

GROUND~~ED~~ ATHLETE

Developed by



SECTION 1 – SEQUENTIAL APPLICATION OF SEGMENTS
▶ Breakdown Common Movement Patterns in Multiple Sports

SECTION 2 – THE CORE

▶ Relevance of The Core & Programming Considerations for Athletes/Personal Training Clients

SECTION 3 – SPORT STRESS ANALYSIS

▶ 8-Program Considerations for Athletes & Personal Training Clients

SECTION 4 – PROGRAMMING COMPONENTS

▶ 8-Program Components to Consider When Designing Programs for Athletes & Clients

SECTION 5 – GROUP STATIONS & GROUP PROGRAMMING

▶ Hands on and Interactive Cable, DB/Box, and Core/Stability Stations

SECTION 1 – PREP

▶ Pre-Workout Strategies Including Initial Prep & Secondary Prep Progressions

SECTION 2 – AGILITY

▶ Principles, Variables, Mechanics, and Progressions for Multiple Sport Implementation

SECTION 3 – CONDITIONING

▶ Principles, Variables, and Progressions for Multiple Sport Implementation

SECTION 4 – PLYOMETRIC

▶ Principles, Variables, Mechanics, and Progressions for Multiple Sport Implementation

SECTION 5 – GROUP STATIONS

▶ Hands on and Interactive Prep, Agility, Conditioning, and Plyo Stations

DAY 1

DAY 2

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



National Strength and Conditioning Association (NSCA) approved 1.2 CEU(s) in category A for certified individuals attending this event.

PMR is recognized by the National Academy of Sports Medicine as an Approved Continuing Education Provider. 1.2 NASM CEUs.



Abbreviated List of Topics to Be Covered:

What makes up the Core: Six variables to consider when Core programming

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

Eight variables to consider when strength/power programming

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
- Agility & Conditioning Progression
- Plyometric progression