



Canadian S&C Session: Mary Claire (MC) Geneau, S&C Coach - Volleyball Canada

Join Zoom Meeting:
<https://us02web.zoom.us/j/82415968010?pwd=SwQKfOGrxu0vtXn60FcM2PvZJtb4ar.1>

- Wednesday, June 25th. 9:30am Pacific, 12:30pm Eastern
- Assessing Strength Qualities in Athletes Using Force Platforms
- MC will go into detail on the importance of test execution, data quality, and metric selection on measuring lower body extensor strength using force platforms.
- This session will also serve as an introduction to Sport Scientist Canada's rollout of nationally approved test protocols. Up first, is the countermovement jump on force platforms.

