

## WORKSHOP INCLUDES



2 x (45-75min) of eLearning



3 hours on the field

## REQUIRED MATERIALS



Attire for active session



Tablet or smart phone



3 points and  
professional development

# Physical Literacy Movement Preparation Coach Workshop

*A component of training to enhance performance and durability*

March 30, 2019 | 9:00am to 12:00pm

Westmount Recreation Centre – Gymnasium  
35 Lynbrook Drive, Hamilton, ON L9C 2K6

Physical Literacy Movement Preparation is an enhanced training program performed as a warm up before practices and games to enhance performance and durability. Movement preparation not only prepares the body for movement, it also improves the way you move, reducing the risk of injury during physical activity and teaches skills necessary for performance often neglected during regular training.

Participants will complete two eLearning modules in preparation for a mentor lead practical in person peer teaching session supported by instructional materials. This training will better prepare the participant to assist in the development of better movement skills in their athletes through a developing physical literacy approach.

For more information contact Lise Kiefer  
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Presented by Hamilton Moves



Register online at [www.sportforlife-sportpourelavie.ca](http://www.sportforlife-sportpourelavie.ca)

Learn more about Movement Preparation : [physicalliteracy.ca/move-prep](http://physicalliteracy.ca/move-prep)