

ATHLETICISM

Performance Coach Seminar Agenda

Location: Newport Orthopedic Institute (NOI)
April 25, 2009
9am – 3pm

- I. Introduction 9-9:30am
 - A. Welcome
 - B. Thank you to NOI, Dr. Dennis and Becky
 - C. Athleticism Team
 - D. History of Athleticism
 - E. Concepts and intricacies of Athleticism and how to teach performance. Build a foundation and grow on it!

- II. The Athleticism® Standing Stretch Program 9:30-10am
 - A. Everyone look up...
 - B. Lengthen before you lengthen
 - C. What is proper posture?
 - D. Follow dvd stretches, standing, shoulder, neck and forearm

- III. Stability 9:50-10:25am
 - A. Stabilize ab/ad
 - B. Dr. Pecora Scapular Stability exercises, posture, taping concept and how it improves performance and decreases risk of injuries
 - C. Dr. Pecora introduce Dr. Tim Brown's posture shirts

- BREAK 12 min. (Visit Dr. Tim Brown's Posture products!)

- IV. Balance Training 10:38am-11:00am
 - A. Bosu Ball, bilaterally and unilaterally

- V. Ambidexterity 11:00am-11:35
 - A. Wag
 - B. Juggling

- VI. Speed / Coordination Drills 11:35am-12:30pm
 - A. Technique and intricacies of proper warm-up and training
 - B. Learn by doing, anyone is welcome to go at their own pace. Nothing to prove today!

- LUNCH 30 min. (Visit Dr. Pecora)

- VII. Ground Active Isolated Stretches (with belt) 1:00pm-1:35pm

- VIII. Barriers (Explosive high knees, jumping and change of direction) 1:35-2:05pm

- IX. Recovery & Wellness Program – Improve recovery time and wellness, burn fuel not adrenals 2:40-2:55pm
 - A. Quantity, Quality and Frequency of rest, exercise, hydration, nutrition and own your power
 - B. Build energy systems not ego
 - C. Our sign off hand shake...Infinite Love and Gratitude, The Love Gun

- X. Question and Answer / Evaluation

*The Athleticism Performance Coach Seminar provides each attendee with a t-shirt, sticker, playbook & Performance Warm-Up DVD detailing the intricacies of Athleticism with pictures and description. This will provide each professional with an actual proven program on improving performance while decreasing the risk of injuries. This is an interactive seminar, as everyone is invited to participate to their own comfort level, with nothing to prove. So dress for a stretch and workout if you would like to partake. Thank you for your positive energy and let's challenge your coordination and have some fun!