



Information Pack for Canine Practical CPD.

Strengthening and Conditioning of the Canine Athlete – the shoulder and hip.

Date: Saturday 24th July 2021

Venue: Unit E4, Atex Business Park. Gun Cotton Way, Stowmarket IP14 5XE

Cost: £100 NAVP Full and Student members. £120 Non NAVP Members.



Contact Laura Stevens navpsec@yahoo.co.uk for a booking form.

CPD certificates will be emailed out.
6 CPD points.

You are welcome to bring your own dog for the practical session and will need to fill out the attached form so that all protocols are observed.

This CPD day will look at:

- The principles of strength, conditioning, fitness, and exercise physiology.
- How to consider a strength and conditioning programme for the canine athlete, focussing on the demands of the structures surrounding the shoulder and hip.
- We will use specific canine sports examples and cover ways to condition these areas to withstand to demands placed on them and attempt to prevent injury as well as discussing common injuries.
- Practical application of the exercises discussed.

Covid Guidelines

Whilst some restrictions have been lifted, we will still employ biosecurity measures including social distancing, hand sanitising and masks when working if working in close contact.

Please bring your own lunch and a mug for hot drinks.

Venue: This is a relatively new complex, but your satnav should take you there. If you do have any problems, try the postcode from their website: IP14 5UL

Contact on the day: Matt Scott 07799 797657

Timetable.

09.45 Registration.

10.00 Strength and Conditioning Principles.

11.15 Coffee break.

11.30 Strength & Conditioning the Canine Athlete - Shoulder.

12.00 Lunch.

12.45 Practical Session.

1.30 Strength & Conditioning the Canine Athlete - Hip.

2.00 Practical Session.

Questions and Answers.