



June 14 - 18, 2022  
Rice University  
Houston, Texas

Tuesday, June 14	
14:00 - 16:00	<b>Registration &amp; Meet Partners</b>
16:00 - 17:00	<b>Introductions</b>
19:00 - 19:20	<b>GAIN Policies and Procedures</b>
19:20 - 20:30	<b>Meet &amp; Greet</b>
Valhalla Pub	

Wednesday, June 15	
6:30 - 7:45	<b>Movement Madness</b> • Johnny Parkes - Games-based Warmup • James Marshall - Educational Gymnastics • Chris Webb - Moving & Grooving
Breakfast	
9:00 - 9:30	<b>The State of GAIN</b> Vern Gambetta (Founder, GAIN)
9:30 - 10:45	<b>Embracing Shapes &amp; Manipulation</b> Grace Golden (Univ. of Oregon)
11:00 - 12:15	<b>Fast Running Questions</b> Jimmy Radcliffe (Univ. of Oregon)
Lunch	
13:30 - 14:30	<b>Workshops</b> 1 - 1080 Mapping (Ola Eriksrud) 2 - Organizing Effective Session (Nick Garcia) 3 - Sprint Faults & Correction (Brian FitzGerald)
14:45 - 15:30	<b>Context is King: When to Color Outside the Lines</b> Martin Bingisser (Swiss Athletics)
15:45 - 16:30	<b>Training Change of Direction</b> Ola Eriksrud (Norwegian School of Sport Sciences)
16:30 - 17:30	<b>Case Studies: Training Groups</b> • Xavier Roy - Individualizing large group training • Carissa Sain - Training intensities • Martin Bingisser - Training design for amateur rugby
Dinner + Small Group Discussions & Valhalla Pub	

Thursday, June 16	
6:30 - 7:45	<b>Movement Madness</b> • Chris Webb - Loops • Jimmy Radcliffe - Oregon Warmup • Andy Stone - Contact Conditioning • Overspeed training with the 1080
Breakfast	
9:00 - 10:30	<b>Heirarchy of Endurance Needs</b> Scott Christensen (Stillwater HS)
10:45 - 12:00	<b>Training Young Developing Athletes</b> Johnny Parkes (IMG Academy)
Lunch	
13:30 - 14:30	<b>Workshops</b> 1 - Sprint Faults & Correction (Brian FitzGerald) 2 - 1080 Mapping (Ola Eriksrud) 3 - Organizing Effective Session (Nick Garcia)
14:45 - 15:30	<b>Pitching Mechanics from an Athletic Perspective</b> Paul Davis (Atlanta Braves)
15:45 - 16:30	<b>Training Do's &amp; Dont's</b> Jimmy Radcliffe & Vern Gambetta
16:30 - 17:30	<b>Case Studies: Sports Science</b> • Ola Eriksrud - Change of Direction Research • Kevin Becker - Sports Psychology Problem Solving
Dinner + Small Group Discussions & Valhalla Pub	

Friday, June 17	
6:30 - 7:45	<b>Movement Madness</b> • Brian FitzGerald - Sprint Drills • Vern Gambetta & Jimmy Radcliffe - Hurdle Mobility • Ola Eriksrud - Change of Direction
Breakfast	
9:00 - 10:30	<b>Sprint Training</b> Brian FitzGerald (Ventura College)
10:45 - 12:00	<b>Designing Practice to Build Confident, Adaptable Athletes</b> Kevin Becker (Texas Woman's Univ.)
Lunch	
13:30 - 14:30	<b>Workshops</b> 1 - Organizing Effective Session (Nick Garcia) 2 - Sprint Faults & Correction (Brian FitzGerald) 3 - 1080 Mapping (Ola Eriksrud)
14:45 - 15:30	<b>Gold Medal Journey for Canadian Women's Ice Hockey</b> Dan Noble (Noble Sport Perf.)
15:45 - 16:30	<b>Focus on the Training session</b> Nick Garcia & Vern Gambetta
16:30 - 17:30	<b>Case Studies: Other</b> • Vinny Comiskey - Defining "specific" for soldiers • Paul Kilgannon - Using Journalism • Chris Webb - Path to the Podium
Dinner + Small Group Discussions & Valhalla Pub	

Saturday, June 18	
6:30 - 7:45	<b>Movement Madness</b> • Weight Room Without Walls
Breakfast	
8:45 - 10:00	<b>Developing Real Toughness for Athletes</b> Steve Magness (Growth Equation)
10:15 - 11:15	<b>Strongly Held Belief, Comforting Lies &amp; Unpleasant Truths</b> Chris Webb
11:15 - 12:00	<b>Going Forward</b> Vern Gambetta (Founder, GAIN)
Learn More	
<a href="http://www.thegainnetwork.com">www.thegainnetwork.com</a>	