2 DAY STRENGTH AND CONDITIONING WORKSHOP
for tactical populations

OCCUPATIONAL ROLE SCOPE BASED ON CURRENT RESEARCH

TOPICS INCLUDE:

• “velocity” based training for first responders, relevant explosive movement pattern development
• Role scope specific, “the science of programming in a specialist workplace”.
• Coaching diagnostics lifting practices techniques for the ageing operator.
• Human Performance measures, how to test, screen, develop coaching strategies with purpose ‘create buy in’ with all members including executive.

PRESENTERS:  Mr Jeremy ROBINSON
              ASCA Lvl 2 Tactical Strength and Conditioning Specialist
              Mr Shane IRVING
              PhD Candidate, CSCS
              Cpl Danny COOPER
              PhD Candidate, ASCA Lvl 2

Inclusions, take away reference material, programming material and templates and recent research articles and video files of lifting and self-coaching correctives analysis.

Date and location to be confirmed, please send your expression of interest to: si@ops.live

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