

## Sport Science/Sport Medicine Programming – cross country skiing

### Report: Nov 1, 2021 to Oct 31, 2022

- Incremental Treadmill Testing (May camp)	BCST/BCDS	Stacey Hutton
- Incremental Treadmill Testing (Sept camp)	BCST	Stacey Hutton
- Physio Assessments/FMS	BCST/BCDS	Lauren Lipsius
- Develop data base for IST/field testing results (in progress)	BCST/BCDS/BCTS	Ming-Chang Tsai
- Sport Psychologist (Sept camp)	BCST	Shelbi Snodgrass
- Dietician – presentation/work with athletes (Sept camp)	BCTS	Kourtney Gordon
- Dietary assessments (following May camp)	BCST/BCDS	Kourtney Gordon
- Dietician - individual talks with red flags	BCST/BCDS	Kourtney Gordon
- Strength/Conditioning		
- Monthly updates for decentralized sport system	BCST/BCDS/BCTS	
- Testing May camp	BCST/BCDS	Lauren Lipsius
- Testing Sept Camp	BCST	Lauren Lipsius
- Presentation at NCCP L2C and T2T Dryland Workshops	----	Lauren Lipsius (L2C)
Andrew Kates (Apr T2T), Lauren Lipsius (June T2T) and Deanne Taillieu (Sept T2T)		

### Came to a halt during pandemic; slow to recover following the COVID-19 interruption

- Sport Psychologist introduction (May camp)	BCST/BCDS	Dave Freeze
- Sport Psychologist - individual talk x 3	BCST	Dave Freeze
- Sport Psychologist - individual talk x 2	BCDS	Dave Freeze
- Develop video library re: Sport Psychology		Dave Freeze
- Foundations of Sport Performance Psychology (8 sport specific modules)		

### Legend

BCST: BC Ski Team

BCDS: BC Development Squad

BCTS: BC Talent Squad

