Tuesday June 13, 2017

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| 1:00 to 4:00 | Registration & Meet Partners |
| 4:00 to 5:00 | Introductions |
| 5:00 to 7:00 | ***Dinner*** |
| 7:00 to 7:20 | GAIN Policies & Procedures |
| 7:20 to 8:00 | The State of GAIN |
| 8:00 to 8:30 | Gather in Groups |
| Adjourn to Valhalla Pub for Networking | |

Wednesday June 14, 2017

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| 6:30 to 7:45 - Movement Madness | |
| Station #1 – Sticks & Straps (Myrland) | |
| Station #2 – Movement ABC’s (Thompson | |
| Station #3 – Medicine Ball Progressions (Garcia) | |
| 7:45 to 9:00 | ***Breakfast*** |
| 9:00 to 10:10 | Training Myths, Misconceptions, Half Truths & Lies (Joyner) |
| 10:10 to 10:30 | Discussion |
| 10:30 to 10:45 | ***Break*** |
| 10:45 to 11:40 | Robust Running (Pryor) |
| 11:40 to 12:00 | Discussion |
| 12:00 to 1:15 | ***Lunch*** |
| 1:15 to 2:00 | The Big Picture – PE & Beyond (Myrland) |
| 2:00 to 2:15 | Discussion |
| 2:15 to 2:30 | ***Break*** |
| 2:30 to 3:15 | “Figure it Out” - Building The Robust Athlete (Radcliffe) |
| 3:15 to 3:30 | Discussion |
| 3:30 to 3:45 | ***Break*** |
| 3:45 to 4:30 | Revisiting Function – Enhancing Connections (Joe P) |
| 4:30 to 4:45 | Discussion |
| 4:45 to 5:00 | ***Break*** |
| 5:00 to 6:00 Practical’s | |
| Session One – Training the Core (Joe P) | |
| Session Two – Foundational Legs (Gambetta) | |
| 6:00 to 7:30 - ***Dinner*** | |
| 7:30 to 8:30 – Group Discussions with Faculty or a Panel | |
| Adjourn to Valhalla Pub | |

Thursday June 15, 2017

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| 6:30 to 7:45 - Movement Madness | |
| Station #1 – Low, Long, Low (Myrland) | |
| Station #2 – Philadelphia Union Warm-up (Knowles) | |
| Station #3 – Robust Running (Pryor) | |
| 7:45 to 9:00 | ***Breakfast*** |
| 9:00 to 10:10 | Sport Science – Servant or Master (Joyner) |
| 10:10 to 10:30 | Discussion |
| 10:30 to 10:45 | ***Break*** |
| 10:45 to 11:45 | An exercise is something you do, a movement is something you feel (Knowles) |
| 11:45 to 12:00 | Discussion |
| 12:00 to 1:15 | ***Lunch*** |
| 1:15 to 2:00 | The Big Dance – Rhythm & Tempo in Movement (Thompson) |
| 2:00 to 2:15 | Discussion |
| 2:15 to 2:30 | ***Break*** |
| 2:30 to 3:15 | The Volume Trap – Good, Bad or Ugly (Magness) |
| 3:15 to 3:30 | Discussion |
| 3:30 to 3:45 | ***Break*** |
| 3:45 to 4:30 | Transfer of Training – Bondarchuk & Beyond (Bingisser) |
| 4:30 to 4:45 | Discussion |
| 4:45 to 5:00 | ***Break*** |
| 5:00 to 6:00 Practical’s | |
| Session One – Hip to the Shoulder (Joe P) | |
| Session Two – Special Strength (Bingisser & Garcia) | |
| 6:00 to 7:30 - ***Dinner*** | |
| 7:30 to 8:30 – Group Discussions with Faculty or a Panel | |
| Adjourn to Valhalla Pub | |

Friday June 16, 2017

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| 6:30 to 7:45 - Movement Madness | |
| Station #1 – Mini Bands (Myrland) | |
| Station #2 – Plyometric Progressions (Radcliffe) | |
| Station #3 – Pull/Push/Squat/Row Complexes (Garcia) | |
| 7:45 to 9:00 | ***Breakfast*** |
| 9:00 to 10:10 | Good Coaching – Bad Coaching (Gilbert) |
| 10:10 to 10:30 | Discussion |
| 10:30 to 10:45 | ***Break*** |
| 10:45 to 11:40 | Applying Bosch Concepts in Physical Preparation for Team Sport (Pryor) |
| 11:40 to 12:00 | Discussion |
| 12:00 to 1:15 | ***Lunch*** |
| 1:15 to 2:00 | Early Specialization - The Long View (Ballard) |
| 2:00 to 2:15 | Discussion |
| 2:15 to 2:30 | ***Break*** |
| 2:30 to 3:15 | Endurance Training – A Historical Perspective (Magness) |
| 3:15 to 3:30 | Discussion |
| 3:30 to 3:45 | ***Break*** |
| 3:45 to 4:30 | Organizing Effective Workouts (Gambetta & Radcliffe) |
| 4:30 to 4:45 | Discussion |
| 4:45 to 5:00 | ***Break*** |
| 5:00 to 6:00 Practical’s | |
| Session One – Reflex Strength Training (Pryor) | |
| Session Two – Trainability Assessment (Ballard) | |
| 6:00 to 7:30 - ***Dinner*** | |
| 7:30 to 8:30 – Group Discussions with Faculty or a Panel | |
| Adjourn to Valhalla Pub | |

Saturday June 17, 2017

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| 6:30 to 7:30 | Meet with instructors – Review/ Refresh |
| 7:30 to 8:30 | ***Breakfast*** |
| 8:30 to 9:30 | Using Reflection & Debrief to Enhance Coaching (Gilbert) |
| 9:30 to 9:45 | Discussion |
| 9:45 to 10:00 | ***Break*** |
| 10:00 to 10:45 | Making The Performance Team Work (Ballard) |
| 10:45 to 11:00 | Discussion |
| 11:00 to 11:15 | ***Break*** |
| 11:15 to 12:00 | Coaching the Best to Be Better (Gambetta) |