

Empowered Performance Offseason 2023 'Menu'

For the 2024 menu, see [HERE](#)

Stephanie Thompson, R.Kin is a strength coach, competition curling coach and owner of Empowered Performance. Using her unique lens as a kin she has created her dream job of helping to fit the demands of the sport to the athletes body & bridge the gap between rehab and performance.

She has worked with hundreds of competitive curlers across the world on- and off the ice helping them move better and play better. Stephanie has worked with athletes in preparation for Provincial, National and World championships, as well as the Olympic Pre-Trials and Trials. In 2018 she worked with the Team China Junior Curling team when they were on their Canada tour, she has provided yoga and recovery sessions worldwide to individual athletes and teams such as Team Netherlands, and is the current skills coach for Team Jamaica.

She has created programs and educational opportunities for the BC, Alberta, Ontario, Northern Ontario and Nova Scotia Curling Associations as well as at Ryerson University, Western University, University of Toronto and Humber College. She has competed at both the Provincial and National levels, most notably winning the 2013 OUA Championships, and advancing to the last 7 Provincial Mixed Doubles Championships.

Stephanie's personal research is in creating performance and rehab programs specific to the demands of the sport of curling. As a performance coach she values the fundamentals of recovery and evidence-based performance philosophies. As curling is new to the strength and conditioning world there are many opportunities for growth and her hope is to set the foundation for future generations to build off of so that curlers everywhere can compete and train pain free.

As a lifelong learner, Stephanie has found herself "back at school" as an educator at Seneca College teaching her passion; anatomy and physiology. You can also find her creating educational programs and webinars for curlers at individual clubs, associations and worldwide camps.

She is very proud of receiving the 2021 Curling Canada Gender Equity Award, & the associated support to create and design a program that informs, educates and inspires action in girls and young women across Canada, in an effort to keep females involved in curling longer. You can view The Empowered Performance for Young Women in Curling project [here](#).

[Free Performance Gap Analysis Worksheet](#)

See below for: **Webinars, progressive programs, virtual coaching, and personalized programs & coaching**

All prices listed in Canadian (unless posted otherwise), taxes included.

Payment can be made via e-transfer (recommended for Canadians), or by card (International -currency exchange done automatically)

Webinars

1. [All About Full Season Training](#) \$30 CDN

May 28, 2023 at 1:00 PM EST

2. [Strength Training for U15 & U18 Athletes](#) via the Ontario Curling Council \$9.99+HST

June 6, 2023 at 7pm EST

This webinar is for coaches and athletes in the Learn to Train and/or Train to Train stages (U15 - U18). We talk about when you should workout, why, what types of exercises, using weights, bands or bodyweight and timing if you play another sport.

[World Curling Academy Virtual Fitness Workshop Series](#) Bundle price: \$40 USD

Active participation is recommended but not mandatory.

3. [Better Brushing](#) \$15 USD

June 11, 2023 at 1:00 PM EST

Focus on the physical demands of how to be a better brusher off the ice in order to have the strength and confidence to make on-ice adjustments easier.

4. [Balance and Power in the Delivery](#) \$15 USD

June 25, 2023 at 1:00 PM EST

Sharing the latest research around how to be the most efficient and effective mover. In order to have better balance, more control and power, and less pain in the delivery.

5. [The Cardio for Curling](#) \$15 USD

July 9, 2023 at 1:00 PM EST

Focus on how to improve one's cardio for curling to be able to work hard, recover fast and maintain energy and focus throughout an entire game.

Progressive Programs [Curling Canada Long Term Athlete Development Model](#)

Feature	Learn to Train	2-Month Summer High School	The Ultimate Offseason Program	The Ultimate Inseason Guide	Better Balance	Better Brushing	Better Breathing	Mastering Focus Program
	About	About	About	About	About	About	About	Coming soon
Problem it solves:	Learn how to train & gain confidence working out. Perfect for those in the LTT stage, or those new to training	Make the most of the 2 months off of school to get strong & fit for curling. LTT and TTTC stages	A full body program that prepares the mind & body for curling. LTT and TTTC stages	All the tools you need to stay strong throughout the competitive season, with less stress and increased risk of injury	Improve full body movement, mobility & stability. Strength & power for better balance, accuracy & weight control	Gain the strength, endurance & comfort on the brush off the ice to be the best brusher. Make on ice adjustments easier	Increase the size of your engine, work harder and recover quicker between shots. Manage your energy & mindset during a game	Improve attention, focus & emotional regulation using breathwork and daily activities. What does it mean to be good at focusing? How can you prepare & recover the mind & nervous system?
What	Done at your own pace at home or in gym	Full body strength, endurance, power & flexibility	Full body strength, endurance, power & flexibility	In-Season Guidelines, workout templates, recovery sessions and workouts for all phases of the season	Full body approach to lower body balance and control. Improve your movement efficiency & find more comfort, strength and endurance in the lower body	Workouts focusing on strength & power needed for brushing. Dryland brushing intervals included	3 program options for those who prefer to walk, run/walk or run. 3-phase program to ensure you are breathing efficiently, building endurance and mastering hard intervals and quick recovery time. Use breathwork to manage the mind and body	Create your own toolbox to deal with inevitable distractions, thoughts and emotions. & set you up with an easy daily routine to improve your mental toughness and ability to focus.
Length	4-12 weeks	8+ weeks	12-weeks	N/A	12-weeks	12-weeks	12-weeks	8-weeks
Levels:	Progress to other programs	L1 -Home L2 -Gym	L1 -Home L2 -More equipment L3 -Gym L4 -Gym year 2	L1 -Home L2 -Gym/more equipment	L1 -Home L2 -Gym L3 -Gym year 2	L1 -Beginner L2 -Advanced	L1 -Walking L2 -Walk/ Run L3 -Run	1x self-directed program Access to weekly recovery sessions
Sessions	3x/ week, 20-40 min	3-5x/ week 20-40 min	3-5x/ week 30-60 min	1-4x/ week 15-45 min	3-5x/ week 20-40 min	3-5x/ week 20-40 min	3-5x/ week 20-60 min	Daily activities
Price (Cdn, taxes included)	\$165	\$115	\$165	\$115	\$115	\$115	\$115	\$TBD
	Available now: Purchase link	Available now: Purchase link	Available now: Purchase link	Available August: Purchase link	Available June: Purchase link	Available now: Purchase link	Available June: Purchase link	Available July

	Full Season Training Bundle \$215		Better Breathing and Brushing Bundle \$165	
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Virtual Coaching

1. Weekly Group Workouts -PAUSED

Wednesdays at 5pm EST, recording and team options available

March & April focus: Recovery & Rebalance

For more information & to sign up [HERE](#)

2. Brushing or Delivery Video Analysis

45 min call to go over your performance at any time of the season. Brushing and delivery audits available.

[HERE](#)

3. Consultation fee

Want to talk about curling, fitness, or organizing your own program? Need some help putting together a program for you team, or planning out how to get your program prepared for the offseason? Consults can be used to pick my brain on curling, fitness and training, or to upgrade programs I've already provided you.

[Details](#)

4. Yoga for Curling Recordings

For curlers by a curler. Traditional yoga blended with the biomechanics of sport & exercise.

(Yoga for Curling Recovery sessions included in In-Season Program)

[Details](#)

Personalized Programs & Coaching

1. Full movement, fitness and technique assessment (AKA Performance Audit)
 - Are you struggling with your delivery, brushing or overall performance?
 - Do you have an injury or a movement inefficiency that is distracting you or stopping you from training, practicing and playing to your full potential?
 - [Details](#)
2. EPVIP Individual
 - Want it all? This is the program for you!
 - Starts with a full movement, fitness and technique assessment
 - Customized and progressive program based on your goals, ability, equipment, time and injuries
 - Daily access via whatsapp for technique feedback, sharing wins and accountability
 - Weekly goal and program check-in
 - Biweekly check-in call for technique, mindset and program progression
3. EPVIP Team Program
 - Starts with a full movement, fitness and technique assessment
 - Customized and progressive program based on your goals, ability, equipment, time and injuries
 - Daily access via whatsapp for technique feedback, sharing wins and accountability
 - Weekly goal and program check-in as a team
 - Monthly check-in call for technique, share wins, mindset and program progression

Bonus for all summer EPVIP athletes: Weekly Recovery Sessions

- Goal of supporting your off ice training program through breathwork, stretching, mobility and mindfulness activities
- Acts as a bonus weekly “office hour” for those with questions about their program, training and technique
- Focus of class shifts each week, lasting 20-60 minutes. Topic requests encouraged
- Access to recording for full season -to support in-season recovery

Please email to inquire about EPVIP steph@empoweredperformance.ca