

2020 NWC Performance Virtual Clinic Schedule

The schedule will run on Central Time

MORNING

8:20 – 8:30 am	Webinar Opens
8:30 – 8:40 am	Welcome
8:40 – 9:40 am	Inside Cressey Sports Performance: The client experience at CSP John O’Neil <i>In this presentation, John will walk through the process that CSP coaches take with new athletes from Day 1. He will discuss how the assessment process, goal-setting, and identification of athlete needs all influence the organization and individualization of off-season programming. Take away important assessments for determining an athlete’s training needs, how to set effective goals to motivate athletes and strategies for delivering individualized programs to groups of athletes.</i>
9:50 – 10:50 am	Application to Practice: Fueling the Adolescent Athlete for Long-Term Success Wendi Irlbeck <i>Wendi will provide a comprehensive, practical approach to the maintenance and enhancement of the health for adolescent athletes. In doing so, she will cover how to ensure optimal energy intake with particular attention paid to proper amounts and types of protein, carbohydrates, and fat. Additionally, practical tools and strategies will be given on how to instruct athletes, coaches and parents about making smart food choices to promote development and performance beyond the field.</i>
11:00 – 12:00 pm	Unified Not Uniform: Program Design 101 Gary Schofield <i>This session will walk each coach through how Coach Schofield creates Training Blocks that center on student needs rather than technical exercise progression. Foundational Block 1 as well as Advanced Blocks (Size, Shape, Strength, and Speed) will be discussed with attention to exercise selection, volume, intensity, technology integration, scheduling modifications, and programming concepts. Learn how to recognize and place an athlete in the appropriate program, create training programs to develop the specific traits needed by the athlete and evaluate each student based on appropriate KPIs.</i>
12:00 – 12:50 pm	Lunch On Own

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AFTERNOON

12:50 – 1:00 pm	Afternoon Welcome
1:00 – 2:00 pm	Cressey Sports Performance Power Development Progressions John O'Neil <i>This presentation will outline how CSP develops explosive athletes with alternatives to the Olympic lifts (clean, snatch, and jerk variations). It will cover starting points, progressions, regressions, and coaching strategies for medicine ball throws, jump training, and change of direction drills. Also, take away training strategies to safely and effectively develop athletes of all training ages.</i>
2:10 – 3:10 pm	Speed Skills: Developing Game-Changing Speed Gary Schofield <i>During this session, Coach Schofield will detail his four-phase speed development model through video demonstrations, templates and supportive lecture. Special attention will be given to Strength-Speed, Acceleration, Top Speed and the Overspeed phases including assessments, progressions, timing and application. Learn how to organize specific methods of training into scaffolded blocks of instruction.</i>
3:20 – 4:30 pm	Rotating Round Table Discussion Q&A John, Wendi, Gary <i>During this session, attendees will be evenly divided into 3 groups. Every 20 minutes John, Wendi, and Gary will rotate to field questions with each individual group. Attendees will have the opportunity to turn on their cameras and unmute themselves to talk with members of their group and the clinic speaker. There will be a 5-minute transition period between each session.</i>
3:20 – 3:40 pm	Round Table Q&A Session 1
3:45 – 4:05 pm	Round Table Q&A Session 2
4:10 – 4:30 pm	Round Table Q&A Session 3
4:30 – 4:40 pm	Closing Remarks

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SPEAKER INFO

Gary Schofield, Jr. MAT, ATC, CSCS *D

Global Director of Youth and High School Development for PLAE

Gary is an athletic trainer and strength and conditioning coach currently serving as the Global Director of Youth and High School Development for PLAE. For the last 20+ years he served as the Head Strength and Conditioning Coach at Greater Atlanta Christian School. He is the Co-Founder of the National High School Strength Coaches Association (NHSSCA) and serves as a Founding Board Member. Schofield is entering his 26th year as a Nationally Certified Athletic Trainer (ATC) through the National Athletic Trainers' Association (NATA) and a Certified Strength and Conditioning Specialist® with Distinction (CSCS, *D®). Schofield's unique background of athletic training and strength and conditioning has allowed him to coach and assist in the development of a wide variety of athletes including youth, high school, collegiate, professional and Olympian. He has served as the Georgia State Director and Southeast Regional Coordinator for the National Strength and Conditioning Association and was named as the National High School Strength and Conditioning Coach of the Year in 2012.

Wendi Irlbeck, MS, RDN

Sports Dietitian, Nutrition with Wendi LLC

Wendi is a registered dietitian nutritionist, health & fitness coach and the founder of her own nutrition consulting business, Nutrition With Wendi. Wendi utilizes evidence-based science to create nutrition programs so athletes can optimize performance, minimize health risks, and enhance recovery from training while focusing on injury prevention. She partners with parents, sports performance staffs, special needs and recreational athletes and organizations to eat and fuel for success. Wendi is currently an adjunct instructor in Kinesiology, Health and Wellness Division at Lansing Community College in Lansing, Michigan and previously served as a sports dietitian for the Dairy Council of Michigan. She earned both her B.S. and M.S. at the University of Wisconsin-Stout and has spent time learning from several professionals in the field along with an internship at the University of Florida.

John O'Neil

Director of Performance at Cressey Sports Performance

John O'Neil has served as the Director of Performance at Cressey Sports Performance since 2017. In this role, John oversees the training floor at CSP's Massachusetts location and runs the intern education program. John previously worked in New York City, New Jersey, and completed internships with Ranfone Training Systems and the Baltimore Orioles. John graduated from Dickinson College with a Bachelor's of Science in Mathematics in 2014 and holds a number of certifications in the Strength & Conditioning field.

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NWC PERFORMANCE CLINIC 2020



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