



VICTORIA National Athletics High Performance Centre Victoria (NAHPCV)



Supported by  
Athletics Canada, Pacific Sport Victoria, University of Victoria Athletics and Recreation Services

Presents

## **Pain and Mental Stress in Sport: What do we think of it?**

An informative weekend for coaches and athlete to explore this interesting topic.

**FRIDAY OCTOBER 23 – SATURDAY OCTOBER 24, 2009 at the University of Victoria**

**FEE: \$35 per coach, \$20 per accompanying athlete. Light snack provided.**

### **Friday October 23<sup>rd</sup>**

- 6:30 -7:00pm Registration- McKinnon Bldg, UVIC
- 7:00 – 8:30pm Keynote Speaker

**Jason Dorland:** - Former Olympic, Commonwealth Games and World Championship rower. He is the first person to win the coveted Calder Cleland Memorial Trophy as an athlete and a coach. He is co-owner and creative director for an organic and natural food company called Skeet & Ike's .

### **Saturday October 24<sup>th</sup>**

- 9:00am -1:00pm **Pain and Mental Stress in Sport: Perspectives from the following speakers:**

**Robyn Meagher –MA Psychology-** Robyn Meagher is a Registered Clinical Counsellor in private practice in Victoria, British Columbia. Robyn is also a two-time Olympian, Commonwealth Games and World Cup silver medalist. Her 17-year career in international athletics has been a rich source of knowledge and learning in mind-body-spirit integration and the power of focused attention and commitment.

**Dr. Peter Bennett ND, RAc, DHANP –•**Dr. Peter Bennett practices in Langley, British Columbia. As a naturopathic physician, Dr. Bennett uses hydrotherapy, diet, nutrition, herbal extracts, homeopathy, and physical medicine and intravenous nutritional medicines to help patients with acute and chronic health problems. He frequently lectures to the public and health care professionals, writes for magazines, and has been a featured expert on national television programs.

**Dr. Padraig McCluskey MD, CASM-** Dr. Paddy McCluskey is a Victoria Sport Medicine MD with a background in exercise physiology and a 3-time member of Canada's Senior Men's World Cross Country Team. He is currently working with Athletics Canada's Middle Distance Training Centre.

To Pre –Register please send Name(s) with coach email and telephone # by October 15<sup>th</sup> to:

[bfougner@uvic.ca](mailto:bfougner@uvic.ca)



**REGISTRATION INFORMATION**

<b>Personal Information</b>			
<b>Name</b>			
<b>Address</b>			
<b>City</b>		<b>Prov</b>	
<b>Postal Code</b>			
<b>Phone</b>			
<b>Email</b>			

<b>Method of Payment</b>	
<b>Credit Card</b> (in full at time of registration)	<input type="checkbox"/>
<b>Cheque</b> (payable to "Pacific Sport Victoria")	<input type="checkbox"/>
<b>Cash</b> (in person only)	<input type="checkbox"/>
<b>Visa or Mastercard Number</b>	
<b>Expiry Date:</b>	

**To register please fax completed form to: (250)744-3542; or register in-person on October 23rd.**

## Full Bios on Speakers

**Keynote Presentation-Jason Dorland:** - Former Olympic, Commonwealth Games and World Championship rower, coached the Shawnigan Lake School senior boy's rowing crew to four National Championships and an unofficial High School World Record Time, becoming the first person to win the coveted Calder Cleland Memorial Trophy as an athlete and a coach. Two members of that World Record setting crew brought home Gold Medals for Canada from the 2006 U23 World Championships in the men's eight. Jason is also the co-founder, co-owner and creative director for an organic and natural food company called Skeet & Ike's <<http://www.skeetandikes.com>>.

**Robyn Meagher –MA Psychology-** Robyn Meagher is a Registered Clinical Counsellor in private practice in Victoria, British Columbia. She holds a Masters degree in Counseling Psychology from the University of Victoria in which she focused her research on ecopsychology, personal transformation and social change. Robyn is a registered member of the BC Association of Clinical Counsellors.

Robyn has a life-long interest in health and wellbeing and human potential. She has counseled people on a range of issues including: lifestyle changes, sport performance, anxiety and depression, grief and loss, self-care for care-givers, conflict resolution, relationships, self-esteem, emotional eating, finding inner peace and actualizing personal potential.

Robyn is also a two-time Olympian, Commonwealth Games and World Cup silver medalist. Her 17-year career in international athletics has been a rich source of knowledge and learning in mind-body-spirit integration and the power of focused attention and commitment.

### **Dr. Peter Bennett ND, RAC, DHANP –• Naturopathic Physician**

Dr. Peter Bennett practices in Langley, British Columbia. As a naturopathic physician, Dr. Bennett uses hydrotherapy, diet, nutrition, herbal extracts, homeopathy, physical medicine and intravenous nutritional medicines to help patients with acute and chronic health problems. He frequently lectures to the public and health care professionals, writes for magazines, and has been a featured expert on national television programs.

In 1999, Dr. Bennett wrote a how-to book for the public. Featured on the L.A. Times bestseller list, the book 7-Day Detox Miracle was co-authored by Dr. Stephen Barrie, founder of Great Smokies Diagnostic Laboratory. Shortly after completing the book, Dr. Bennett shifted his specialty from family care to specializing in nutrition and chelation therapy. In 2005 Dr. Bennett completed his new book, ENERGIZE YOUR LIFE which is about the choice of living a healthier life.

**Dr. Pdraig McCluskey MD, CASM-** Dr. Paddy McCluskey is a Victoria Sport Medicine MD with a background in exercise physiology and a 3-time member of Canada's Senior Men's World Cross Country Team. He is currently working with Athletics Canada's Middle Distance Training Centre and has been the Medical Director for the Royal Victoria Marathon since 2007.

Dr. McCluskey continues to be active as a master's competitor in road racing and triathlon and brings his experience as a competitive athlete, physiologist and physician together to help understand the role of multidisciplinary support services in the training of our elite runners.

