

INJURY PREVENTION COACHING CLINIC

FREE practical coaching clinic for teachers & coaches

Learn an evidence-based injury prevention warm-up program to prepare your athletes for continued participation throughout the season. There is strong evidence to inform the benefits of implementing neuromuscular training (NMT) warm-up programs to reduce injury risk and improve performance measures in youth and elite athletes.

**Thursday, February 21st, 2019
5:30 – 7:00 PM – PE 110 (UofL)**

Please come prepared to be active, as we will run through the warm-up together, practicing delivery and peer-feedback. It will include a practical session with feedback provided for optimal NMT exercise technique.

**Facilitated by Carla Vandenberg, MSc, CSEP-CEP
NCCP certified coaches may claim 1 PD credit for attending
RSVP by email to susan@lethbridgesportcouncil.ca**

What is NMT?

Learn an evidence-based injury prevention warm-up program to prepare your athletes for continued participation throughout the season. There is strong evidence to inform the benefits of implementing neuromuscular training (NMT) warm-up programs to reduce injury risk and improve performance measures in youth and elite athletes.

What will I learn from this coaching clinic?

Neuromuscular training prepares the athlete through optimal muscle activation patterns to increase dynamic joint stability and improve fundamental movement patterns. With training maintenance, this can be translated into optimal movement patterns in sport and physical activity. Sport-specific warm-up programs include aerobic, agility, strength, and balance exercises.

Why is NMT important?

Lower limb injuries account for more than 70% of all injuries in youth sport. Injuries can lead to time loss from valuable training or competition time, greater risk of recurrent injury, and longer term injury consequences. High-level research evidence has demonstrated that NMT warm-up programs are effective at reducing lower extremity injury risk in sport by 35% compared to more traditional warm-up programs.



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