DESCRIPTION
This lab intensive workshop discusses many factors related to athletic performance in regards to speed and agility. This course will take participants through a speed and agility course with a depiction of how to integrate the described and demonstrated techniques into their treatment practices and the training programs of their clients and athletes. Sports are evolving and we are seeing that the much faster and stronger athletes are dominating the fields and courts. In most cases, they are the ones that put in the time to develop their athleticism. Success for athletes often hinges on speed. This course will teach you how to develop and increase their speed, agility, power and vertical jump. Learn the techniques necessary for athletes to become faster, more explosive, jump higher, and be more agile. The methods covered in this course have been instrumental for athletes ranging from ages seven through college and the pros.

LEARNING OUTCOMES Participants will be able to:
- Identify techniques designed to teach your clients how to develop and increase their speed, agility, power and vertical jump
- Demonstrate techniques necessary to become faster, be more explosive, jump higher, and be more agile
- Identify training variables and injury prevention related to agility and speed
- Determine and implement techniques for speed improvement and acceleration
- Determine and implement balance techniques and control

INSTRUCTORS
Mike Bond, MS, PT, CLT, DOR has been a physical therapist since 1997. He graduated from University of the Pacific (UOP) and has a background in headache pain management, manual therapy, soft tissue mobilization, myofascial release (MFR), and Kinesio taping in addition to many years’ experience as a treating lymphedema therapist in a variety of settings. He is currently the director of therapy services for a large home health and hospice agency. In addition to treating patients, he supervises the work of numerous staff that have been trained in various lymphedema certification programs. Having a background as a therapist, he has in-depth knowledge of the anatomy and physiology related to numerous disorders and how they can interact with and impact the lymphedema client. He also understands the perspective of many who attend this program due to his experience in a variety of practice settings. He is very active in treating, consulting, and teaching about lymphedema wherever and whenever he finds a place for it. He joined the staff at UW-Milwaukee in November 2012 teaching the Comprehensive Lymphedema and Venous Edema Management, Lymphedema II: The Next Level, and Lymphedema: Module III. He is invested in this education due to both personal and professional reasons. Mike works with a wide array of athletes for injury rehab and performance improvement.

Nate Soelberg native of West Valley City, UT. Currently resides in Eagle Mountain, UT with his wife Jessica and their three children Macy, Colt, and Clara. Nate grew up loving sports. He was All-State in the following sports: Basketball, Football, Baseball, Soccer, Volleyball, and Track & Field. Coach Soelberg has trained hundreds of athletes in Speed techniques, Football, and Track & Field since graduating from BYU in 2006. Nate has not only studied and coached drills and techniques to becoming faster and more athletic, but he has done them himself and competed at world-class levels. He enjoys seeing the growth and increases in speed and athleticism through hard work; from not only dedicated athletes, but those that may be just beginning athletics and sports. Most of all, he enjoys seeing youth achieve and realize their full potential becoming better people at home, in sports, and at school.

CONTENT FOCUS
Domain of OT: Client Factors and Performance Patterns
Occupational Therapy Process: Intervention and Outcomes

Continued on following page

Reference table on following page
AGENDA

Day 1

7:30 a.m.  Registration opens
8:00 a.m.  Physiology and anatomy of muscle firing/firing patterns
10:15 a.m. Break
10:30 a.m. Physiology and anatomy continue
12:00 p.m. Lunch (on your own)
1:00 p.m.  Training Variables, Periodization, safety and injury prevention
3:00 p.m.  Break
3:15 p.m.  Factors related to agility and quickness,
5:30 p.m.  Adjourn

Day 2

8:00 a.m.  Physiology and anatomy of muscle fatigue and injury cycles
10:15 a.m. Break
10:30 a.m. Physiology and anatomy continue
12:00 p.m. Lunch (on your own)
1:00 p.m.  Acceleration, stride frequency and length, form, drills
3:00 p.m.  Break
3:15 p.m.  Balance and control with agility
5:30 p.m.  Adjourn

TARGET AUDIENCE

PTs, PTAs, OTs, OTAs and ATs

LEVEL

Introductory

CEUS

Agenda reflects 1.6 CEU’s (16 clock hours)

PRICE

Early Price $525 (on or before 7/4/2017)
Standard Price $575 (after 7/4/2017)

LOCATION

UWM Klotsche Center & Pavilion
3409 N Downer Ave.
Milwaukee, WI 53211