

We are just a few weeks out from what is sure to be one of the greatest seminars of the year. On April 27th and 28th at the campus of the University of Richmond, the [Central Virginia Sport Performance Seminar](#) will bring you a day and a half of cutting edge information from some of the world's leading coaches and scientists. The lineup that has been put together is second to none with a fantastic array of topics consisting of:

- Cal Dietz (www.xlathlete.com)
 - “Advanced Principles in Programming”
 - Coach Dietz will dive into the principles he follows with his athletes at Minnesota and show the how's and why's of his programming, looking the program as a total stressor of the body, how the body perceives such stress, and how the organism handles and adapts to said stressors.
- Landon Evans
 - “Physical Preparation in the NCAA: A Complementary Approach”
 - Everyone wants to talk about the idea of “tools in the tool box” when looking at all forms of physical preparation. In his presentation, Landon Evans will show you how and when to use a hammer versus a saw, so to speak. Understanding the “where” and “when” in programming the proper time and place for different forms of physical preparation on a team and individual level is vital to improving performance of an athlete.
- Joel Jamieson (www.8weeksout.com)
 - “Managing the Training Process”
 - Joel Jamieson will show how the individualization of programming due to readiness, and track performance markers over time, while monitoring the training sessions on a micro and macro cycle level. This information is vital to not just ensure you are not overtraining your athletes, but also to make sure they are receiving an adequate stimulus to provide adaptation.
- Mike Robertson (www.robertsontrainingsystems.com)
 - “Corrective Exercise: Fact vs. Fiction”
 - Known as “the rehab guy”, Mike Robertson will divulge his thoughts on what exactly corrective exercise is, assessments used to determine any factors that may influence training and performance, and how he attacks these areas. Many people utilize assessments but find it difficult to find the what/when/where of including the corrective work. Looking at training/performance as a whole (as we always should) will open the eyes and ideas of all the coaches in attendance.
- Val Nasedkin
 - “Creation of Short and Long Term Training Goals Based on Biological Markers”
 - Many coaches are just concerned with what exercises to do, but in Val's presentation he will outline the whole reason for training. This will begin with where you start, how to include assessments needed, and how to structure the training from the very beginning. The assessments will determine the training along with short and long term plans and goals of the athlete.
- Dr. Natalia Verkhoshansky
 - “Shock Method and Plyometrics: updates and in-depth examination”
 - Dr. Natalia Verkhoshansky's father, Dr. Yuri Verkhoshansky, has been deemed “The Father of Plyometrics”. Although his main “finding” was that of the shock method, also known as depth jumps. Dr. Natalia

Verkhoshansky will discuss the latest contribution and updates of this method, its implications in training the athlete and the taxonomy of Plyometric exercises with the rules of their progressing during the training process.

- “General Adaptation Syndrome and its Application to the Sports Training”
 - The General Adaptation Syndrome (GAS) has been looked upon as the benchmark for understanding the stress response to training, thus determining the “adaptations” that will be seen in the athletes. Dr. Verkhoshansky will give her take on GAS, areas that coaches can observe, and how this theory has been adapted since its inception

This day and a half seminar will provide 1.0 NSCA CEU and 5.5 CEU's with the CSCCa. The CEU's and this fantastic lineup is only \$150.00. If, by chance, you cannot make it to the University of Richmond for the event you can also attend online via live web stream. This way you can catch all the lectures from home, your office, or on your smart phone. With two great options to fit your needs this phenomenal learning experience is one that, for the price, is too good to miss. To sign up today you can click [here](#) or on the logo below. We hope to see you in Richmond, VA April 27th and 28th.

