

# BROCK LASCHOWSKI

MSc. in School of Kinesiology, Western University, London ON Canada

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## Research Interests:

- Sport Biomechanics
- Equipment Engineering
- Strength & Conditioning

## Alma Mater:

- (MSc.) Master of Science, School of Kinesiology, Western University (expected 2014)
- (BPHE) Honours Bachelor, Faculty of Physical & Health Education, University of Toronto (2012)
- Summer Exchange Program, Masaryk University, Czech Republic (2008)

## Academic Publications:

- Laschowski, B. (2014). Technology in Rowing. *International Sports Engineering Newsletter*, 4-5.
- Laschowski, B., & Nolte, V. (2014). The influence of oar-shaft stiffness & length on rowing biomechanics. *Sport Biomechanics Journal* (In Progress).
- Laschowski, B., de Bruyn, J., Hopkins, C., & Nolte, V. (2014). Modelling oar-shaft mechanics. *Proceedings of the Institution of Mechanical Engineers, Part P: Journal of Sports Engineering Technology* (In Progress).
- Laschowski, B., Nolte, V., & Zang, Y. (2013). Statistical analysis of the PowerLine Rowing Instrumentation System. *Sport Engineering Journal* (Submitted)
- Laschowski, B. (2013). Oar Engineering. *International Sports Engineering Newsletter*, 1(3), 7.
- Laschowski, B. (2013). An Overview of Sports Physics. *Phys13news*, 145, 3.
- Laschowski, B. (2013). The Physics of Rowing. *Phys13news*, 145, 12-14.

## Conference Publications:

- Rumpf, R., Schultz, L., Musalem, L., Laschowski, B., Fernandes, E., & Fischer, HC. (2013, October). *Poling rates in female cross country skiers using different techniques*. Paper presented at the Canadian Society for Exercise Physiology Annual General Meeting, Toronto, Canada.

- Laschowski, B., Zang, Y., Nolte, V., & George, W. (2013, September). *Statistical analysis of the PowerLine Rowing Instrumentation System*. Poster presented at the Sport Innovation Summit, Calgary, Canada.
- Laschowski, B., Nolte, V., & de Bruyn, J. (2013, May). *The influence of oar-shaft stiffness & length on rowing biomechanics*. Poster presented at the Canadian Association of Physicists Congress, Montreal, Canada.
- Laschowski, B., & Nolte, V. (2013, May). *The influence of oar-shaft stiffness & length on rowing biomechanics*. Paper presented at the Bodies of Knowledge Graduate Research Conference, Toronto, Canada.
- Laschowski, B., & Nolte, V. (2013, March). *The influence of oar-shaft stiffness & length on rowing biomechanics*. Poster presented at the 10<sup>th</sup> Annual Ontario Biomechanics Conference, Barrie, Canada.
- Laschowski, B., & Taha, T. (2012, April). *The effects of an acute bout of explosive strength training on subsequent jump performance*. Paper presented at the 20<sup>th</sup> International Congress on Sports Sciences for Students, Budapest, Hungary.
- Laschowski, B., & Taha, T. (2012, March). *The effects of a single training mesocycle and detraining on elite jump athletes*. Paper presented at the 13<sup>th</sup> Bertha Rosenstadt National Undergraduate Research Conference in Kinesiology, Toronto, Canada.
- Laschowski, B., & Taha, T. (2011, March). *The effects of an acute bout of explosive strength training on subsequent jump performance*. Paper presented at the 12<sup>th</sup> Bertha Rosenstadt National Undergraduate Research Conference in Kinesiology, Toronto, Canada.

#### **Media Appearances:**

- Laschowski, B. (2014). *Sports Technology*. Interviewed by Dr. Mike Vasquez & Henry Hanson [Online Podcast]. Recorded January 21, 2014.
- Laschowski, B. (2013). *Gradcast*. Interviewed by Chris Vandembreekel [Radio] 94.9 CHRW. Recorded November 12, 2013.

#### **Professional Affiliations:**

- International Sports Engineering Association (2011-present)
- International Society of Biomechanics in Sports (2011-present)
- National Strength and Conditioning Association (2011-present)

#### **Certifications:**

- National Strength & Conditioning Association, Certified Strength & Conditioning Specialist (2012)
- Perri-Med, Standard & Emergency First Aid, Level "C" CPR (2012)

- National Coaching Certification Program, Levels 1 & 2 (2011)
- University of Toronto Olympic Weightlifting, Levels 1 & 2 (2011)
- Variety Village Introduction to Inclusion & Adapted games, Levels 1 & 2 (2011)
- Canadian Amateur Boxing Association, Level 1 Boxing Official (2009)

### **Awards & Scholarships:**

- International Sport Engineering Association, Student Project Semi-Finalist (2013)
- Western University, Society of Graduate Students Grant (2013-2014). \$400.00
- Western University, Graduate Research Scholarship (2012-2014). \$10,536.00
- Provincial Government, Ontario Student Bursary (2013). \$1,000.00
- Canadian Physicists Congress, Best Presentation (2013). \$200.00
- Western University, Faculty of Health Science Travel Award (2012-2014). \$575.00
- Western University, Kinesiology Travel Award (2013). \$406.31
- University of Toronto, Peter Klavora Research Award (2012). \$2,000.00

### **Service – University:**

- Western University, Graduate Teaching Assistantship (2012-2014)
  - Biomechanical Analysis of Human Location, School of Kinesiology
  - Introduction to Athletic Injuries, School of Kinesiology
  - Physiology of Fitness Appraisal, School of Kinesiology
- Western University, Faculty of Health Sciences Graduate Student Ambassador (2013)
- Western University, Exam Proctor (2013)
  - Anatomy of the Human Body, Department of Anatomy and Cell Biology
  - Introductory Biomechanics, School of Kinesiology
- Western University, Researcher (2012-2014)
  - The Richard & Jean Ivey Sport Biomechanics Lab
- University of Toronto, Head Boxing Coach (2007-2009)

### **Service - Professional:**

- Canadian Sport Institute Ontario, Laboratory Technician & Biomechanics Intern (2011-2014)
  - New Jersey Devils (NHL) / National Trampoline / National Beach Volleyball / Olympic Wheelchair Basketball / Olympic Women's Ice Hockey / High Performance Swimmers / Elite Cross Country Skiers / National Women's Rowing Heavyweight / National Men's Rowing Lightweight / Under 23 Women's Rowing Lightweight

## References

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Dr. John de Bruyn – Professor of Physics, Western University  
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Dr. Scott Thomas - Associate Dean of Kinesiology & Physical Education, University of Toronto  
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