



# FOOTHILLS PERFORMANCE DEPARTMENT

Here are some of the ways that Foothills Performance Department differentiates itself from other clubs.

## Exclusive Technology Utilization:

- Foothills is the only Club in Alberta and one of the few in Western Canada that employs load monitoring technology like **Playermaker** to gain comprehensive insights into player performance.
- Our **Veo** camera system is used to help us analyze the gameplay of our APDL, CMSA and League1 Alberta teams.
- **ProSoccerData** stores data that facilitates player development collaboration between staff, coaches, players and parents.

## In-House Expertise:

- Ours is the only Club in Alberta with an exclusive, “member athletes only” in-house Sports Science and Video Analysis department.
- Everything we do is soccer-specific to help our players develop their defined roles on the field.
- Dedicated video analysis suites with laptops, monitors, and tactics boards give players the opportunity to review and analyze their performance.

## Our Performance Staff:

### Chase Wetherell - Head of Sports Science

- Chase has coached athletes from around the world (including Britain, the USA, Canada, and China), many of whom competed at the **2021 Tokyo Olympics**. In January 2025, he began studies in Phoenix as one of only three candidates accepted into **ALTIS**’s prestigious international MSc program. He also contributes regularly to **Cavalry FC**’s Sports Science Department.

### Jamieson Sawka - Director of Performance

- Jamieson has played a pivotal role in modernizing the Club’s approach by introducing European systems for player development and implementing a robust video analysis curriculum that supports both players and coaches. His expertise was recently acknowledged by the **Cavalry FC**, where he was invited to support their pre-season preparations for the **Concacaf Championship**. His leadership helps elevate the department’s focus on sport science, video analysis, mental skills and performance optimization, ensuring every athlete has the tools to reach their full potential within the Club’s environment.

### Jermaine Bucknor - Sports Science Coach

- Jermaine is a world-class speed expert. He competed for Canada on the **National Jr Team** in Track & Field and on the international stage in **Canadian Bobsled**. Jermaine has been mentored by many of the country’s best sprint and jump coaches and has coached athletes to professional contracts across many sports and leagues such as the **CPL, NFL and CFL**.

### Eric Gardner - Video Analysis Lead

- Along with his role as Video Analysis Lead, Eric also serves as an Academy Coach at Foothills. He supports player development through a blend of coaching expertise and analytical insight. Eric holds an **Alberta C-License** and has four years of coaching experience across multiple age groups. He will begin his **Canada Soccer B-License** in the fall of 2025.