

GA

// GROUNDED ATHLETE

adaptable programming in sports performance



A PROFESSIONAL SPORTS PERFORMANCE TEAM UNITED TO FOSTER GROWTH

S-1

MOVEMENT & SPORT STRESS

Stages of Athletic Movement, Sport Stressors, and Screening

S-3

ADVANCED CORE TRAINING

Plane, Intent, Position, and Progression

S-5

SUPPLEMENTAL EXERCISES

Principles, Variables, Progression, and Regression

S-7

SPEED & PLYOMETRIC

Technique, Variables, and Progression

Each section begins with foundation and thought process, followed by an interactive lab that focuses on Application, Technique, Cuing, Progression, and Regression.

S-2

TRAINING & COMPETITION PREP

Specific, Initial, and Secondary

S-4

STRENGTH & POWER

Classification, Principles, and Structure

S-6

AGILITY & CONDITIONING

Groundwork, Considerations, and Progression

S-8

PROGRAMMING PROCESS

Combining 5-Steps With Sport Stress For Targeted Program Design



GOALS

- 1| Integrate science, established principles, and the art of coaching to develop and enhance training outcomes.
- 2| Identify and account for stressors encountered in sport movements.
- 3| Be able to modify supplemental exercises to specific athletes and sports.
- 4| Design comprehensive S&C programs to advance performance or aid in the return to play process.

COACHES

CHIP GOSEWISCH

CSCS, RSCC, FRCms
14-years coaching experience

CHARLESTON DE LA CRUZ

CSCS, USAW-1, FRSC, FRCms
12-years coaching experience

Combined training with MLB MVPs, Super Bowl MVP, Cy Young winner, World Series champs, NCAA national champs, 1st round picks, Olympic medalists, and numerous athletes of all levels.

WHEN

Sat Nov 4th | 9:00-5:30

WHERE

SPOONER SPORTS INSTITUTE

5750 S. 32nd Street
Phoenix, AZ 85040

COST

\$300



Category D CEUs for
Athletic Trainers
NATA/BOC-ATC

"Grounded Athlete was one for the books. The course is very hands on, informational, and I felt prepared enough to bring this new skillset into the real world as soon as the course was finished. Highly recommend!"

Katie Jeffers, BS, PTA, CPT

REGISTER →
LIMIT 25



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