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Sports Performance Clinic

Saturday, November 12, 2016	
1:00 PM	Registration & Check-In
1:25 PM	Welcome & Introduction <i>Jamia Erickson, M.Ed., C.S.C.S., R.S.C.C.*D., U.S.A.W., C.E.S., F.M.S.-2</i> Mayo Clinic Sports Performance
1:30 PM	Return to Running: Bridging the Gap from Rehab to Performance <i>Sue Falsone, P.T., M.S., S.C.S., A.T.C., C.S.C.S., C.O.M.T., R.Y.T.®</i> Structure & Function
2:15 PM	Questions & Discussion
2:30 PM	Psychology of Coaching Topic <i>Nicole LaVoi, Ph.D.</i> University of Minnesota School of Kinesiology/The Tucker Center
3:00 PM	Plyometric Progression (Hands-On) <i>Karl Erickson, B.S., C.S.C.S., P.E.S., F.M.S.-2</i> & <i>Casey Clark, B.S., C.S.C.S., P.E.S., F.M.S.-2</i> Mayo Clinic Sports Performance & EXOS
3:30 PM	Long-Term Athletic Development <i>Larry Meadors, Ph.D., C.S.C.S.*D., R.S.C.C.*E., USAW-National Coach</i> Burnsville High School
4:15 PM	Questions & Discussion
4:30 PM	Nutrogenomics: What Do Your Genes Say About Your Nutrition? <i>Luke Corey, R.D., R.D.N., X.P.S.</i> EXOS
5:00 PM	Kettlebells for Performance and Clinical Practice (hands on) <i>Jenny Noiles, B.S., B.A.H., B.P.H.E., C.S.C.S., S.F.G.-1</i> & <i>Shawn Vinz, B.S., C.S.C.S.</i> EXOS & Mayo Clinic Sports Performance
5:30 PM	Closing Remarks & Adjourn