



Matt Kredich and the University of Tennessee invite you to attend a two day

“School of Thought” Clinic

Featuring

Jan Olbrecht

Author of “The Science of Winning”

Jan Olbrecht is recognized as one of the world’s foremost experts in the application of lactate testing to training design. His book “The Science of Winning” has become one of the most influential books written on training theory for swimming. Since the publication of the book 20 years ago, Olbrecht’s theories have been further validated on thousands of world class athletes who have won dozens of World Championship and Olympic medals.

Also appearing

Chris Martin

Chris has been involved in international swimming for over 30 years and is widely considered one of the leading thinkers in our sport. He has been an assistant coach, a club coach, a high school and university coach as well as a National Team coach for two different countries. Older attendees may remember him from his time at the Peddie School and the University of Florida in the 1990s. In addition to coaching, Chris has served as the UK Junior and Development coach and the Scottish National swimming coach, positions which involved him being heavily involved in Coach Education. He has just returned to the USA after a 5 year stint training a group of high performing youth swimmers in Shanghai China.

Robin Boughey

Robin is the physiotherapist for University of Tennessee and Tennessee Aquatics Elite Team. Robin will be speaking on the emerging understanding of the connections between breathing and nearly everything else in swimming – posture, biomechanics, physiology, and mental/emotional states. She will also lead a seminar in creating a curriculum for breathing and posture in a team setting.

Erik Vendt

Known in the swimming world as a three time Olympian and winner of a gold and two silver medals, Erik has been working in the field of high performance athletic monitoring with a 3 year old company named WHOOP. WHOOP is a wrist-worn device targeted at elite athletes. Its software analytics platform offers athletes continuous data and information revolving around sleep, recovery, and strain. The mobile and web platforms allow for deeper insights, competition and group optimization. At WHOOP, they are creating a product that makes individuals perform at a high level through deeper understanding of their bodies and daily lives.

Sean Hutchison

Sean is one of the most forward thinking and accomplished coaches in United States Swimming. Sean is so forward thinking that he moved out of the sport and is now heads up **IKKOS, LLC**. IKKOS applies advances in neuroscience – neuroplasticity – to learning movement patterns. Sean will talk with coaches about what he’s learned from the fields of neuroscience and motor learning and how he sees these advances being applied to modern swim coaching.





Monday, May 2nd

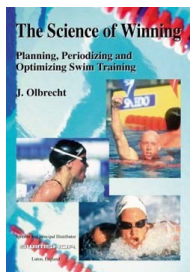
8:00 AM- Breakfast and Introduction by *Matt Kredich*

8:30 AM - 10:30 AM

Jan Olbrecht

The use of Science to Optimize Training Efficiency, Part 1- Different perspectives

Jan will discuss different training theories and periodization models, such as HIIT, USRPT, and others, and their effects on the qualities of capacity, power and performance.



10:30 AM - 11:30 AM

Vern Gambetta and Nick Folker

“Making Connections- Effective Dryland Training”

11:30 AM - 12:45 PM - Lunch Break

1:00 PM - 1:45 PM

Erik Vendt

Sleep & Recovery as a Predictor of Performance in NCAA D1 Collegiate Athletes

Races are won by hundredth’s of a second. Games are decided by less than a score or basket. What if you were able to accurately predict an athlete’s performance based upon reliable, consistent stream of metrics? Using WHOOP as the means to capture athlete data, we’ve begun to see strong correlations between sleep, recovery and athletic performances the following day.

2:00 PM - 3:30 PM

Jan Olbrecht

The use of Science to Optimize Training Efficiency, Part 2- “Examples of Training Monitoring on Short and Long Term Performances- Case Studies”

Jan will discuss the monitoring and steering of the training of several world class swimmers and their performances over several time periods.

4:00 PM - 5:15 PM

Sean Hutchinson

Creating a “Human User’s Manual”

Sean will discuss using real science and data to raise an athlete (or your own) level of understanding in how to control and focus emotion, movement, and performance through inputs which are becoming readily available.

Dinner Break

8:30 PM - Coaches Social

Tuesday, May 3rd

If we have more than 30 people sign-up, we will divide the clinic into two tracks (groups of 25-30), allowing each group to participate in a three hour seminar with Jan Olbrecht and a unique learning experience with Sean Hutchinson, Nick Folker, and Vern Gambetta.

8:00 AM - Breakfast

8:30 AM - 11:30 AM

Track 1

Jan Olbrecht

Training Design Seminar- Evaluation of Exercises and Periodization Models

Track 2

Vern Gambetta and Nick Folker

Designing Integrated and effective Strength Training Programs

Sean Hutchinson

Strategies for Specifically Affecting Appropriate Change for Individual Athletes

11:30 AM - 12:30 PM - Lunch

12:30 PM - 3:30 PM

Track 2

Jan Olbrecht

Training Design Seminar- Evaluation of Exercises and Periodization Models

Track 1

Vern Gambetta and Nick Folker

Designing Integrated and effective Strength Training Programs

Sean Hutchinson

Strategies for Specifically Affecting Appropriate Change for Individual Athletes

4:00 PM - Clinic Ends





Name: _____

Street: _____

City: _____ State: _____ Zip: _____ Phone: _____

Email: _____ Team Affiliation: _____

Please circle your preferred sessions.

Day 1 only (May 2nd)

Day 1- May 2nd _____ \$175

Day 1- May 2nd- additional coach on already registered team
Please list name of head coach _____ \$75

Day 2 only (May 3rd)

Seminar (limited to 30 people) _____ \$275

Please circle preferred Olbrecht Session **Seminar 1 (8:30-11:30)** **Seminar 2 (12:30-3:30)**

Each group will have a 3 hour seminar with Olbrecht and a 3 hour experience with Hutchinson, Vendt, Folker, and Gambetta. Details will be forthcoming

Full Package - (May 2nd - 3rd)

2 Day Package (\$25 discount from full price) _____ \$425

Additional coach on already registered team _____ \$375

Total Enclosed _____

Registration includes breakfast and lunch each day, and the coaches social May 2nd.

To save your spot on Day 2, please email a copy of your form to mkredich@utk.edu. Since payment is by check only, we will hold a spot for you for one week after we receive your email.

Please make checks out to **The University of Tennessee**

Mail to

Matt Kredich
School of Thought Clinic
Tennessee Swim Camp
2200 Andy Holt Drive
Knoxville, TN, 37996

<u>Hotel Information</u>		
Hilton	Holiday Inn	Crown Plaze
Use Corporate ID:	Use Corporate ID:	Use Corporate ID:
N9870018	000217328	000217328

Any questions please email mkredich@utk.edu

