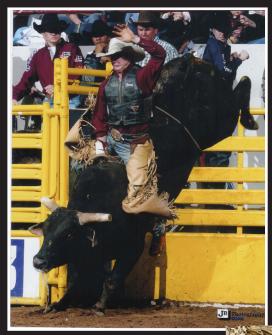


(250)-260-8155

Sports Medicine Team Tim Cooper, B.Sc. (Kinesiology), Certified Exercise Physiologist (CSEP), Practicing Kinesiologist (BCAK)



Ty Elliott, Pro Bull Rider 🔬



The 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 BCHSRA 2010 All Around Champion



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

 $2^{_{007-present}-Jerred Smithson,}$ HL 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.

- 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 Cooper based on an hourly rate.