

# THE PERFORMANCE TEAM

Mississippi State Women's Basketball  
Marci Hoppa SCCC, CSCS, USAW  
Julie Martin M.Ed, ATC, CES



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## MARCI HOPPA, SCCC, CSCS, USAW

- University of Georgia
  - Bachelors of Science in Education
  - Exercise and Sports Science
- Northern Illinois University
  - Masters of Science in Education
  - Exercise Physiology
  - Graduate Assistant Coach
- 7 Years of Coaching
  - Alabama, Jacksonville, Western Kentucky, Mississippi State
  - Football, Basketball, Softball, Volleyball, Track and Field, Soccer, Rowing, Tennis, Swim & Dive, LAX, Cheer
- Certified in FAT & FRC



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## JULIE MARTIN, M.ED, ATC, CES



- Lipscomb University
  - Bachelor of Science-Management & Marketing
  - Basketball athlete
- Middle Tennessee State University
  - Bachelor of Science-Athletic Training
- University of Arkansas
  - Master of Education
  - Graduate Assistant Athletic Trainer
- Athletic Trainer for 6 years
  - Tennis/Spirit Squad
  - Volleyball
  - Basketball
- Trained in PRL, BFR, FAT, CES, MET, SASTM, FRC, Dry Needling and Total Motion Release



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**ATHLETIC PERFORMANCE TEAM**

- Academics
- Nutrition
- Sports Medicine
- Sports Psychology
- Strength and Conditioning

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**WHAT PERFORMANCE MEANS**

- Getting the most out of your body
  - Move more efficiently
  - Move more powerfully
  - Move faster
- Minimize Compensations
  - Break in chain due to weakness, injury, etc
- Maximize Capacity
- Baseline-Optimize-Enhance-Maintain

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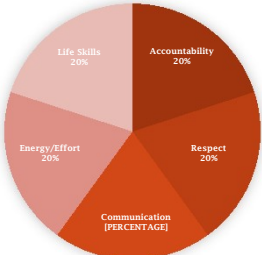
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**CORE PRINCIPLES**

- **Accountability**
  - Self
  - Program/Teammates
- **Energy and effort**
  - Get out what you put in
- **Respect**
  - Coach to player
  - Player to player
- **Communication**
  - Universal language
- **Life Skills**
  - Time Management

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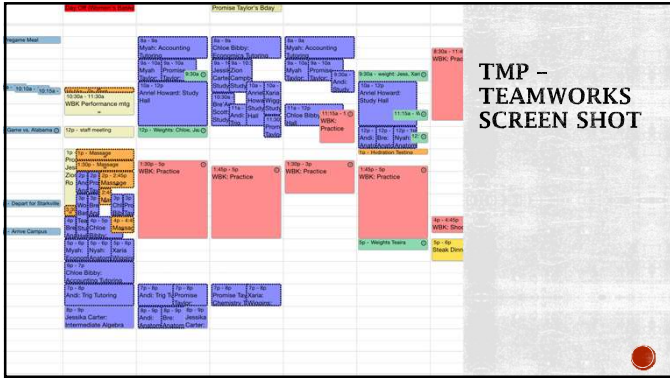
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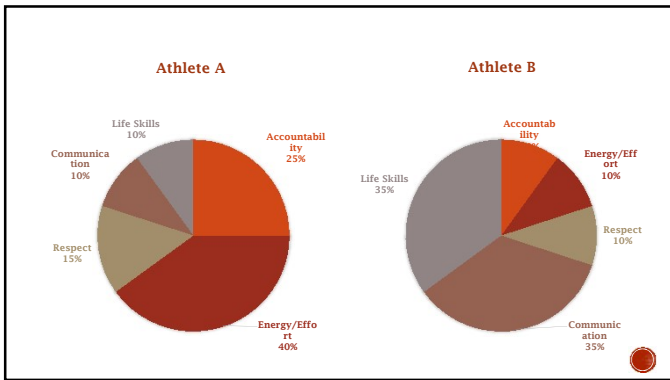
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## OBSERVATIONS

- Motivational trends
- Social trends
- Injury trends with athletes
- Coaching trends




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### MOTIVATIONAL TRENDS

- Friends
- Acceptance
- Competition
- Family System
- Identity
- Financial Benefit

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### SOCIAL TRENDS

- Social perception of female athletics
- Physical & Psychological stress
- Social Media Influences




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### INJURY TRENDS



- Pre-existing Conditions
- Overuse Injuries
- Poor Recovery/Fatigue
  - No "OFF" season
  - Summer Access

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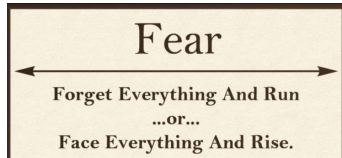
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## COACHING TRENDS

- Intrinsic vs Extrinsic
- Old School vs New School
- Scope of the Profession



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## GOALS

- Positive environment
- Injury Prevention
- Enhance Life Skills
- Sport Preparation/Performance
- Individualization

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## ACHIEVING GOALS THROUGH THE WEIGHT ROOM



- Work capacity to train→ development of strength and power (train for preseason/practice shape)→conditioning and sport specific strength development (train for game/comp shape)→sports specific conditioning and general strength maintenance (season)→recovery/regeneration/maintenance

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		2017				2018				2019				2020				2021				2022				2023													
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# ACHIEVING GOALS THROUGH SPORTS MED



- Consistency
- Collaboration
- Presence
- Whole Body Approach

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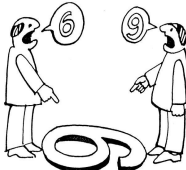
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# COMMON ISSUES BETWEEN S&C AND AT

- Aggressive Programming
  - Weight room injuries
  - Periodization
- Injury Modifications
  - Trust and communication
    - Overly cautious
    - Broad restrictions
- Technique/Teaching Cue Differences
  - Different terminology




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## HOW WE WORK TOGETHER

- Baseline testing
  - Movement Screening
  - Workout Movement Prep
    - Based on screening results
    - Collaborative effort
  - Warm ups-Pre-Practice/Post-Practice



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PIC AND  
VIDEO OF  
SCREENING



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PICS AND  
VIDEO OF  
MOVEMENT  
PREP



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### MOBILITY & FLEXIBILITY

- Bands
- Foam Rollers
- IASTM
- Lacrosse Balls
- Stretching
- Theragun/Hypervolt



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### RECOVERY

- Cryotherapy
- Hydration Testing
- Nutrition
- Recovery Boots
- Whirlpools



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### RETURN TO PLAY POST-INJURY

- Rehab
- Practice Activities
- Preparing for Sports Drills
- Return to Play



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## IDEAL RELATIONSHIPS

- Open and Honest Communication
- Equals working toward the same goals
- Appreciation of each other's strengths/weaknesses
- Understanding each other's roles
- Performance Team-Collaboration
- Discuss issues and implement solutions



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## QUESTIONS?

Marci Hoppa- [mhoppa@athletics.msstate.edu](mailto:mhoppa@athletics.msstate.edu)  
Julie Martin- [jmartin@athletics.msstate.edu](mailto:jmartin@athletics.msstate.edu)



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