



Presenter Line Up and Topics

Sleep and athletic recovery

Sleep is not a luxury!

Do you struggle to wake up feeling fully recovered and super energised?

Learn how to build a quality sleep pattern and use recovery to be more refreshed and focussed and perform at your best.

Maximise your circadian rhythms to get the best possible sleep and enhance your bodies recovery from training and from life!

Uncover some simple practical tools that will improve your daytime recovery which is a vital to enhance your focus, productivity, and athletic performance.

Adam Herps, Exercise Physiologist

More than 30 years' experience as an Exercise Physiologist, High Performance Coach and Athletic Recovery Specialist.

Adam has worked with over 20,000 individuals on how to live a healthier, more energetic, and happier lifestyle. He has presented 1000s of workshops on subjects relating to high performance, building energy and resilience and lifelong health & wellbeing.

Adam has a vast background in anatomy and human performance having worked as an Exercise Physiology Consultant and Fitness Advisor with many elite sports clubs. Also working with many individual athletes at elite and community levels in many different sports over 3 decades to help them achieve their best in sport and life.

Injuries in Sport: Reducing the Risk (athletes/coaches/parents) – Tammy Uyeda, Physiotherapist

Sports have always presented risk of injury, but after more than a year of modified activity levels have our risks changed and what can we do to reduce them? Join physiotherapist, Tammy Uyeda, in this interactive session on exploring your injury risks and ways to minimize them.

Tammy Uyeda, Physiotherapist

Tammy graduated from the University of British Columbia in 1997 with her Bachelor of Science in Rehabilitation Medicine (Physiotherapy). After originally specializing in occupational rehabilitation and workplace injury prevention, her active lifestyle and personal background in competitive sport and fitness led her to join Sage Sport Institute in 2015 where she works with clients of all ages and abilities. Outside of her clinical physiotherapy practice, Tammy can be found working from the other end of the sport world with injury risk reduction for youth and teen soccer players.

Sports, Success, and Managing Stress

In the lives of busy student-athletes, what does self-care look like? In this presentation, Serena will speak to the importance of stress management and boundaries, and specific ways that athletes and their support teams can help them to utilize time and energy effectively to meet the demands of school, home life, training, and competition. Strategies and information discussed will include physical, mental, and emotional care, and generalized ideas and suggestions for all.

Serena Graf, Registered Clinical Counsellor

Growing up, Serena competed at the BC Summer Games, Canada Summer Games, and was an NCAA Division 1 track and field athlete at the University of Pennsylvania. She is eager to give back to the athletic community and understands that mental health and fitness are essential parts of both peak performance and injury rehabilitation. As part of the interdisciplinary team of rehabilitation specialists at SMART Rehabilitation in Kamloops, BC, Serena supports clients in reconnecting with themselves and their passions after injury. She specializes in head injury, anxiety, depression, life transitions, and return to work / return to sport planning and support. She creates trauma-informed, individualized treatment approaches for each of her clients, utilizing modalities like acceptance and commitment therapy, cognitive behavioural therapy, mindfulness-based strategies, and eye movement desensitization and reprocessing (EMDR) to support clients towards recovery, fulfilment, and wellness.