

DAHLC Sports Performance Clinic *(Additional Fee Applies)*

Saturday, November 9, 2019

<i>1:00 PM</i>	<i>Registration and Check-In</i>
1:25 PM	Introduction and Announcements Karl Erickson, CSCS
1:30 PM	Case Study: A Volleyball Athlete Returning with an ACL-Deficient Knee Paul Yerhot, DPT, PT, SCS; and Leah Putzier, SPT
1:40 PM	Advanced Methods for Producing Powerful Athletes Cal Dietz, MS
2:25 PM	Triphasic Training for the Rehab Setting Joe Eischen, PT, SCS, AT, CSCS
2:55 PM	Questions and Panel Discussion
<i>3:05 PM</i>	<i>Refreshment Break</i>
3:15 PM	Power Development: When is the Rehabilitating Athlete Ready? Paul Yerhot, DPT, PT, SCS; Leah Putzier, SPT
3:35 PM	Rotational Power: What is it? How Do I Program It? Jenny Noiles, CSCS, XPS
4:05 PM	The Transfer of Power Development to the Sports Field Cal Dietz, MS
4:50 PM	Questions and Panel Discussion
<i>5:00 PM</i>	<i>Closing Remarks and Adjourn</i>