

Eric Harbour, MS, ATC, CSCS, ISAK-2

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Education

Universität Salzburg

Salzburg, AUT — PhD Sports Science 2019-current

Auckland University of Technology

Auckland, NZ — MSc Sport and Exercise, 2019

Thesis: Kinetic Determinants of Kayak Sprint Performance

Scholarship: AUT-HPSNZ Sports Research Innovation Fund

University of Michigan

Ann Arbor, MI — B.S. Kinesiology, 2013

Cranbrook Kingswood Schools

Bloomfield Hills, MI — 1996-2009

Work Experience

Sports Science Consultant, High Performance Sport New Zealand

Auckland, NZ — April 2017-present

- Provided sports science services for Canoe Racing New Zealand including GPS data collection, reporting, and coach & athlete interface
- Completed project: use of an instrumented paddle system for performance analysis and team boat squad selection
- Curation and maintenance of athlete performance databases using medal trajectory prediction

Strength & Conditioning Coach, North Harbour Rugby

Auckland, NZ — April 2017-present

- Developed & implemented comprehensive strength & conditioning services including power profiling, injury rehabilitation programming, and Rugby-specific conditioning
- Managed athletic performance responsibilities across Senior and under-18 groups, including student supervision, travel programs, and performance & GPS monitoring
- Assisted in the selection of four new international-level Black Ferns

Physiotherapist, Strength & Conditioning Coach, Loveland Ski Club

Greater Denver, CO — May 2013-Jan 2017

- Developed individualized, ski-specific conditioning programs for athletes ages 8-18 including regular physical testing, travel programs, and recovery worksheets
- Provided elite athletic training services including injury prevention programs, manual therapy, concussion rehabilitation, doctor-patient supervision, and more
- Helped reduce concussion and ACL injury occurrence by over 50% over 4 years

Athletic Training Student, University of Michigan Athletics

Ann Arbor, MI — September 2010-April 2013

- Worked with NCAA Track & Field, Men's Basketball, Football, & Gymnastics
- Designed comprehensive preventative and injury rehabilitation programs, administered injury evaluation & emergency care to optimize return-to-play
- Total >3000 hours clinical rotations; specialized in manual therapy, therapeutic exercise, soft tissue mobilization

Publications

Co-author: Oranchuk, D. J., Drinkwater, E. J., Lindsay, R. S., Helms, E. R., Harbour, E. T., & Storey, A. G. (2019). Improvement of Kinetic, Kinematic, and Qualitative Performance Variables of the Power Clean With the Hook Grip. *International journal of sports physiology and performance*, 14(3), 378-384.

Awards and Conferences

Podium co-chair, student volunteer: International Sports Biomechanics Society Conference, Auckland, 2018

Attendee: AUT Ventures Enterprise & Innovation Workshop 2018, Sports Performance Innovation Forum 2017, 2018, SPRINZ Strength & Conditioning Conference 2017, Rocky Mountain Hospital for Children & Colorado Athletic Trainers' Association Clinical Symposium 2013, 2014, 2015, International Concussion Symposium 2015, 2016

Awards: University of Michigan Honors 2011, 2012, Academic Excellence in Athletic Training, 2011, 2012

Professional Involvement

Member: National Athletic Trainers' Association, National Strength and Conditioning Association

Certified: NATA-BOC #44414, NSCA-CSCS #000048865, ISAK Level 2, American Red Cross, SOLO WFR, CF-L1, USSA

Volunteer: Special Olympics of Colorado, New Zealand

Personal Interests

Sport: University of Michigan Ski Team, Captain

Other: Skiing, mountain biking, rock climbing, percussion performance, cooking