

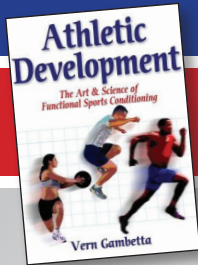


Applying practice based evidence to ensure a difference in performance

June 17-21 • Rice University • Houston, Texas

GAIN Philosophy/Mission

The GAIN Network's goal is to provide a global platform for education, innovation and motivation in Athletic Development with a focus on enhancing human movement to produce adaptable athletes that are prepared for optimum performance, by developing and strengthening the connection between all elements of the sports performance team.



Based on the Principles and Process articulated in
Athletic Development - The Art & Science of Functional Sports Conditioning



Who Should Attend...

- ✓ Sport coaches, Conditioning Coaches, Physical Education Teachers, Athletic Trainers, Physical Therapists, Chiropractors, and Doctors
- ✓ Experienced and emerging professionals who aspire to improve their coaching skills
- ✓ Professionals seeking career advancement & enrichment through a networking experience
- ✓ All those seeking to improve the results of their performance team
- ✓ Professionals who are interested in getting out of their comfort zone
- ✓ Those who aspire to train, coach, rehab your athletes to be the best they can be
- ✓ Anyone who is tired of the one-sided, 'lecture' format of most major coaching/educational conferences

Participants Will...

- ✓ Be part of a special learning experience with professionals who have unique and diverse backgrounds and experience
- ✓ Learn to focus on solutions and athletes' individual talents and abilities and not the problems and obstacles all coaches face
- ✓ Learn practical lesson from leaders in their respective fields who are coaching the best to be better
- ✓ Learn how to specialize in being a generalist by emphasizing connections between disciplines
- ✓ Participate in an uninhibited exchange of ideas in a "we not me" environment that fosters innovation, creative thinking, and problem solving
- ✓ Develop, and learn how to use, a new set of coaching tools and skills that can build successful, adaptable athletes

For more information or to apply please visit www.thegainnetwork.com or call 941-378-1778

Sample Daily Schedule

6:30 - 7:45	Movement Madness Station #1: Warm-up Station #2: PE - Straps Station #3: Reflex Strength Training
7:45 - 9:30	Breakfast
9:30 - 10:40	Lecture - Fundamentals of Acceleration Mechanics
10:40 - 10:50	Break
10:50 - 12:00	Lecture - Athlete Development Progression at Notre Dame High School
12:00 - 2:00	Lunch
2:00 - 3:20	Lecture - Agility - Practical Pointers & Progressions
3:20 - 3:30	Break
3:30 - 4:40	Lecture - Advanced Concepts of Reconditioning
4:40 - 4:50	Break
4:50 - 6:00	Practical Session - Reconditioning
6:00 - 7:30	Dinner
7:30 - 8:00	Lecture - Developing Leaders
8:00 - 8:30	GAIN Talks



GAIN 2015 Faculty

We are very fortunate to have a faculty with a tremendous breath of experiences and a track record of excellence in their chosen fields. They know how a performance team works, how all aspects of athletic development complement each other and most importantly they understand the process of developing athletes.

- **Vern Gambetta**, Founder of GAIN Network, Currently Director of Gambetta Sports Training Systems
- **David Epstein**, Investigative reporter at ProPublica and author of the New York Times best selling book, The Sports Gene: Inside the Science of Extraordinary Athletic Performance,
- **Jim Radcliffe**, Head S&C Coach University of Oregon, also works with Oregon Elite Track Athletes. During his 30-year tenure as the longest among his counterparts within the Pac-12 Conference, he as established himself as a highly respected teacher, coach and author. An active clinician throughout the country, he is widely recognized as one of the leading authorities regarding exercise for the development of strength, speed and agility.
- **Gary Winckler**, Hall of Fame Track & Field Coach, Former assistant Canadian Olympic Track & Field Coach in 2012 and Head Women's Track Coach at University of Illinois
- **Nick Garcia**, Athletic Development Coach & Assistant Track Coach, Notre Dame High School, Sherman Oaks, California
- **Steve Magness**, Head Cross Country and Assistant Track Coach University of Houston. He is the author of the popular book – The Science of Running.
- **Ed Ryan**, ATC Head Trainer US Women's Olympic Basketball Team, Formerly Head of Sports Medicine USOC
- **Randy Ballard**, ATC Assistant Trainer, University of Illinois Working With Track & Field and Volleyball
- **Joe Przytula**, ATC is the current Supervisor of Physical Education and Health, and athletic trainer with Elizabeth Public Schools, Elizabeth New Jersey USA.
- **Greg Thompson**, Elementary Physical Education Teacher Farmington Michigan, Currently Athletic Development and Age Group Head Coach, Livonia City Soccer Club
- **Steve Myrland**, District Performance Coach for Athletics, District Wellness Director Middleton Wisconsin School District
- **Tracy Fober**, Physical Therapist, Senior Strength & Conditioning Coach, US Ski & Snowboard Association

Benefits

- ✓ Athletic Development Handbook
- ✓ T-Shirts and Backpack
- ✓ ASICS Shoes
- ✓ Continuing Education Units from NSCA & NATA
- ✓ Career long access to GAIN Forum and library
- ✓ Career long attendance at GAIN Coaching School
- ✓ Become a member of a network of dynamic, leading edge, successful coaching professionals that interacts on a regular basis throughout the year, not just at the conference

Past Participating Organizations

- English Football Association
- Texas Tech University
- University of North Carolina
- Pace University
- Rice University
- Houston Rockets
- Washington Capitals
- Phoenix Coyotes
- US Skiing
- Northampton Saints (Rugby)
- Arsenal Football Club
- West Ham United Football Club
- Everton Football Club
- Scottish Rugby
- Scottish Institute of Sport
- New South Wales Institute of Sport
- Queensland Academy of Sport
- FBI
- Leicester Tigers (Rugby)
- Queensland Reds (Rugby)
- Manhattan College
- Brumbies (Rugby)
- University of California Berkeley
- Collegiate School, Richmond Virginia
- North Shore Country Day School, Chicago
- Philadelphia Union Soccer Academy
- Westmont College
- University of Minnesota
- University of Arkansas
- University of Illinois

Apply now to join us for GAIN VIII

To advance yourself as a professional
have a career changing experience.

Tuition: **\$1,875** (includes breakfast, lunch and
dinner each day and room.)

To apply or for more information please go to

www.thegainnetwork.com

or call **941-378-1778**

or email us at gstscoach@gmail.com