

# 4 R's

Behind  
Building *Athletes*,  
Preparing  
*Champions*

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University of Louisville







# RECRUITING









**RISK**



# Top 5 Predictors of Non-Contact Injury

**Previous Injury**

- **Within the past 12 months**

**Poor Movement Quality/Asymmetry**

**Lack of Neuromuscular Control**

**↑ Body Composition**

**↓ Fitness**

# LOUISVILLE WOMEN'S BASKETBALL- RISK PROFILE

\*\*Based on Minimum Standards for Top 5 Predictors of Non-Contact Injury

ATHLETE	Previous Injury <i>(within last 12 months)</i>	Body Composition <i>&gt;18% Body Fat</i>	Movement Quality <i>FMS (Total Score &lt;15)</i>	Neuromuscular Control <i>Y-Balance (&gt;4cm asymmetry)</i>	Aerobic Capacity <i>BEEP Test (&lt;Level 11/12)</i>	Risk Status <b>Composite Status</b>
	✓	✓	-		✓	HI
	-	-	-		-	LO
	-	-	✓		-	LO
	-	✓	✓		✓	HI
	✓	-	✓		✓	HI
	-	-	-		✓	LO
	-	-	-		✓	LO
	-	-	-		-	LO
	-	-	-		-	LO
	-	-	✓		-	MODERATE
	✓	-	-		-	MODERATE

HIGH RISK	3+ risk factors
MEDIUM RISK	2+
LOW RISK	<1







# READINESS



**BLOCK 0:**

# FUNCTIONAL FOUNDATION

[ASSESS AND CORRECT | GROOVE MOTOR PATTERNS]

**BLOCK 1:**

# FUNCTIONAL CAPACITY

[WORK CAPACITY | MOVEMENT 101]

**BLOCK 2:**

# DEVELOPMENTAL

[MAX STRENGTH | SPEED]

**BLOCK 3:**

# PEAK

[EXPLOSIVE | ELASTIC STRENGTH | SPORT-SPECIFIC SPEED]

# LOUISVILLE WOMEN'S BASKETBALL- PERFORMANCE PROFILE

ATHLETE	Body Composition	Movement Quality	Upper Body Strength	Lower Body Strength	Lower Body Power	Reactive Power	Aerobic Capacity
	% Body Fat	FMS	>80%BW	>150%BW	Vert. Jump	DJ/VJ	VO2max (from BEEP)
	-	√	-	-		-	-
	√	√	√	√		-	√
	√	√	√	√		√	√
	√	√	-	-		√	-
	√	-	-	-		-	-
	√	√	-	-		√	√
	-	√	√	√		√	-
	√	√	-	√		-	-
	√	-	-	-		-	-
	√	√	√	√		-	√
	√	√	√	√		√	√

Positional Standards

Guards: 13-16%

Posts: 13-18%

LSP Standard

>15 with no asymmetries

Bench Press Standard

>80% of Bodyweight

Trap Bar Deadlift Standard

>150% of Bodyweight

Goal

>90%

BEEP Test Standards

Guards: > Level 12.1

Posts: > Level 11.1

At or Above Standard	√
Below Standard	-

**Polar Team?**

File Edit Options Tools Help

Training Calendar Online Training Training Session Log Training Reports

Search training sessions

by team Search by date Start date: 10/27/2013 End date: 10/27/2013 Training activity: All

by player Search by period Quick search

2 Monie Niamke

Search

Women's Basketball - 2 training sessions found

10/27/2013 - 4:00 PM - G...  
 All players  
 Guard  
 2 Monie Niamke  
 21 Briia Smith  
 22 Jude Schimmel  
 23 Shoni Schimmel  
 25 Tia Gibbs  
 Post  
 4 Antoinita Slaughter  
 15 Meagan Dienes  
 31 Asia Taylor  
 Sara Hammond  
 Center  
 13 Courtney Walton  
 Emmonnie Henderson  
 Starr Breedlove

10/27/2013 - 10:47 AM - Game

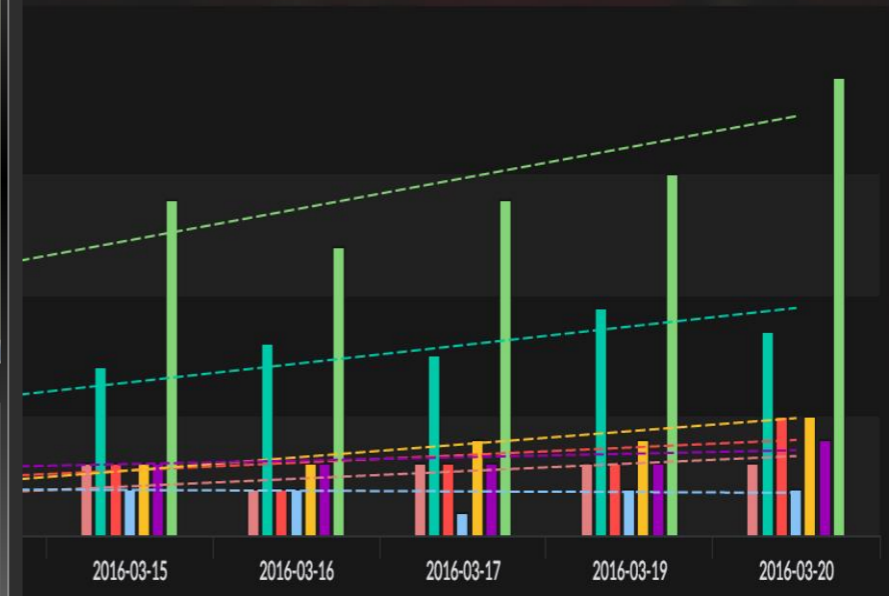
Complete session Details Summary

	HR	Sport zones	Training load	Kcal	Training time:
10/27/2013 - 4:00 PM - Game					
22 Jude Schimmel	24% / 62% / 94%		94	652	01:37:34
23 Shoni Schimmel	40% / 71% / 98%		151	971	01:35:38

Mar 14, 2016 - Mar 20, 2016

+ Add Widget PDF Saved Reports Save Settings Editing On

Daily Wellness Survey (Last 7 Days)



Legend:  
 A. Carter - Hours of Sleep (Cyan bar)  
 A. Carter - Mood State (Red bar)  
 A. Carter - Muscle Soreness (Blue bar)  
 A. Carter - Sleep Quality (Yellow bar)  
 A. Carter - Stress Levels (Purple bar)  
 A. Carter - Total Wellness Score (Green bar)  
 -- Regression (A. Carter - Fatigue)  
 -- Regression (A. Carter - Hours of Sleep)  
 -- Regression (A. Carter - Mood State)  
 -- Regression (A. Carter - Muscle Soreness)  
 -- Regression (A. Carter - Sleep Quality)  
 -- Regression (A. Carter - Stress Levels)  
 -- Regression (A. Carter - Total Wellness Score)

**Catapult!**



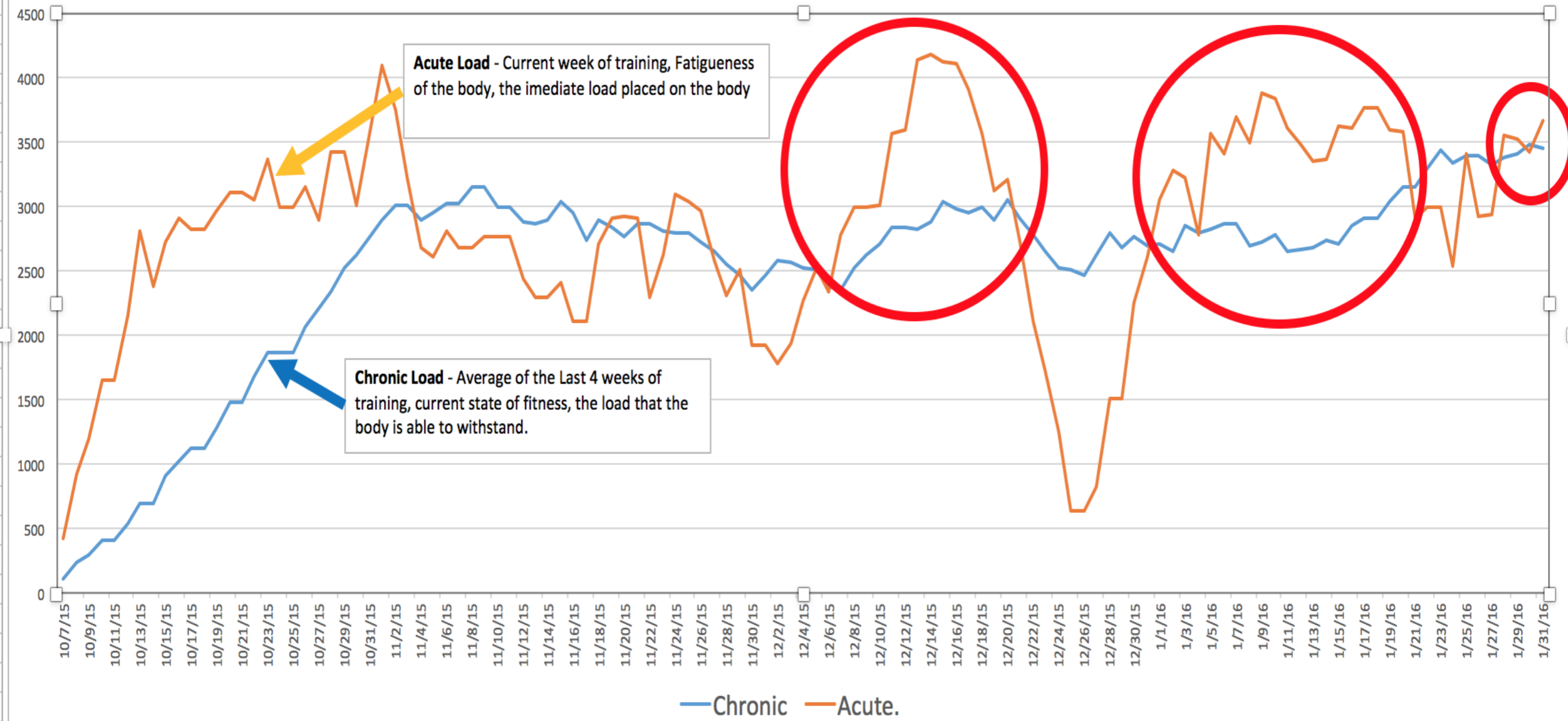


**RETURN TO PERFORMANCE**

**HEART  
OVER  
HYPE**



# Acute : Chronic Load





# **DMAIC**

**Define**

**Measure**

**Analyze**

**Improve**

**Control**



# **5 S (kaizen)**

**Sort**

**Set in order**

**Shine**

**Standardize**

**Sustain**

Success



what people think  
it looks like

Success



what it really  
looks like



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