

# *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.*