
The latest news, views, and announcements

INSIDE

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www.deliberateperformance.ca

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Email

jeff@deliberateperformance.ca



It's okay to ask for help.

Jeff Osadec

Sport Science is an often-misunderstood field looking to the understanding and enhancement of human performance. A sports scientist can assist sports people to achieve the best possible sporting performance by evaluating, researching, assessing, and advising on coaching, training, competition and recovery practices in all areas and levels of sport. Sport is scientific and now goes much further than "this is what this successful athlete did, so we should do that." And it is a bigger picture than, "after a workout the athletes should just be exhausted." Science is all about understanding how the world works using theories tested through experiments. Sport now relies on science in many other ways.

Very few teams are getting assistance in what is true sport science. Often, methods are misunderstood, too advanced, improperly applied, or in some cases, without full understanding and then become confusing for the coach and the athletes. Sports science is not just for the professional and Olympic team athletes either. Deliberate Performance seeks to help generations of future athletes have a healthy foundation for active participation and performance through education and application of appropriate sport science within a participant's sport setting or organization.

The Deliberate Performance Review



Deliberate Performance is here to help.

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Deliberate Performance advises organizations, coaches and parents navigate sport science to support a solid foundation for active participation and performance. This is accomplished by working with the coaches, athletes and parents to apply theoretical principles, and long-term strategic planning to build programs that get result that performances depend on and has been doing so successfully for 15+ years. It is important to promote, educate, and navigate sport science collaboratively with organizations, coaches, and parents, delivering guidance, management, and support so that together we can support long term athlete development stages for a better experience and greater achievements for all. The overall vision is to have an enduring impact on all Canadian athletes, and we seek to increase the competitiveness of the Canadian athletic landscape while ensuring that future generations of athletes have a healthy foundation to start from.

How can we do this?

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This is accomplished through consultation and providing service that applies an evidence-based approach backed by years of professional and elite level sports performance experience to advise clients on the navigation of sports science in support of a solid foundation for active participation and performance. Deliberate Performance will work collaboratively with coaches, teams, organizations, or individuals, to identify their needs and goals, to develop a realistic and a fiscally responsible performance plan to deliver sports science services and education to all participants and stakeholders. Subsequently, programs are built to get results that performances depend on.

If you have further questions about support that you are seeking or would like more information, please feel free to reach out via email. Initial meetings can be set up virtually to at a time of your convenience.



This is not for just for Pros and Olympians.

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These services traditionally been available to only those at the national and professional level of sport, but there is a big need for similar services at the lower sport levels that is not currently being served well amongst Alberta's athletes. These services can help support teams and athletes so athletes can thrive. A more supportive system of sports performance and development, built on sound scientific principles and logical progressions, allows athletes the opportunities to remain in sport healthy and safe. It also allows athletes to progress through an established long-term athlete development model that supports not only the progress to elite sport but developmental/ foundational to being active for life.