

**Winter Clinic
Butler University Athletics
Sports Performance**

Saturday, January 8, 2022

Cost to Register

\$30.00

Hinkle Fieldhouse

Wildman Room/EFG



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ATHLETICS CLINICS
HEALTHCARE • PERFORMANCE • WELL-BEING

<https://www.butlerstrengthcamps.com/winter-clinic.cfm>

Invitation focus:

- Strength & conditioning coaches
- Collegiate students (sports performance, human movement, kinesiology, MSAT)
- Cross country coaches
- Track & field coaches
- Football coaches
- Athletic trainers
- Physical therapists
- Team Physicians
- Fitness Professionals

Objectives

Attendees will:

- Learn the concepts of the Butler Sports Performance High Performance Model (Reiff)
- Learn the Athlete-Centric health & performance model (Reiff)
- Understand the Butler definition of high quality movement (Moore)
- Be exposed to activation of the multi-disciplinary sports performance model (Moore/Roe)

Speakers

Tom Morris, Indiana University, Senior Assistant Athletic Director for Athletic Performance

Greg Moore, Head Coach, Strength & Conditioning
Butler University

Matt Roe, Head Coach, Track & Field and Cross Country
Butler University

Lindsay Langford, RD, Sports Dietitian
Ascension St Vincent Sports Performance

Carol Happ, Head Coach, Strength & Conditioning
Lawrance North High School, Indianapolis. Community Health

Ralph Reiff, Sr. Associate Athletic Director for Student-Athlete Healthcare, Performance & Well-Being



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- 7:45am Registration at Gate 1 Hinkle Fieldhouse
- 8:15am Welcome / Logistics / Objectives Ralph Reiff
- 8:20am The Butler High Performance Model Ralph Reiff
- Introducing an Athlete Centric model to Health, Performance, and Well-Being
 - Integrating multiple disciplines in the best interest of the student-athlete
 - Understanding Facilitators and Barriers to Athlete-Centric model
- 8:40am Movement Matters (EFG/MAIN) Roe / Moore
- Understanding the gait cycle
 - Progressions for training the gait cycle
 - Fixing common dysfunction in the gait cycle
 - High performance team
 - Creating a sport specific training environment
- 9:25am Nutrition for Utmost Recovery Lindsay Langford
- 10:10am Vendor / Sponsor Exchange / Meal
- 10:55am Resilience and a Culture That Lives It Tom Morris
- Practical ways to build a winning culture
 - Programming for sustained success
 - Overcoming adversity in our personal life to excel in our professional world
- 11:40am Building the Foundation Carol Happ
- The High School Coaches role in the Collegiate High Performance model
 - Progressions for laying the groundwork
 - Understanding and programming for training age
- 12:25pm Closing Comments / Sponsor Q & A
- 12:40pm Announcement of Spring Clinic May 21, 2022

Hinkle Fieldhouse
Wildman Room
Efroymsen Family Gym

Sponsors:
Hydroworx
Infinitimax
Fitness Fix
Hyperice
School of Health



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Keiser
KT Tape

RVReiff 09.20.2021

RVReiff 10.13.2021

RVReiff 11.03.21

TJGreenstone 12/4/2021 (schedule adjustments, topics, link)

Press Release 12/4/2021

Butler University Athletic will be hosting its first annual Health, Performance, and Well-being educational clinic on Saturday, January 8th, 2022 inside historic fieldhouse. The clinic will include speakers from around the area that are experts in their respective fields. The cost is \$30.00 and interested individuals or groups can find more information at the link below.

Link and Speakers listed above

Those who have questions in regards to the clinic or are interested in partnering with Butler University Athletics as a sponsor can contact TJ Greenstone at tgreenst@butler.edu



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