



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 to be one of the leading thinkers in our sport. He has been an assistant and head coach at the club and college level, and has been 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 1990’s. In addition, 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.

Joe Whitney

Joe Whitney is the Director of Mental Training for the University of Tennessee’s Athletic Department. Joe works frequently with professional athletes as well as all UT teams.

Joe has worked closely with the Tennessee Swimming and Diving Teams to develop a mental training program that is progressive through a season and a career, and that can be implemented on a daily basis by a swimming coach. Joe will outline the program and help coaches put together pieces of a program tailored to their program.

Robin Boughey

Robin is the physiotherapist for the University of Tennessee and Tennessee Aquatics Elite Team. Robin will be speaking on the rapidly 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.

Sean Hutchison

Sean is the CEO of IKKOS, LLC. Through the IKKOS platform and learning method, Sean and his company have applied advances in neuroscience to learning movement patterns, and are now on the cutting edge of bringing new findings to current practices. Sean will be unveiling some very exciting new technology that is part of the IKKOS platform. Sean is a former member of the US Olympic Coaching staff and Head Coach of King Aquatic Club.

Erik Vendt

Known in the swimming world as a 3-time Olympian and winner of a gold and two silver medals. Erik and his company, WHOOP have been working in the field of high performance athletic monitoring. WHOOP is a wrist strap that collects data on sleep, strain, and recovery. The mobile and web platforms allow for deeper insights, competition and group optimization. Erik will talk on some of the findings that WHOOP has pulled from analyzing millions of hours of data.



Friday, April 28th

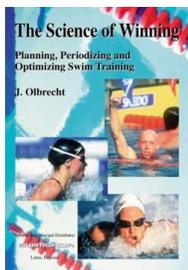
8:00 AM- Breakfast and Introduction by *Matt Kredich*

8:30 AM - 10:00 AM

Jan Olbrecht

Assessing Power and Capacity

Jan will discuss some of the theoretical foundations of his model, as well as how to use different methods to assess the qualities of power, capacity, and their relationship to performance.



10:15 AM - 11:30 AM

Robin Boughey

“ The Breath as the Master Key to Movement ”

Robin will speak on the multitude of connections between the act of breathing, and posture, biomechanics, physiology, mental and emotional states in the athletes we coach.

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

12:30 PM - 1:15 PM *Sean Hutchison*

“Breakthroughs in Technology and Movement Science”

1:15 PM - 2:45 PM

Chris Martin

Can We Create More Talent in All Swimmers?

What do we consider “talent ”? The question has been asked more and more recently, but Chris will take us into a deep exploration of some possible answers based on his lessons learned throughout his career in the USA, Great Britain, Scotland, and China.

3:00 PM - 4:30 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 world class swimmers and their performances over several 6me periods.

4:30 PM - 5:30 PM

Joe Whitney

Creating an Everyday Mental Training Program for Your Team

Rather than looking at mental training as something that is done only by specialists or as a special occasion, Joe will talk about how a coach can create an effective & systematic mental training program into your everyday practice routine. A dynamic speaker and great storyteller - this talk is a can't miss!

Dinner Break

8:30 PM - Coaches Social

Saturday, April 29th

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 shorter seminars with Robin Boughey and Chris Martin.

8:00 AM - Breakfast

8:30 AM - 11:30 AM

Track 1

Jan Olbrecht

Training Design Seminar

Exploring Periodization Models

Track 2

Chris Martin

Ideas for “creating” talent in a your team or program.

Robin Boughey

Designing a breathing curriculum - implications for posture, strength, and performance.

11:30 AM - 1:00 PM - Lunch & presentation by Erik Vendt

1:00 PM - 4:00 PM

Track 2

Jan Olbrecht

Training Design Seminar

Exploring Periodization Models

Track 1

Robin Boughey

Designing a breathing curriculum - implications for posture, strength, and performance.

Chris Martin

Ideas for “creating ” talent in a your team or program.

4:00 PM - Clinic Ends



REGISTRATION

Name: _____

Street: _____

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

Email: _____ Team Affiliation: _____

Please circle your preferred sessions.

Day 1 only (April 28)

Day 1- April 28 _____ \$170

Day 1- April 28 - addi/onal coach on already registered team
Please list name of head coach _____ \$120

Day 2 only (April 29)

Seminar (limited to 30 people) _____ \$290

Please circle preferred Olbrecht Session **Seminar 1 (8:30-11:30)** **Seminar 2 (1:00-4:00)**

Each group will have a 3 hour seminar with Olbrecht and a 3 hour experience with Chris Martin and Robin Boughey.

Full Package - April 28-29

2 Day Package _____ \$425

Additional coach on already registered team _____ \$375

Total Enclosed _____

Registration includes breakfast and lunch each day, and the coaches social April 28th.

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 Plaza
Use Corporate ID:	Use Corporate ID:	Use Corporate ID:
N9870018	000217328	000217328

Any questions please email mkredich@utk.edu

