

Sports Medicine & Science Plan



OKANAGAN FC



Partnership with Kinetic Evolution

Overview

Okanagan FC have a close working partnership with Kinetic Evolution to provide sports therapy and physical training services.

The training plans are designed by Kinetic Evolution's qualified trainers, and are created in coordination with Okanagan FC technical staff, to ensure that each age group is getting their specific needs met and that the services provided are quality and age appropriate.

It is also worth noting that several of the Okanagan FC Premier team who are working as kinesiologists and trainers have gained positions on the staff at Kinetic Evolution since the partnership between the organizations began.

Physical Training

OFC groups partake in programming designed by the qualified staff of Kinetic Evolution, programs are designed alongside OFC staff to ensure they are age and soccer specific.

The coaching ratio for the groups never exceeds 1:8, and the focus is on improving the core tenants of soccer physicality: speed, strength, agility, endurance, flexibility, and balance. Kinetic Evolution also offer individual and small group training and mentorship options.

Programming

Minis / FUNdamentals : None specific, some basic physical literacy (jumping, landing, acceleration, deceleration, change of direction) is built into soccer sessions.

OFC Development (U9-12): In stage 1 (U9/10) players do 30 minutes per week on-field training with two qualified S&C trainers. In stage 2 (U11/12) players do 1 hour per week off-field training in Kinetic Evolution's facility with two qualified S&C trainers, sessions are designed to be fun but still demanding to meet the social and emotional needs of players in this age group. Players must now also adhere to the return to play protocol when injured.

OFC Youth (U13-U18): Players do 75 minutes of off-field S&C work at Kinetic Evolution's facility, fitness records and physical benchmarks are now kept, assessing the players' progress over time. All players are also now screened for injury at the start of each year's programming. In the future, we plan to take concussion baseline testing. More demands are placed on the players now to especially help build mental resilience, teamwork, and perseverance.

OFC Senior Development and Premier: Players do 90 minutes of weekly off-field S&C work at Kinetic Evolution, detailed records of fitness and physical benchmarks are kept. Players are screened for injury twice during the year and concussion baseline tests are established. In addition, 30 minutes of all training sessions are led by an S&C coach, mostly focussing on SAQ work. All warm-ups and cool-downs are led by the qualified trainer.

“Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong.”

- John F. Kennedy



Partnership with Kinetic Evolution

COVID

We are excited to have our players back to training in Kinetic Evolution after some time away. The COVID precautions and liability information are available on their site, but they include:

- Less athletes in the facility
- Distancing training
- Sanitizing of equipment and hands
- Temperature checks
- Scheduled time to transition between groups

Thanks to our combined determination and efforts, we are delighted to have OFC players back to training safely, even in these difficult times.

Building a Better Soccer Athlete

Even during the off time, ourselves and Kinetic Evolution shared the desire to impact our players in a positive way.

Throughout the entire shutdown, we released a coordinated at-home training and learning series called “Building a Better Soccer Athlete”. These were a series of instructional videos and at-home age specific workouts for players.

Safe Return to Play Protocol

Assuming that an injury is serious enough to require treatment and continued absence at training, players must book an appointment through Kinetic Evolution, who will then identify the injury as one of the following categories:

Category 1

Injuries of this nature are mild and should recover in a relatively short space of time. Players may return to play when comfortable but should be monitored for a week following their return to play. Players will also be assigned at-home exercises to help improve their condition but will not be required to book a follow-up appointment unless desired.

Category 2

Injuries in this category are moderate by nature and typically take multiple weeks to recover. Players must receive clearance from Kinetic Evolution to return to training and must train successfully for a minimum period of 2 weeks before being cleared for game play. Players will not be cleared without a follow-up appointment with Kinetic Evolution. As with all injuries, at-home exercises and treatment will be prescribed.

Category 3

Covering all major injuries, these ones will result in a prolonged spell on the touchline. Players must receive clearance to return to training and must train for a minimum of one month successfully with reduced contact before being considered for game play. Communication will be required with doctors/surgeons involved to determine the best appropriate course of rehab for more severe cases.

Communication

Throughout all stages of the recovery process there is a stream of communication between OFC and the professional staff at Kinetic Evolution. From providing context of the initial injury, to the diagnosis and treatment/rehab plan, to coordinating with the physical trainers on a workout plan, every person involved works together as a team to ensure the players receive the most quality and specific treatment possible.

Anti-Doping

Policy

Okanagan FC strongly oppose the use, possession and supply of banned substances and practices in competitive sport by its players, coaches, support staff, or anybody else associated with the club or the competitions/organizations that we belong to.

As such, Okanagan FC adopt the principles of the Canadian Anti-Doping Program (CADP) run by the Canadian Centre for Ethics in Sport (CCES). They provide a set of rules and guidelines with respect to the use of prohibited substances and methods in sport that serve to protect the integrity of that sport and the right to clean athletes and competition.

Injury Rehabilitation

Treatment

Kinetic Evolution offer a wide range of treatment options for athletes, including:

- Physiotherapy
- Massage Therapy
- Sports Chiropractic
- Acupuncture

After the initial assessment, Kinetic Evolution will coordinate with the player, their family and the OFC coach to determine the best course of treatment and the best course of action with regard to the player's safe return to play.

Recovery

In many cases, players will overlap treatment with a course of physical training sessions. These sessions are 1:1 and are designed in consultation with the player, their family, the qualified physical trainer, the medical professional providing treatment, and the OFC coach to make sure it fits in appropriately with the players safe return to play, and makes sure that the physical trainer is targeting weaknesses with regard to the injury, or imbalances in the player's physicality that may render them susceptible to further injury in the future.

In these cases, where the player trains with Kinetic Evolution 1:1 throughout their recovery, the player's return to play is seamless. There is daily communication between the organizations which leads to the players receiving quality service and reliable results.

Prevention

Kinetic Evolution have worked with us to develop warm-up and cool-down routines that are age specific. In addition, players are assigned homework with at-home videos and workouts prepared by their qualified staff, to help build a more injury resilient and durable athlete.