

2015 PANTHER On Site Mini NC SC State Clinic/ Visit Itinerary (invitation only)

Attending Coaches	
Location	Bank Of America Stadium
Enter at Morehead Gate [press security button and let security know you are here to see Coach Kenn] Follow Train Tracks West side Past West Entrance Gate to Weight Room Doors. Facility is in Stadium	
Date	6/24/2015
5:30 am - 7:00 am	Early Bird Work Out
A - Coach Kenn - Shop Talk B - Coach Benguche - Tier System Training Session C - Coach Nenaber - Olympic Lifting Technique Those interested in the Early Bird Work Out will have 3 options to partake in this year. Your choice. We appreciate those who show up and partake. This is not required.	
7:00 am - 7:30 am	Arrive at Facility - Coach Jason Benguche Meet and Greet
7:30 am - 7:45 am	Overview Daily Training Session - Coach Kenn
7:45 am - 7:55 am	Transition to Practice Field
8:00 am - 8:35 am	Rookie Field Session Linear Tech/Plyo Explosive/Lateral Speed
8:35 am - 8:45 am	Transition to Weight Room
8:50 am - >10:00 am	Rookie Strength Session Session U - Full Session
10:00 - 10:30	Session 1 Ryan Vermillion - Head Athletic Trainer - Relationship BW Sports Medicine and Sports Performance
10:30 - 11:10	Session 2 Joe Kenn - Review Daily Training Session Question and Answer Period
11:10 - 12:00 PM	Session 3 #Reset and #Root [LEAD - Jason Benguche]
12:00 - 12:45 PM	Session 4 GPS and it's value to the Strength Coach [LEAD - Brett Nenaber]
12:45 PM	WRAP UP and HEAD HOME

Carolina Staff Provide - copies of Rookie Card and Daily Running Session Card for visiting Coaches

Visiting Coaches - if possible, be familiar with our style of training and methodology. This will help all of us. Take Notes. Your notes and your thoughts will determine how much you retain from this experience. During Open Discussions any questions you have for Coach Kenn are fair game. He reserves the right to be wrong.