

# Professional Development Grant Follow-up In-Service Report Form

**Note: All recipients of individual professional development funding are required to complete this form prior to receiving any funding.**

**Name:** Chelsea Guebert **Consulting Area (eg. strength):** Strength and Conditioning/Physical Therapy

**Conference Attended:** 2017 National Strength and Conditioning Coaches Conference

1. Please list the workshops/lectures/courses you attended while at the conference. (Note: If more than 5 sessions were attended please list between 3-5 of the sessions that were the most productive from a learning perspective).

- A) Strength, Speed Strength and Power transfer from the weight room to the football field – Pete Bommarito
- B) Inflammation and Athletes: A Review of current research on exercise adaption, nutrition and recovery interventions
- C) Exercise Recovery: Science vs Practice – Michael Naperalsky

2. Please briefly indicate up to 3 key things you learned from the sessions attended above that would benefit high performance athletes?

- A) Certain phases of the training cycle may require you to get back to the basic lifts to build strength/power- Develop muscle, not just movements.  
-utilize dynamic eccentric loading and variable loading throughout ranges of movements
- B) Choose foods that are dark red, blue or black (ie. Berries, tart cherry juice - also aids in performance recovery), fatty fish, and whey protein for the most anti-oxidants  
-consider eating whole and fresh fruits and vegetables more often than pre-cut to preserve anti-oxidants and nutrients within food (ie. Something to consider with buffet/cafeteria foods)
- C) Sleep- aim to get 7-10 hours of sleep – develop good sleep hygiene practices ie. avoid screen time before bed, establish a routine

3. Please briefly indicate up to 3 key things you learned from the sessions attended above that would benefit our consultants?

- A) Consider what is happening at the micro-muscle level within a training program– slightly different approach vs functional/global movement training. Training focused on the development of the stretch reflex can enhance speed/power development. This is achieved both with resisted movements in the gym and dynamic field movement progressions (ie. mock A/B/C drill & bounding variations)
- B) There are two different types of inflammation – acute and chronic. The acute inflammatory response, and corresponding release of free radicals, is needed for tissue healing and muscular adaptation. Too much could lead to heat, fatigue, pain, swelling, etc. Chronic inflammation does not present with obvious symptoms, but wears the body down over time.  
-consider systemic inflammation as multi-factorial: poor sleep → emotional stress → poor diet → depression—need to address the whole athlete
- C) For performance recovery, the strongest evidence in research supports nutrition, hydration, sleep, rest, and psychological support. There is less evidence to support the more common practices of myofascial release, hydrotherapy, and compression  
\*utilize multi-faceted approach to assist with global physical and psychological recovery

4. If this was an annual conference would you recommend it to other consultants?

-yes; valuable to learn from a variety of professionals with varying backgrounds and approaches

5. Any additional Comments?

***Note: This completed form will be distributed to all pertinent SMSCS consultants for their information and education.***

*Please return the following form to the Sport Medicine & Science Council of Saskatchewan via: email: [smcs@sasktel.net](mailto:smcs@sasktel.net) or ( fax )1-306-780-9416*

