

2016 KNOWLEDGE TO ACTION (K2A) CONFERENCE



SPEAKER BIOS

JEFF KRUSHELL (Keynote Speaker)



Over the last 20 years Jeff has worked in the world of high performance sport helping athletes tap into their potential to truly understand what it is like to achieve Human Maximum Performance.

Engineering his unique blend of sport science and training techniques with the holy grail of success; 'motivation', Jeff's

expertise lies in creating the next generation of top performers. Jeff has forged relationships with athletes, Olympians and internationally renowned sport elitists; coaches, sport scientists, doctors and researchers. All of who are constantly pushing the boundaries of human performance. Jeff's message relates to all levels of human performance and is not exclusive to sport. Industry leaders seeking meaningful organizational effectiveness and high performance team building are primed to benefit from the 'Performance Project' Speaking Series.

JUDY CHEPEHA



Judy is a full-time clinical-track professor in the Department of Physical Therapy at the University of Alberta where she also received her physical therapy degree, Masters and PhD degrees in Rehabilitation Medicine. She received her Level III Diploma in Sports Physical Therapy in 1994 and has worked with a variety of different athletes, most recently focusing on shoulder problems in the overhead athlete.

DR. CONNIE LEBRUN, MD, MPE, CCFP, Dip. Sport Med, FACSM



Dr. Connie Lebrun is a Professor in the Faculty of Medicine and Dentistry, Department of Family Medicine at the University of Alberta and a consultant Sports and Exercise Medicine physician at the Glen Sather Sports Medicine Clinic. Her practice there includes care of musculoskeletal and medical issues in active individuals.

She has research interests in health considerations of active girls and women, and various return to play issues, such as concussion in sport. She was a member of the Canadian Medical Team for 4

Summer Olympic Games: Beijing 2008 (Assistant Chief Medical Officer), Athens 2004, Sydney 2000, and Atlanta 1996; and for 3 Winter Olympics – Torino 2006, Vancouver 2010 (as Medical Director for the Canadian Snowboard Federation 2007-2011) and Sochi 2014 (Chief Doctor). She is a former member of the Canadian Women's Volleyball Team, and competed in the World Student Games (1973, 1977), the 1975 Pan-American Games and the 1976 Montreal Olympics.

Dr. DAVID ROBERTS



Dr. David Roberts currently practices in a multidisciplinary center in Calgary, Alberta. He is currently working towards a specialty designation with the Royal Canadian Chiropractic Sport Sciences Fellowship program. In addition to his Chiropractic degree he holds two bachelor's degrees, one in science and the other in kinesiology with a certificate in athletic therapy. Dr. Roberts graduated of the University of Western States in Portland,

Oregon, as well as the University of Calgary. He currently works with the Canadian Pro Rodeo Sports Medicine Team as well as consults with the national skeleton team.

Previously he has worked with varsity swim, basketball, football and wrestling teams.

SUSAN COCKLE



Registered Psychologist Susan Cockle has more than two decades of experience counselling younger adults, youth and children through a myriad of psychological challenges, especially anxiety, depression, trauma and life transitions. She has a BA Special, in Psychology, from the University of Alberta, a Masters in Counselling Psychology from the University of British Columbia, and is accredited in sport psychology (CSPA). She works with athletes of all ages and levels, from children in community sports, through to elite athletes preparing for the Olympics. She was a multi-sport athlete competing in volleyball, netball, field hockey and track and field. Susan manages a private practice in Edmonton, Canada.

MATT YAWORSKI



Matt Yaworski obtained his degree from the University of Alberta, with a concentration in sport performance and athlete health. He then pursued his Athletic Therapy Certificate from Mount Royal University. Since graduating, Matt has worked at the Northern Alberta Institute of Technology (NAIT) as the Men's Hockey Athletic Therapist, equipment manager, and strength coach, as well as Assistant Athletic Therapist covering basketball, volleyball, and soccer. During the off months of the varsity schedule, Matt works with elite hockey players from major junior, NCAA, semi-pro and professional leagues, as a strength coach and therapist.

MELANIE TUCK



Melanie has a Masters' degree in Athletic Therapy & Exercise Physiology from the University of Alberta with a focus on Shoulder & Knee Pathology & Rehabilitation. She has been a medical team member at many Major Games and has covered several national and international tournaments including South Korean Nationals for Taekwondo in South Korea, Canada Winter Games 2007 – Whitehorse, Yukon.

Over the past 12 years, she has been employed at Red Deer College as a Kinesiology instructor in areas of Health & Fitness, Athletic Therapy, Anatomy & Exercise Physiology. Melanie owns and runs Collegiate Athletic Therapy & Sports Medicine INC.

LAURIE EISLER



Laurie Eisler obtained her Masters' degree from the University of Saskatchewan in Physical Education and Sport Psychology. She is the Head Coach for the Panda's Volleyball Team at the University of Alberta where she has been coaching for the past 24 years.

Her coaching experience has gained her seven CIS championships, ten conference titles, CIS Coach of the Year (1995, 2003, 2004), and Canada West Coach of the Year in 1990 (Sask), 1994, 1995, 1996, 2003, 2004, 2009). One highlight of her coaching career was in 1996, where she coached the Women's Beach Volleyball team at the Atlanta Olympic Games. She resides in Edmonton with her husband and two children.