



SATURDAY, DECEMBER 5TH

AM SESSION

COACHING IN THE VIRTUAL WORLD

Coach Eric Kahl, *USAT*, discusses Zwift, Rouvy and other “virtual world” apps to keep athletes engaged in training while continuously developing the required skills to achieve next season’s goals.

A PHYSIOLOGICAL APPROACH TO SEASON PLANNING

Coach Tim Snow, *USAT LII*, discusses building an athlete's season plan through the 'Base', 'Tempo/Vertical', & 'Anaerobic/Race' phases, Traditional, versus Reverse Periodization, & when to use each, and utilizing field testing to inform phase development & specific type of workout assignments.

RISK FACTORS: IDENTIFICATION & ACTION

Coach Jennie Hansen, *PT, DPT, CSCS, USAT*, discusses how to recognize what factors have & haven't been shown to influence injury risk at a population-level. Learn what individual strengths & weaknesses to look for to help prevent common injuries & what can be done remotely as a coach to decrease injury risk through training progressions & supplemental work.

GOAL SETTING WITH ATHLETES

In this seminar, Coach Russet Morrow, *USAT*, will discuss strategies for coaches to help their athletes set short & long-term goals, explore mental training tools, & run through a variety of exercises that they can be used to develop athlete benchmarks.

SPONSOR HIGHLIGHTS

KLEAN Athlete topic "Understanding Amino Acids" w/ Leslie Bonci, RD

Lightpath LED red light therapy w/ Scott Kennedy

DECEMBER 5 - 6, 2020

VIRTUAL TWO-DAY EDUCATIONAL CLINIC COACHES SUMMIT

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COACH BUSINESS DEVELOPMENT: BUILDING SOMETHING YOU BELIEVE IN

Mary Miller McKeon, *QT2 Marketing & Sales Director*, discuss how to recognize your coaching assets as a set of tools, rather than a set of services, how to build a professional self marketing approach, & how to develop & maintain effective industry partnerships.

THE EFFECTS OF MEDICATIONS WITH TRAINING

Pharmacist, Scott Cole, *USAT*, will discuss the most common types of medications & how they may effect your athletes's training.

HELPING YOUR ATHLETE BE CONSISTENT BY CREATING HEALTHY HABITS

Coach Lenny Ramsey, *PhD, USAT*, will discuss how to foster growth mindset & how priming to trigger behavioral patterns will help create healthy habits.

ARMS ARE OVERATED

In this seminar, Coach Vinny Johnson, *USAT*, will discuss various swim drills & demonstrate visuals to make the body more hydrodynamic in the water.

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SUNDAY, DECEMBER 6TH

AM SESSION

MYTHBUSTERS: SPORT NUTRITION EDITION

Listen in to hear *Coach Beth Peterson, RD, CSSD, RDN*, answer the most common sports nutrition questions athletes ask. A sampling of topics to be addressed: low carb approach to fueling, in-season vs off-season eating/fueling and sports drink vs water (which is superior and why).

STRUCTURING INDOOR GROUP RIDES

Coach Joe Rich, USAT, will discuss how to develop a training plan to cater to varying levels of cyclists/triathletes, understanding the goals of different groups within your client-base, creating a program that allows for proper periodization, and altering your program to specific athlete needs

RUN GAIT ANALYSIS

Coach Reem Jishi, USAT LII, ACSM cPT, RRCA, will discuss how to film and analyze run video, identify and address potential limiters, and utilize advanced run metrics to complement the run video analysis.

RACING STRATEGIES

In this seminar, *Coach Doug Maclean, USAT LII, CSCS*, will discuss the various racing strategies to use with athletes competing in triathlon.

HOW TO SUSTAIN LONGEVITY WITH YOUR ATHLETES

Coach Molly Zahr, USAT, discusses the various ways to retain athletes and empower athletes to achieving longevity in endurance sport.

USAT CEU TALK & WRAP UP