

GROUND~~ED~~ ATHLETE

October 5, 2019

SECTION 1 – SEQUENTIAL APPLICATION OF SEGMENTS

- ▶ Breakdown common athlete movement patterns | Identify where the athlete loads, accels, and decels

SECTION 2 – THE CORE

- ▶ What makes up the Core | Relevance of the Core for athletes | Core training variables to consider

SECTION 3 – SPORT STRESS ANALYSIS

- ▶ 8 factors to consider prior to programming | Factors that can help coaches better appreciate sport requirements

SECTION 4 – PROGRAMMING COMPONENTS

- ▶ 8 Program components to consider when programming for athletes, regardless of what sport it is

SECTION 5 – GROUP STATIONS & GROUP PROGRAMMING

- ▶ Hands on and interactive stations | Progressions / Variations / Tri-Planar / Sport Relevant Cuing

Goals & Objectives

1. Understand ground reaction forces and the sequential transfer of energy from the ground up through creating separation between the lower and upper body
2. Identify where and when stress is encountered and prepare the athlete/client to more effectively and efficiently cope with the stressors associated with their sport
3. Recognition of the Core as another link within the kinetic chain
4. Ability to create and implement comprehensive athlete programs that include prep/mobility, agility, conditioning, core, and strength/power components

Grounded Athlete is a continuing education certified course detailing the principles implemented when training athletes at Fischer Institute. Consisting of five main sections, emphasis will be on athletic movement, how and where athletes load/accelerate/decelerate, sequential force transfer from the ground up, and core & strength training considerations and variables.

Using common movements performed in different sports as examples, identify where athletes load, accelerate, and decelerate

Details to consider when working with a new athlete

Perfect for Athletic Trainers, Personal Trainers, Strength Coaches, Skill Coaches, Team Coaches, or any other professionals working with athlete's

Time will be split between slide presentations and hands on interactive group stations:

- Cable machine progressions & variations
- DB/Box progressions & variations
- Core/Stability progressions and variations
- Prep/Mobility

Following stations whole group will come together, be given details on example athlete, and create a 1-day core and strength program



National Strength and Conditioning Association (NSCA) approved .5 CEU(s) in category A for certified individuals attending this event.

Saturday October 5th, 2019 | 9:00 – 3:00 | \$150
Fischer Institute | 5750 S. 32nd Street | Phoenix, AZ 85040
Two intermission breaks w/ snacks and beverages provided
Additional info or sign-up at: pmr-performance.com
Contact Chip: cgosewisch@fischer-sports.com

