping. When combined with cardiovascular training and flexibility, we provide a program tailored to the specific requirements of each athlete and their sport.

Train to Train (12 - 14 yrs old)

Athletes in the Train to Train stage of development are transitioning from focusing largely on fundamental movement skills towards an increased focus on Sport Conditioning as the athletes mature. Our Train to Train program will continue to use movement training to develop agility, balance, and coordination.

Learn to Compete (15-17 yrs old)

Athletes in the Learn to Compete stage of development are focused on utilizing Sport Conditioning to build the strength, power, and endurance which will allow them to compete at the highest levels of their sport. These athletes will learn the technique of the Olympic lifts and the appropriate intensities of the cardiovascular training, and they will strive to excel in these areas.

Schedule

The following programs start on the week of **April 7th and run for 12 weeks ending the week of June 22nd.** In order to accommodate the schedules of our athletes, we offer a number of different day and time options:

| Train to Train | Time | Maximum Participants | Total Price (24 sessions) | Course Code |
|------------------|-----------|----------------------|--|-------------|
| Monday/Wednesday | 6 to 7 pm | 10 | \$300* (this represents a \$60 savings on our standard rate) | 29447 |
| Monday/Wednesday | 7 to 8 pm | 10 | | 29448 |
| Tuesday/Thursday | 6 to 7 pm | 10 | | 29449 |
| Tuesday/Thursday | 7 to 8 pm | 10 | | 29450 |
| Learn to Compete | | | | |
| Monday/Wednesday | 6 to 7 pm | 20 | \$300* (this represents a \$60 savings on our standard rate) | 29451 |
| Monday/Wednesday | 7 to 8 pm | 20 | | 29452 |
| Tuesday/Thursday | 6 to 7 pm | 20 | | 29453 |
| Tuesday/Thursday | 7 to 8 pm | 20 | | 29454 |

* Pricing includes GST

To register go to www.activityreg.ualberta.ca and search the course code or look under HPTRC or call **(780) 492-2231**

For more information...

Contact **Eric Golberg** at the HPTRC hptrc@ualberta.ca or **(780) 248-1897** and **follow us at the links below:**

 @HPTRC
  www.facebook.com/HPTRC
 www.youtube.com/HPTRC

Address: 11610 65 Avenue , Edmonton AB

