



Alberta Schools' Athletic Association
Percy Page Centre
11759 Groat Road NW
Edmonton AB T5M 3K6
T 780.427.8182 www.asaa.ca

Memo

To: ASAA Member Schools
Date: November 2, 2023
From: Brad Van Raalte, Assistant Executive Director
cc: John Paton, Executive Director
Suzy Kavanagh, Girls Basketball Commissioner
Chad Watson, Boys Basketball Commissioner
Carla van den Berg, Sport Injury Prevention Research Centre
Re: Neuromuscular Training in Basketball

Neuromuscular Training has been shown to improve performance and reduce injuries. The Sport Injury Prevention Research Centre is offering a free **online** course to any high school basketball coach in Alberta on Monday, November 13 at 10:00am.

The session will be two hours in length and participating coaches can claim two NCCP credits for participating. There is no cost. A minimum of six coaches are required to enroll by Thursday, November 9 at 4:00pm.

For more information on the session, please [refer to this poster](#) and the next page.

If you would like to attend, please fill in [this google form](#); there is no admission cap, but a minimum of six participants is required.

Please contact Carla at cvanden@ucalgary.ca if you have any questions.



The session outline will be:

10:00-10:10am: Pre-workshop questionnaire

10:10am-10:30am: Theory component (presentation discussion) including:

Injuries in basketball

Background on neuromuscular training

Review SHRED injuries electronic resource that coaches will have access to

10:30am-11:30am: Practical component. Review a full basketball-specific neuromuscular training warm-up program and practice performing each of the exercises. Videos of youth performing some of the exercises and coaches have an opportunity to interact via chat or audio to discuss how they might coach technique feedback.

11:30am-11:50am: Group discussion about how the program can be implemented

11:50am-12:00pm: Post-workshop questionnaire