



## 2015 Yonex Canada Open Coaches Summit



### **Kelly Drager**

Kelly Drager is a Performance Dietitian at the Canadian Sport Institute Calgary. She is the lead Sport RD for the Canadian Amateur Wrestling Association, Bobsleigh Skeleton Canada, and the Canadian Men's Water polo team. She also consults for Alberta Sport Development Centre Calgary, Team Alberta and Talisman Centre for Sport and Wellness.

Kelly completed a Bachelor of Physical Education; Exercise Physiology honors degree from the University of Calgary and a Bachelor of Science in Food and Nutrition at the University of Alberta. Her MSc in Exercise Physiology at the University of Alberta compared the energy availability of female athletes and non-athletes taking oral contraceptive pills. She also is a Level 1 ISAK accredited anthropometrist.

Kelly's passion revolves around mountain sports, focusing her athletic pursuits in climbing. Since 2010 she has been team captain of a competitive climbing team in Calgary and continues to compete at local, national and international bouldering competitions. Being a Level 3 ACMG Climbing Gym Instructor she facilitates courses and coaches future instructors.

*Note: Kelly Drager's Introduction was retrieved from [www.ownthepodium.org](http://ownthepodium.org):  
<http://ownthepodium.org/Initiatives/Sport-Science-Innovation/SPIN-Summit-2014/Topics/Workshops.aspx>*