



Looking for more?

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DFC Virtual Event - Mark Your Calendar!

We are excited to announce our 2nd annual DFC Tactical Training Virtual Workshop!
January 12th, 2022 - 0800 to 1400 MST

Listen, learn and take away practical skills to build resiliency



Session 1: Building resiliency into the lower legs: Ever wonder why it is impossible to stretch the Iliotibial Band? Or why squats and deadlifts are limited in preventing hamstring muscle strains? (Dr Robin Orr from Bond University is the Director of the Tactical Research Unit at Bond University, teaches in the Doctor of Physiotherapy Program, and supervises masters and doctoral students).

Session 2: Building resiliency into the lower back: Did you know there is no core? From the rebranding of abdominal training in the 70s to the modern concept of the core, this session will explore the myths and realities of training the lower back (Dr Robin Orr).



Session 3: Building resiliency in the shoulders: This session will provide simple self-tests for your shoulders and corrective exercises to help members create healthy shoulders that are gym and duty ready (Becky Swan - a Certified Athletic Therapist and Strength and Conditioning Specialist who runs the Physical Health and Performance Team in the Vancouver Police Department).



Session 4: Optimizing sleep and recovery for law enforcement: Learn self management strategies and skills to help with fatigue from working extended hours (Jonathan Charest, Ph.D from the Center for Sleep & Human Performance is working on the validation of a clinical sleep screening tool in student-athletes. This work is supported by Mitacs and the Centre for Sleep & Human Performance).

Virtual Day
Microsoft Teams
invite

[Click here to join the meeting](#)



Fitness & Health Promotion Program - Fit for Duty, Fit for Life