



## Performance Mentorship I Course Outline

### Day 1 Monday

8:00-8:30	Facility Tour and Introduction
8:30-10:00	<u>Education:</u> Methodology: A Systems Approach Presentation
10:00-11:00	<u>Education:</u> Pillar Presentation
11:00-12:00	<u>Applied:</u> Pillar 101
12:00-1:00	<u>Education:</u> Nutrition Presentation I ( <b>Over Luch-Theatre</b> )
1:00-3:30	<u>Evaluation:</u> Body Composition (Nutrition Office) <u>Evaluation:</u> Functional Movement Screen (Weight Room) <u>Evaluation:</u> VO2 (ESD Area)
3:30-4:30	<u>Education:</u> Movement Preparation
4:30-5:00	<u>Applied:</u> Movement Preparation

### Day 2 Tuesday

8:00-10:00	<u>Education:</u> Energy Systems Presentation
10:00-12:00	<u>Applied:</u> Lower Body Strength Strategies
12:00-1:00	<u>Education:</u> Nutrition Presentation II ( <b>Over Lunch - Theatre</b> )
1:00-2:30	<u>Education:</u> Power Development and Plyometric Presentation
2:30-3:30	<u>Education:</u> Acceleration Presentation
3:30-5:00	<u>Applied:</u> Acceleration Speed Session
5:00-6:00	Athletes' Performance Welcome Dinner: Sponsored by PERFORM BETTER



### Day 3 Wednesday

8:00-10:00	<u>Education:</u> FMS I & II Presentation
10:00-12:00	<u>Applied:</u> FMS I
12:00-1:00	Lunch
1:00-3:00	<u>Applied:</u> FMS II
3:00-4:00	<u>Education:</u> FMS Scoring & Q/A



### Day 4 Thursday

8:00-9:00	<u>Education:</u> Absolute Speed Presentation
9:00-10:30	<u>Applied:</u> Absolute Speed Session
10:30-12:00	<u>Applied:</u> Upper Body Strength Strategies
12:00-1:00	Lunch
1:00-2:00	<u>Education:</u> Multi-Directional Speed Presentation
2:00-4:00	<u>Applied:</u> Multi-Directional Speed Session I
4:00-4:30	<u>Applied:</u> Energy System Development I
4:30-5:00	<u>Applied:</u> Regeneration/Hydrotherapy

### Day 5 Friday

8:00-10:00	<u>Education:</u> Movement Based Program Design
10:00-11:30	<u>Applied:</u> Rotary Strength Strategies
11:30-12:00	<u>Applied:</u> Energy System Development II
12:00-1:00	Lunch ( <b>Staff Q&amp;A</b> )
1:00-2:30	<u>Education:</u> Regeneration I Presentation
2:30-4:00	<u>Applied:</u> Regeneration Session-Trigger Point Performance
4:00-5:00	<u>Education:</u> Putting it Together & Q/A

**schedule subject to change**