

GAIN Apprentorship

Coaching athletic development from design to implementation

This is a special educational experience for professionals who wish to follow the functional path. We will build upon your prior knowledge to find new solutions to old problems. The Mission is to mentor a cadre of experts in the Gambetta Method to define the field of Athletic Development by educating professionals in the foundational principles and methodology.

This educational program has been my dream for years; the inspiration was my experience with the European sport school format. The Apprentorship builds on the weekend and one-day seminars that have only been able to scratch the surface due to time constraints. This format will allow us to go in-depth to learn the details and experience the movements. You will interact with other professionals to share and problem-solve in an atmosphere designed for open interchange of ideas and raise the expertise of all those attending—including the mentors.

The Apprentorship is a highly interactive blend of theory and practice in an intensive learning environment. It features a small teacher-to-student ratio, in a five-day residential coaching school, with follow-up via web-meetings and conferences.

The coaching school is only the beginning of the experience. In the year following the school, there will be periodic *Webcasts* and web meetings to foster continued growth and interaction. At the conclusion of one cycle of the mentorship, there will be a “Meeting of the Minds,” a gathering of all those who have participated in the Apprentorship program, this is a symposium with presentations from recognized experts and from the graduates of the mentorship program. The goal is to share and synthesize ideas. It will only be open to graduates of the mentorship program and members of the GAIN Network. For a yearly membership fee, the graduates of the program can continue to participate via the secure web site, and can continue to attend the “Meeting of the Minds” symposium.

This is an opportunity to observe, question, and explore the application of the Gambetta Method - Systematic Sport Development Model of training and injury rehabilitation. The foundation of this method is grounded in sport science and tested through years of practical experience in performance and rehabilitation.

The first school will be June 26 - July 1 in Sunrise, Florida at the Holiday KICS International Sport Complex. The second school will be December 4 - 9, 2008 at the same site.

The program is open to sport coaches, conditioning coaches, athletic trainers, physical therapists, chiropractors and doctors. Enrollment will be limited to twenty people at each school. The graduates will be part of a high-level network, a community of experts, who will be leaders in innovation and change in the field of athletic development.

The Tuition is \$3,600 with a \$250.00 non-refundable deposit required upon acceptance. Tuition includes a voucher for lunch and dinner each day. Tuition does not include rooms, a special room rate has been arranged with the hotel. The full tuition payment is required prior to the start of the course.

Benefits

- NSCA and NATA CEU's
- Athletic Development Handbook
- T-Shirts and bag
- "Meeting of the Minds" Follow-up Seminar
- Continuing Education Units
- Web casts and web meetings

The Faculty

- Vern Gambetta – Athletic Development
- Leslie Bonci MPH, RD, LDN, CSSD– Sports Nutrition
- Dan Cipriani PhD., P.T. – Functional Biomechanics
- Bill Knowles ATC, CSCS – Reconditioning
- Steve Myrland – Athletic Development
- Jack Blatherwick PhD – Physiology of Exercise

The Topics

- Coaching Today – Contemporary Coaching Philosophy
- Skill Acquisition
- Pedagogy – How to Teach
- Movement Analysis
- Athletic Profile - Testing & Evaluation
- Planned Performance Training
 - Long Term Plan
 - Block Construction
 - Training Session Design and Construction
 - Peaking/Tapering Strategies
 - Monitoring Training
- Long Term Athletic Development
 - Talent ID
- Reconditioning – Return to Play
- Biomechanics of Functional Movement
- Sports Nutrition
- Motivation and Goal Setting

Speed
 Linear
 Multidirectional Speed and Agility
Strength/Power
 Strength Diagnostics
Endurance
 Short Term
 Long Term
Flexibility
Management and Organization
Recovery/Regeneration
Competition Analysis
Equipment Selection
Sport Specific Considerations
Special Topics
 The Female Athlete
 The Overhead Athlete
 The Masters Athlete
 Evaluating and Using Research

Required Readings

On the secure web site (you will get a password when you enroll), there will be reading assignments and projects in advance of the school. We recommend that attendees read the following before attending the Coaching School:

Bosch, Frans, and Ronald Klomp. *Running – Biomechanics and Exercise Physiology Applied in Practice*. 1st ed. Philadelphia: Elsevier Churchill Livingstone, 2001

Drabik, Józef Ph.D. *Children & Sports Training*. Island Pond, Vermont: Stadion Publishing Company, Inc., 1996.

Gambetta, Vernon A. *Athletic Development – The Art & Science of Functional Sports Conditioning*. Champaign, IL: Human Kinetics Publishing Company, 2007

Gambetta, Vernon A. and Gary Winckler. *Sport Specific Speed – The 3S System*. Sarasota, Florida: Gambetta Sports Training Systems, 2001.

Koberg, Don and Jim Bagnall. *The Universal Traveler*. Menlo Park, California: Crisp Publications, 2003.

Newton, Robert U. "Expression and Development of Maximal Muscle Power." PhD diss., Southern Cross University, 1997. Available free at <http://www.innervations.com/maximalpowerbook.htm>

Recommended Readings

Comer, Marcia L. *Learn More Now*. Hoboken: John Wiley & Sons, 2004

Dweck, Carol. *Mindset: The New Psychology of Success*. New York: Random House, 2006.

Hannaford, Carla. *Smart Moves – Why Learning Is Not All In Your Head*. Arlington, Virginia: Great Ocean Publishers, 1995.

Harre, Dietrich. *Principles of Sports Training – Introduction to the Theory and methods of Training*. Berlin, GDR: Sportverlag, 1982.

Kellmann, Michael, ed. *Enhancing Recovery – Preventing Underperformance in Athletes*. Champaign, IL: Human Kinetics Publishing Company, 2002.

Kelly, Tom. *The Art of Innovation*. New York: Doubleday, 2001.

Kraemer, William J. and Keijo Hakkinen. eds. 2002. *Strength Training for Sport*. London, England: Blackwell Science, Ltd.

Kreighbaum, Ellen and Katharine M. Barthels. *Biomechanics - A Qualitative Approach For Studying Human Movement*. 4th ed. Boston: Allyn and Bacon, 1996.

Kurz, Thomas. *Science of Sports Training*. 2 ed. Island Pond, Vermont: Stadion Publishing Company, 2001.

Lieber, Richard L. *Skeletal Muscle Structure, Function & Plasticity – The Physiological Basis of Rehabilitation*. 2nd ed. Philadelphia: Lippincot Williams & Wilkins, 2002

Logan, Gene A. and Wayne C. McKinney. *Kinesiology*. Dubuque, Iowa: Wm. C. Brown Company Publishers, 1970.

McArdle, William D., Frank I. Katch, and Victor L. Katch,. *Exercise Physiology – Energy, Nutrition and Human Performance*. 6th ed. Baltimore, MD: Williams & Wilkins, 2007.

Olbrecht, Jan. *The Science of Winning – Planning, Periodizing and Optimizing Swim Training*. Luton, England: Swim Shop, 2000.

Pink, Daniel H. *A Whole New Mind – Moving from the Information Age to the Conceptual Age*. New York: Riverhead Books, 2005.

Radcliffe, James C. *Functional Training For Athletes At All Levels*. Berkeley, California: Ulysses Press, 2007.

Todd, Mabel E. *The Thinking Body*. Hightstown, NJ: Princeton Book Company Publishers, 1937.

Time Schedule

Thursday June 26 (Daily Theme – The journey begins)

12:00 – 2:00 Registration

3:00 – 4:00 Introduction & Structure

4:00 – 5:00 Coaching Today – Contemporary Coaching Philosophy

6:00 – 7:30 Dinner

7:30 – 8:00 Planned Performance Training - Introduction

8:00 – 9:00 Planned Performance Training (Group Work)

Friday June 27 (Daily Theme – Plan the work & work the plan)

Breakfast Club “Movement Madness” Workout

8:30 – 9:30 Planned Performance Training

9:30 - 10:30 Management & Organization

10:30 –12:00 Long Term Athletic Development

12:00 – 1:30 Lunch

1:30 - 5:30 Functional Biomechanics

5:30 -7:00 Dinner

7:00 – 7:30 Evaluating Research

7:30 - 8:30 Movement Analysis & Athletic Profile

8:30 – 9:00 Movement Analysis & Athletic Profile (Practical)

Saturday June 28 (Daily Theme – Power Up)

Breakfast Club “Movement Madness” Workout

8:30 – 9:30 Movement Analysis & Athletic Profile (Practical)

9:30 - 10:30 Sport Analysis

10:30 - 12:00 Strength & Power Training – The Concepts

12:00 – 1:30 Lunch

1:30 – 5:30 Strength & Power Training – The Application

5:30 -7:00 Dinner

7:00 – 9:00 Reconditioning – Return to Play

Sunday June 29 (Daily Theme – After the work the rest is easy)

Breakfast Club “Movement Madness” Workout

8:00 – 12:00 Speed

12:00 – 1:30 Lunch

1:30 – 3:00 Speed

3:00 - 5:30 Flexibility

5:30 -7:00 Dinner

7:00 – 9:00 Recovery/Regeneration

Monday June 30 (Daily Theme – Fit and Fast)

Breakfast Club “Movement Madness” Workout

8:00 – 12:00 Sports Nutrition

12:00 – 1:30 Lunch

1:30 – 5:30 Endurance – Concepts & Application

5:30 -7:00 Dinner

7:00 – 9:00 Sport Specific Training

Tuesday July 1 (Daily Theme – Good to go)

8:00 – 9:30 The Female Athlete

9:30 – 11:00 The Thrower/Overhead Athlete

11:00 – 12:00 Motivation and Goal Setting

12:00 – 12:30 Facilities and Equipment

12:30 – 1:00 Program Implementation and Management

1:00 - 1:30 Wrap-up