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|  **Day One - Tuesday, June 17** |  |
| 1:00 - 3:00 | Registration |  |
| 3:30 - 5:00 | Introduction & Orientation |  |
| 5:00 - 7:00 | *Dinner* |  |
| 7:00 - 7:30 | GAIN Philosophy of Training | Gambetta |
| 7:30 - 8:30 | Communication For Effective Coaching | Erro |

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|  **Day Two - Wednesday, June 18** |  |  |  |  |  |
| 6:30 - 7:45 | Movement Madness |  |  |  |  |  |
| Station #1 | Running Mechanics | RWinckler |  |  |  |  |
| Station #2 |  PE | Myrland |  |  |  |  |
| Station #3 | Postural Strength Modules | Gambetta |  |  |  |  |
| 7:45 - 9:30 | *Breakfas*t |  |  |  |  |  |
| 9:30 - 9:50 | Functional Path Concepts | Gambetta |  |  |  |  |
| 9:50 - 11:00 | LTAD - Burke Mountain & Beyond | Gundersen |  |  |  |  |
| 11:00 - 11:10  | *Break* |  |  |  |  |  |
| 11:10 - 12:10 | Endurance Training Myths | Magness |  |  |  |  |
| 12:00 - 1:00 | *Lunch* |  |  | **Newbies** |  |
| 1:00 - 2:10 | Siesta/Individual Meetings |  |  |
| 2:10 -3:00 | Discussion Groups | Strength Training |  |
| 3:00 - 3:10 | *Break* |  |  |  |
| 3:10 - 4:00 | Discussion Groups | Endurance Training |  |
| 4:00 - 4:10 | *Break* |  |  |  |
| 4:10 - 4:50 | Discussion Groups | PCA/Injury Prevention |  |
|  4:50 - 5:00 | *Brea*k |  |  |  |
| 5:00 - 6:00 | Practical - Reflex Strength Training | Winckler  |  |
| 6:00 - 7:30 | *Dinner* |  |  |  |
| 7:30 - 8:15 | Team Building | Gundersen |  |  |  |  |
| 8:15 - 8:45 | GAIN Talks |  |  |  |  |  |
|  **Newbies (Separate Session)** |  |
| 1:00 - 2:10 | Foundations Physical Competency Assessment | Ballard |
| 2:10 - 2:20 | *Break* |  |
| 2:20 - 3:30 | Foundation of Speed - Sprint Mechanics | Winckler |
| 3:30 - 3:40 | *Break* |  |
| 3:40 - 4:50 | Foundations of Reconditioning | Knowles |
| 4:50 - 5:00 | *Break* |  |

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|  **Day Three - Thursday, June 19** |  |
| 6:30 - 7:45 | Movement Madness |  |
| Station #1 | Warm-up | Radcliffe |
| Station #2 | PE | Myrland |
| Station #3 | Reflex Strength Training | Winckler |
| 7:45 - 9:30 | *Breakfast* |  |
| 9:30 - 10:40 | Fundamentals of Acceleration Mechanics | Anderson |
| 10:40 - 10:50 | *Break* |  |
| 10:50 - 12:00 | Athlete Development at Notre Dame High School | Garcia |
| 12:00 - 1:00 | *Lunch* |  |
| 1:00 - 2:10 | Siesta/Individual Meetings |  |
| 2:10 - 3:20 | Agility - Practical Pointers & Progressions | Radcliffe |
| 3:20 - 3:30 | *Break* |  |
| 3:30 - 4:40 | Advance Concepts of Reconditioning | Knowles |
| 4:40 - 4:50 | *Break* |  |
| 4:50 - 6:00 | Practical - Reconditioning | Knowles |
| 6:00 - 7:30 | *Dinner* |  |
| 7:30 - 8:00 | Developing Leaders | Gundersen |
| 8:00 - 8:30 | GAIN Talks |  |
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|  **Day Four - Friday, June 20** |  |
| 6:30 - 7:45 | Movement Madness |  |
| Station #1 | Hurdle Mobility | Radcliffe |
| Station #2 | PE | Thompson |
| Station #3 | Foundational Movements | Fober |
| 7:45 - 9:30 | *Breakfast* |  |
| 9:30 - 10:40 | Application of The Bondarchuk Method | Garcia |
| 10:40 - 10:50 | Break |  |
| 10:50 - 12:00 | Speed & Power Development - Special Considerations | Radcliffe |
| 12:00 - 1:00 | *Lunch* |  |
| 1:00 - 2:10 | Siesta/Individual Meetings |  |
| 2:10 - 2:20 | *Break* |  |
| 2:20 - 3:30 | Building A Framework For Monitoring & Performance | Ballard |
| 3:30 - 3:40 | *Break* |  |
| 3:40 - 4:50 | Developing Endurance - Nuts & Bolts | Magness |
| 4:50 - 5:00 | *Break* |  |
| 5:00 - 6:00 | Practical - Training Observation | Garcia |
| 6:00 - 7:30 | *Dinner* |  |
| 7:30 - 8:15 | Role of the Parent in Athlete Development | Gundersen |
| 8:15 - 8:45 | GAIN Talks |  |
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|  **Saturday, June 21** |  |
| 6:30 - 7:30 | Movement Madness |  |
| Station #1 | Shoulder Basics | Fober |
| Station #2 | Plyo Progressions | Radcliffe |
| 7:30 - 9:00 | *Breakfast* |  |
| 9:00 - 10:00 | Designing an Effective Training Session | Gambetta |
| 10:00 - 10:10 | *Break* |  |
| 10:10 - 11:30 | PE - The Foundation of Athlete Development | Thompson |
| 11:30 - 11:50 | Foundational Concepts of Athletic Development | Gambetta |
| 12:00 - 12:20 | Coaching Wrap-up | Erro |