

SPEED ACTIVATION CONSORTIUM

Presented by Tony Holler and Chris Korfist

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June 19, 4-8 and June 20 9-4

Montini Catholic High School,

19W070 16th Street, Lombard, IL 60148

Speed Activation Consortium will bring the latest in holistic training for speed, starting with some aspects most coaches miss like vision and diet. From there, we will ensure a strong neural recruitment pattern using Be-Activated . the, the latest in training techniques brought to you by coaches who are constantly pushing the envelope in athletic development, technology and success! Our sponsors will also demonstrate some of the latest in training tools from strength training with the Exxentrics KBox and timing systems with Freelap.

Speaking schedule

4:00- Dr. Tom Nelson- “Breathing, Activation, and Performance”

5:00 Chris Korfist- “Improve the Ankle Rocker, Improve Speed” on-field demonstration

6:00- Tony “Inertia and Data-Driven Speed Training”

7:00- Joel Smith- “Just Fly: How to Jump Higher”

9:00- Tony- “Speed Development Demonstrated” on-field demonstration

10:00-Chris Korfist- “Building a Champion with Lateral Hip Strength” on-field demonstration

11:00- Dr. Eric Janota - “Level-1 Activation to Improve Speed”

1:00-Cal Dietz- Triphasic Training: Strength as a Component of Speed”

2:00- Dr. Kerry Egan- “Vision and Athletic Performance”

3:00- Dr. Kerry Heitkotter- “Fueling Athleticism”

4:00- Dan Fichter- “Building Athletes with Isometrics” on-field demonstration

Chris Korfist has coached speed and track on levels ranging from Division 1 college to multiple high school teams which include 2 state championships and 5 trophies with 66 All-State sprinters and jumpers as well as running his own speed development facility, Slow Guy Speed School. He has spoke in a variety of state and national clinics and write for a variety of web sites, including Freelapusa.com and Just-fly-sports.com. He is currently also the Director of Be-Activated USA.

Tony Holler was recently inducted into the ITCCCA Hall of Fame. Holler’s track teams have won three state championships and a total of eight state trophies. In addition Tony Holler is a football coach with focus on speed and a current 30-game winning streak. Holler writes for ITCCCA and FreelapUSA and has presented at 20 clinics.

Guest Speakers:

Cal Dietz (U of Minnesota)- TriPhasic training for speed development

Cal will cover a review of the triphasic concepts and its importance in all human movement, including running. This Presentation will also cover all of the most advanced methods that you will be able to apply in your speed development training methods. Cal Dietz is the strength coach at University of Minnesota and runs xlathlete.com,

Joel Smith (U of Cal-Berkeley)- Vertical Jump

Joel will present on physical preparation for vertical jumping variations, based on technical demands of various jump styles and individual differences. Also, will be doing an analysis of various jump and plyometric technical cues. Joel Smith is the assistant strength coach at University of California at Berkely, runs <http://www.just-fly-sports.com> and is the author of Vertical Foundations

Dan Fichter (Wannagetfast and NY state Football Coach of the Year) Isometrics

Dan will show how he uses bodyweight isometrics to build some of the most successful athletes on the East Coast. Dan is the owner of Wannagetfast and is the Head Football Coach at Irondequoit HS in NY.

Dr. Tom Nelson (Activate and Dominate, Nazareth HS) Breathing, activation and performance

"Breathing is key to core function. Self-activation through proper breathing has immediate and measurable effects on the neuromuscular system of athletes. It can also unite a team."

Dr. Nelson is a DO and practices in Westchester IL. He is also a football coach and team doctor for Nazareth HS where he implements Be-Activated on a team level which brought them a state championship in football. He also runs www.activateanddominate.com

Dr. Eric Janota, level 1 Activation using Be-Activated

Dr. Janota is a DO in Sandwich IL and is a master trainer and practitioner of Be-Activated. Dr. Janota will take you through the basic Level 1 activation to show how to get the psoas and glutes to drive your body into proper, efficient and powerful hip flexion and hip extension

Dr. Kerry Heitkotter (Your Healthy Foundations), diet

At Healthy Foundations, we provide a wide array of the latest technologies to enhance athlete's performance of all levels. We use the targeted micro and macro nutrients to prevent injury, proper development, pre and post workout recovery and working with trainers to maximize performance without excess injury expenditure. Dr. Heitkotter is a ...

Dr. Kerry Egan An athlete's visual Field

Dr. Egan will show how vision The impact of an athlete's visual field on movement and performance

Price: Early Registration \$150

At Door: \$200

Checks payable to Slow Guy Speed School

Online:

Old School Registration:

Name _____

Phone _____

Email _____

Mail checks to:

Chris Korfist

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