



MENU OF SERVICES

2020 - 2021

Sport
MANITOBA
PERFORMANCE





What We Do

We are one of Manitoba's premier high-performance training centres. We combine expert coaches and the latest in strength and conditioning technology to create completely customized training experiences, pushing athletes of any sport to maximum athletic excellence.

We use an integrated support team model that is athlete-centred and coach-driven. We collaborate with sport medicine professionals, nutritionists, mental skills coaches, and other sport leaders to help athletes and coaches achieve their goals.

While we help athletes reach the podium, our goal is to ensure they are healthy, fit, and psychologically ready for optimal performance.

The Facility

The Performance Centre is 6,000 square feet of customized athlete training space. It features areas dedicated to strength and conditioning and sport science.

The strength and conditioning area is ideal for individual and team training of any sport, while the sport science area is full of high-tech testing and monitoring equipment to help athletes and coaches set goals and track progress.



Sport Manitoba Performance testing is always the highlight of our programming. The process and feedback are excellent and help us set development goals for the year. It's a critical piece of the training and success of our high-performance athletes.



- Dan Becker, Technical Director
& High-Performance Coach for
Basketball Manitoba

Strength & Conditioning Equipment

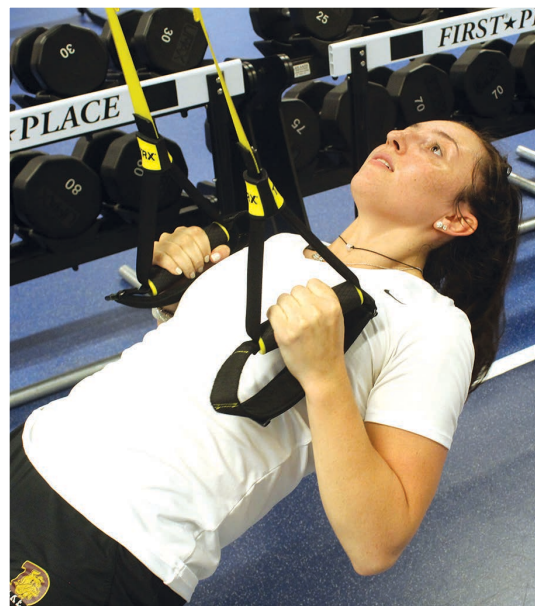
- 10 Olympic lifting platforms
- 6 power racks
- 8 benches
- 3,000+ lbs of plates
- Dumbbells up to 120 lbs
- 1 Keiser air-resisted power rack
- 3 Keiser air-resisted functional trainers
- Plyometric training area with hurdles, plyoboxes, medicine balls, etc.
- 2 Torque TANKs
- 3 treadmills
- 3 stationary bikes
- 2 rowing ergometers
- VersaClimber
- Leg press
- Leg extension/leg curl machine
- Glute/ham bench
- 4 slide boards



There's an energy at Sport
Manitoba Performance that's
second to none.



- Nick Henry, Colorado Avalanche Prospect



Contact 204-925-5751 or performance@sportmanitoba.ca to create your custom package.

Sport Science Equipment

We use innovative sport testing equipment to measure each athlete's strengths and weaknesses. Data from each test allows us to educate coaches and athletes on how to increase performance and reduce the risk of injury.

We also have an InBody scan, which is great for overall body testing. It's a non-invasive way to track changes in body composition such as total body water, metabolic rate, and lean body mass.

Apart from the InBody scan, our sport science equipment tests four primary aspects of athletic performance: reaction, endurance, power, and speed.

Reaction



Endurance



Power



Speed



FITLIGHT Trainer

S

R



Force Plates

P



Keiser Functional Trainers

P



Polar Team Pro HR/GPS

S

E



Velocity-Based Training

S

P



Wattbikes

E

S

P





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Our athletes get it all at Sport Manitoba – technical training, strength and conditioning, physio, and sport science. The staff work as a team creating a truly exceptional athlete experience.



– Jayson Gillespie, Provincial Head Coach for Manitoba Cycling Association

Building Services

Sport Manitoba is also home to the **Sport Manitoba Clinic**, a full-service medical clinic that specializes in athlete care and rehabilitation.

The building also has three full-size courts, which are customizable for various activities, making it convenient for teams to practice and train under the same roof.

For athletes honing their skills in golf, softball, baseball, and cricket, there's the flex space, which is a 1,200 square foot area outfitted with hanging nets.

Our facility also hosts the **Sport Manitoba Fitness Centre** for athletes, parents, and the general public to access on a drop-in or membership basis.

Top top it all off, there are meeting rooms to accommodate anywhere between five and 100 people. The rooms are ideal for our seminar services and for any other team meetings or special events.

There is a secure indoor parkade beneath the building. Or, street parking is free after 5:30 p.m.

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Athlete Services

Strength & Conditioning

Team Training

Our team training sessions are a combination of team building exercises and strength and conditioning programs to help teams perform at their highest level while building a cohesive team unit.

Athlete Training

One-on-one training is a great choice for athletes with little strength and conditioning experience, who require significant technical coaching and would benefit from individual attention from a performance coach.

Semi-Private Training

This option is intended for athletes with some strength and conditioning experience, but the athletes require a program, monitoring, and access to an athlete-focused training facility. Our performance coaches will assist and lead the athletes through individualized programs.

Small Group Training

The small group option is intended for a group of athletes of similar fitness levels and experience. Small group training sessions are led by our performance coaches with sport-specific workout programs.



Athlete Services

Testing & Monitoring

Multi-Sport Combines

Combines are open to all athletes of any sport or fitness level. The athletes run through various drills to test their power, endurance, speed, and reactions. We gather data and pass it along, showing teams their areas for improvement.

Sport-Specific Combines

We work with coaches, provincial sport organizations, or national sport organizations to customize our testing protocol, allowing for more accurate and relevant data for any given sport.

Athletic Profile

Athletic profile tests provide insight into an athlete's individual areas for improvement. Each athlete has an option to add an InBody test, which reveals body composition, including fat mass, lean body mass, and metabolism.

Team Profile

Team profiling provides coaches with an overview of their athletes' performance during practice or competition. We have the equipment to monitor each athlete's heart rate training zones, speed zones, sprints, training loads, and recovery status.



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Athlete Services

Seminars, Workshops & Consulting

We offer various talks for athletes, coaches, parents, and teams, educating them on everything they need to know about high performance. Any of our seminars, workshops, and consulting services can be for large groups or for private one-on-one sessions.

Peak Performance Series

P-Series talks feature experts from all areas of high performance. The keynote speakers offer insight into topics such as tips for the media, training during the off-season, and what to expect during the student-athlete recruiting process. Our Peak Performance Series runs from October through March.



Nutrition Team Talks

We offer nutrition talks to groups or individuals throughout the year or by request. The talks can be customized, but they generally cover topics such as basic nutrition, meal preparation, and eating before and after competition.



Mental Skills Team Talks

Similar to our nutrition seminars, our mental skills talks are customizable. However, they generally cover topics such as goal setting, motivation and confidence, stress management, and team building.



Off-Site & Regional Services

Sport Manitoba is developing a network of approved regional service providers and facilities outside of Winnipeg and can deliver educational seminars to provincial athletes and coaches across the province.

We can also create custom take-home or off-site programs that athletes can do at a facility most convenient to them. For more information on off-site and regional services, please contact performance@sportmanitoba.ca.



"The attention to detail in the Performance Centre is outstanding. Training there has helped me extend my athletic career."



- Jennifer Saunders, 19-time Canadian Champion & 6-time medalist at the Pan Am Championships (Racquetball)

Our Team



Jeff Wood

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Neal Prokop

MSc, CSCS, PES
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Strength & Conditioning | Sport Science

Davis Chase - BKin, CPT
Jacqueline Mazur - BKin, CSCS

Nutrition

Hao-Yi Sim - BSc, HNSC

Mental Skills

Paige Zaporzan - BA Psych
Chantal Man Landegham - BSc, MA, PhD Candidate

Coach/Athlete Development - Brandon

Dean Lowrie - HB HM, CSCS, PNI

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