

Wednesday, March 17, 2021 - @6:00-7:00PM

"Choosing age-appropriate strength and conditioning options for minor hockey players"

JOEL JACKSON



Experiences:

- **Strength & Conditioning Coach at the University of Alberta (Bears and Pandas hockey).**
- **Part owner Competitive Thread Ltd.**

Education:

- **University of Alberta:**
 - (Master's degree) Exercise Physiology
 - (B.Sc.) Kinesiology & Sports Studies
- **University of Alberta Augustana Campus:**
 - Bachelor of Applied Science (B.A.Sc.) Kinesiology and Exercise Science