

the Cowboys Choice

(250)-260-8155

Sports Medicine Team

Tim Cooper, B.Sc. (Kinesiology),

Certified Exercise Physiologist (CSEP),

Practicing Kinesiologist (BCAK)



Ty Elliott, Pro Bull Rider



Tim Cooper has a western background, born-and raised in southern Colorado. He has operated a horse service business working as a farrier and starting colts. As the new owner of the Cowboys Choice, Tim is committed to bringing his experience as a Kinesiologist and Sport Specific Conditioning consultant to the rodeo and western athletes. Currently Tim is the Strength and Conditioning Consultant to 50+ elite athletes in all sports. Some notables are:

2006 to Present - Clay Elliot

*2008 CFR Steer riding qualifier
 2010 BCHSRA All Around Champion*



*1998 to Present - Ty Elliot -
 Canadian PBR & CFR Qualifier
 2008 CPRA Bull riding Season
 2 leader*

*2007-present - Jerred Smithson,
 2 NHL Nashville Predators*



*1997-present,
 Vernon Vipers BCHL,
 1999, 2009, 2010
 National
 Champions*



**OFFERING ON-SITE SPORTS
MEDICINE SERVICES
TO B.C. HIGH SCHOOL RODEO
ATHLETES**



*Come by the Cowboys Choice
trailer to get:*

- 1- Injury management advice and attention including: ice, taping, basic first aid, recommended medical service.*
- 2- Exercise Therapy advice to help rehabilitate current injuries and prevent future injuries.*
- 3- Sport Specific Fitness Training programs to help you be the fittest and most competitive athlete that you can be.*

***Offering on-line Sport Specific Fitness Programs for
all Rodeo athletes, Equestrian athletes, Reiners,
Ropers, and Cutters.***

*For more information or to initiate your program, contact Tim directly
tim@cowboyschoice.ca • 250-260-8155*

**THE FOUNDATION PROGRAM • Begin with a 3-month
monitored exercise program that includes:**

Month 1:

- 1 - An at home self administered Fitness Test.*
- 2 - Personal Fitness Program based on your sport or activity,
schedule, and goals.*
- 3 - A Personal Nutrition Plan based on your current eating
habits and goals.*
- 4 - Weekly follow-up scheduled by phone appointments and
ongoing email contact as needed.*

Month 2:

- 1 - An upgraded and progressed Personal Fitness Program*
- 2 - Weekly follow-up scheduled by phone appointments and ongoing
email contact as needed.*

Month 3:

- 1 - An upgraded and progressed Personal Fitness Program*
- 2 - Weekly follow-up scheduled by phone appointments and
ongoing email contact as needed.*
- 3 - An at home self administered Fitness Test to assess progress.*

**THE ADVANCED PROGRAM • After the first 3 months,
enrol in the ongoing Fitness Program for Rodeo and Western
Athletes.**

*This program has limited enrolment and you can apply directly to
Tim after completing the 3 month Foundation Program.*

THE ELITE PROGRAM

*When in Vernon you can book One-on-One gym time with Tim Co-
oper based on an hourly rate.*