

Wednesday, May 23, 2018

11:45pm - 12:45pm Opening Reception, Meet and Greet, Registration

12:45pm - 12:55pm Welcome and Introduction

12:55pm - 1:55pm  Al Vermeil– “What We Did x6”

There is a lot of information about training and some performance coaches do a little bit of everything. Al Vermeil's presentation will cover the most important things to focus on when improving basketball players. He then will go in to on court demonstrations of his methods for developing work capacity, and power for basketball players.

2:05pm – 2:35pm  Stanford University – Cory Schlesinger - “Progressing Regressions”

2:45pm - 4:15pm Presenter Hands on Instruction and Demonstration – Al Vermeil and Cory Schlesinger

Coach Vermeil and Coach Schlesinger will reinforce their lectures during their portion of the hands-on. They will be joined by Ben O'Donnell as Coach O'Donnell will demonstrate and discuss various exercises for developing strength and power in the frontal plane as it pertains to becoming a more efficient defensive player. These exercises can be progressively overloaded and modified depending on the athletes training age and level of proficiency.

4:20pm – 4:40pm  Ben O'Donnell - Kansas State University - “Application of Lower Body Lateral Power Development Exercises”

4:20pm – 4:40pm One on One with Al Vermeil - Coach Vermeil will answer questions and share more of his expertise.

4:40pm – 5:00pm  Benefit Basketball Shoot Out – Kay Yow Cancer Fund

5:00- 6:30pm Roundtable Discussions

7:30pm Social Sponsored by Plae USA - Hard Rock Hotel and Casino Spa Villa Suite

Thursday, May 24, 2018

8:00am - 8:30am Coffee, Bagels, Fruit

8:30am - 9:15am  Charlie Weingroff - “Motor Skill Acquisition For Sport”

This talk will discuss different barriers that may exist in the coaching and consistent performance of abilities and skills in sport. These skills will include fundamental movement, athletic development, and complex sport skills. The Dynamic Systems Theory's principles will cover this spectrum of all coaches and therapist that work with athletes or anyone tasked with changing a current or learning a new motor skill. The hands-on session will accompany best practice in setting up a weekly fitness program that supports optimal physiology for learning new skills as well as delivering current set as skills as often as possible.

9:25am - 10:10am  **Cal Dietz - University of Minnesota**

10:20am - 10:50pm  **Bo Sandoval & Duncan French**

10:55am - 12:25pm **Presenter Hands on Instruction and Demonstration – Charlie Weingroff, Cal Dietz, Bo Sandoval, and Duncan French**