



June 13 - 17, 2023

Rice University
Houston, Texas

Tuesday, June 13	
14:00 - 16:00	Registration & Meet Partners
16:00 - 17:00	Introductions
	<i>Dinner</i>
19:00 - 19:20	The State of GAIN
19:20 - 20:30	GAIN Policies and Procedures + Meet & Greet
	<i>Valhalla Pub</i>

Wednesday, June 14	
6:30 - 7:45	Movement Madness • Nick Garcia - Med Bad Training • Vern Gambetta - Push Up & Squat Series • Andy Stone - Ground-based movement
	<i>Breakfast</i>
9:00 - 9:40	Investing in Process Vern Gambetta (Founder, GAIN)
9:45 - 11:00	A Unified Theory for Lower Extremity Rehab & Training Tracy Fober & Donie Fox
11:15 - 12:15	Building a Coaching World & Learning Environment Paul Kilgannon (CARVER Coaching)
	<i>Lunch</i>
13:30 - 14:30	Workshops 1 - Relfex Strength (Jimmy Radcliffe) 2 - Journaling (Paul Kilgannon) 3 - Coaching LE Rehab (Tracy Fober & Donie Fox)
14:45 - 15:45	Developing Intrinsic Motivation Through Autonomy Travis Knight (Gonzaga University)
16:00 - 17:15	Case Studies: Circuits • Taylor Lorbiecki - Leg circuits for cadets • Andy Stone - Movement circuits
	<i>Dinner</i>
19:15 - 20:00	Small Group Daily Debrief
	<i>Valhalla Pub</i>

Thursday, June 15	
6:30 - 7:45	Movement Madness • Jimmy Radcliffe - Pillars • Chris Webb - Gamified Warmup • Nick Garcia - Lower Body Strength in Range
	<i>Breakfast</i>
9:00 - 10:30	Connecting Training to Motor Learning and Team Culture Travis Knight (Gonzaga University)
10:45 - 12:00	The Process: From EPL Academy to First Team Sam Wilson (Arsenal FC)
	<i>Lunch</i>
13:30 - 14:30	Workshops 1 - Relfex Strength (Jimmy Radcliffe) 2 - Journaling (Paul Kilgannon) 3 - Coaching LE Rehab (Tracy Fober & Donie Fox)
14:45 - 15:45	It Depends II Martin Bingisser (Swiss Athletics)
16:00 - 17:15	Case Studies: Sports Science • Ed Ryan - Blood Flow Restriction • Kevin Becker - Sports science
	<i>Dinner</i>
19:15 - 20:00	GAIN Working Groups
	<i>Dinner</i>

Friday, June 16	
6:30 - 7:45	Movement Madness • Chris Webb - Beyond Bridges • Jimmy Radcliffe - Oregon Warmup • Johnny Parkes - Games with Purpose
	<i>Breakfast</i>
9:00 - 10:15	The Gambetta Method: The Process Vern Gambetta (Founder, GAIN)
10:30 - 12:00	Systematic Athletic Development Jimmy Radcliffe (Univ. of Oregon)
	<i>Lunch</i>
13:30 - 14:30	Workshops 1 - Reflex Strength (Jimmy Radcliffe) 2 - Journaling (Paul Kilgannon) 3 - Coaching LE Rehab (Tracy Fober & Donie Fox)
14:45 - 15:30	Attentional Focus Kevin Becker (Univ. of Tennessee)
16:00 - 17:15	Case Studies: Onboarding • Nick Garcia - Onboarding freshman • Carissa Sain - A new school
	<i>Dinner</i>
19:15 - 20:00	Free Time
	<i>Valhalla Pub</i>

Saturday, June 17	
6:30 - 7:45	Check Out
	<i>Breakfast</i>
8:45 - 9:45	Morning Madness Debrief Roundtable
10:15 - 11:15	Where is the "I" in Prevent? Grace Golden (Univ. of Oregon)
11:15 - 12:00	Going Forward with the Process Vern Gambetta (Founder, GAIN)
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