

*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*

#### **Vern Gambetta**

Vern is one of the most respected coaches in the world, and is considered to be the “Founding Father of Functional Training.” He has coached for over 40 years at all levels of competition and has authored over 100 articles and nine books on various aspects of training. He has worked at the highest level of many sports, including with the Chicago White Sox, the Chicago Bulls, the Tampa Bay Mutiny, USA Skiing, and many other national federations across several sports. He has helped the University of Tennessee develop a dryland program for its swimming program, and has worked with many of the best USA swimming clubs including Carmel, Dynamo, York YMCA, and the Sarasota Sharks. Vern is currently the Director of Gambetta Sports Training Systems.

#### **Nick Folker**

Nick is the Co-Founder of Bridge Athletic. Bridge harnesses the training systems of elite athletes via the **BridgeAthletic** app so that regardless of age, gender, body type, athletic ability, or workload, all will experience what few have been privy to. The most important element of Bridge is the workouts are customized specifically for each individual. Bridge Athletes have combined to earn 22 Olympic medals, with 50 Olympic athletes and multiple World Championship medals.

#### **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**

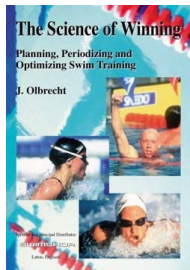
8:00 AM- Breakfast and Introduction by *Matt Kredich*

**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](mailto: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**

Any questions please email [mkredich@utk.edu](mailto:mkredich@utk.edu)

