

2020 Summer Seminar Series Speaker Schedule

NOTE: All Start Times Are 2pm EST (11am PST)

Week 1 June 15th – 19th

- Monday 6/15** **Martin Rooney** – *Coach to Coach: 7 Lessons to Help More People Get Better Results*
Tuesday 6/16 **Mark Verstegen** – *The Power Continuum*
Wednesday 6/17 **Thomas Plummer** – *The Biggest Mistakes You Will Make in Your Career and Life*
Thursday 6/18 **Richard Ulm** – *7 Rules to Avoid Low Back Pain in Strength Training*
Friday 6/19 **Emily Splichal** – *The Anterior Pubic Joint: Demystifying Groin Injuries and Athletic Pubalgia*

Week 2 June 22nd – 26th

- Monday 6/22** **Eric Cressey** – *Spine-Sparing Training Strategies*
Tuesday 6/23 **Ian Jeffreys** – *Forget Speed and Agility, Think Gamespeed: Opening New Avenues to Give Your Athletes the Edge*
Wednesday 6/24 **Pat Rigsby** – *Creating Your Referral Marketing Machine*
Thursday 6/25 **Bill Parisi** – *Fascia Training in Application*
Friday 6/26 **Frank Velasquez** – *Foundation Building Blocks for All*

Week 3 June 29th – July 2nd

- Monday 6/29** **Sue Falsone** – *Managing Back Pain: What Are We Really Doing*
Tuesday 6/30 **Rocky Snyder** – *Understanding Gait and Posture for Better Program Design*
Wednesday 7/1 **Elias Scarr** – *Becoming an Agent of Influence: The Art of Selling Your Passion*
Thursday 7/2 **Lee Taft** – *The Reactive Tier System for Speed*
Friday 7/3 **OFF - Holiday**

Week 4 July 6th – 10th

- Monday 7/6** **Josh Henkin** – *Train The Planes to Connect The Chains*
Tuesday 7/7 **Nicole Rodriguez** – *Empowering Developing Athletes*
Wednesday 7/8 **Vincent Gabriele** – *Complete Sales Mastery: How to Get More Clients, Charge The Prices You Deserve and Get an Unfair Advantage Over Your Competition*
Thursday 7/9 **Kevin Carr** – *Rehab 101: A Coaches Guide To Rehab*
Friday 7/10 **Marc Lebert** – *New Training Tools For Your Bootcamps and Group Training*

Week 5 July 13th – 17th

- Monday 7/13** **Gray Cook** – *Defining Movement*
Tuesday 7/14 **Dana Santas** – *Prioritizing Mindset, Movement and Recovery to Address Current Conditions*

- Wednesday 7/15** **Wil Fleming** – *The Truth About Velocity Based Training: Decoding the Jargon to Make Powerful Athletes*
Thursday 7/16 **Dan John** – *Bounce*
Friday 7/17 **Travis Barnes** – *Competition Combat*

Week 6 July 20th – 24th

- Monday 7/20** **Greg Rose** – *Developing Rotational Athletes – Cradle to Grave*
Tuesday 7/21 **Patricia Van Galen** – *Agility – Can We Keep It?*
Wednesday 7/22 **Frank Nash** – *Creating Your Ultimate Fitness Culture*
Thursday 7/23 **Robert Yang** – *Protein: A Pro or Con?*
Friday 7/24 **Michael Silva** – *From Beginner to Olympian: How to Be Successful Working with Runners*

Week 7 July 27th – 31st

- Monday 7/27** **Michael Boyle** – *Training Kids*
Tuesday 7/28 **Jason Glass** – *Load and Go! Rotational Power*
Wednesday 7/29 **Justin Grinnell** – *Recruiting and Onboarding Members and Clients in Your Community*
Thursday 7/30 **Charlie Weingroff** – *Lessons Learned From 10 Years on Tour*
Friday 7/31 **Ali Gilbert Weingroff** – *Toggling the Metabolism: Strategies for the Stubborn Fat Loss Client*

Week 8 August 3rd – 7th

- Monday 8/3** **Lee Burton** – *A New Look at Corrective Strategies*
Tuesday 8/4 **Lance Walker** – *Speed Up to Minimize Slowing Down: Applications of Angular Speed Training to Attack the Deceleration Epidemic in Sport*
Wednesday 8/5 **Geralyn Coopersmith** – *Fitness Career Transformation: Propelling Yourself from Where You Are to Where You Want to Be*
Thursday 8/6 **Michol Dalcourt** – *Dead Starts for Strength and Power*
Friday 8/7 **Michael Perry** – *Everyone Should Squat*

Week 9 August 10th – 14th

- Monday 8/10** **Nick Winkelman** – *The Language of Coaching*
Tuesday 8/11 **Rachel Cosgrove** – *The Female Body Breakthrough Over 40*
Wednesday 8/12 **Chuck Wolf** – *Shouldering the Load From the Ground Up*
Thursday 8/13 **Mark Fisher** – *Getting More Clients Without Being Cheesy, Spammy, or Salesy*
Friday 8/14 **Ian Manning** – *How to Use PNF Patterns to Improve Mobility and Strength*

Week 10 August 17th – 21st

- Monday 8/17** **Todd Durkin** – *Top 20 Lessons in 20 Years*
Tuesday 8/18 **Jenna Gatses** – *Recovery: Are You Even Doing it Right?*

Wednesday 8/19 Dan Kleckner – *5 Steps to Build a Financially Successful Training Gym*
Thursday 8/20 Frank Dolan – *The 5 Most Common Mistakes in Program Design*
Friday 8/21 John D’Amico – *Optimizing the Aging Client*

Week 11 August 24th – 28th

Monday 8/24 Alwyn Cosgrove – *Program Design Evolution for the 2020 Client*
Tuesday 8/25 Mary Kate Feit – *Optimizing Your Coaching Behaviors to Maximize Your Impact*
Wednesday 8/26 Brendon Rearick – *Building Exercise Checklists for Successful Training*
Thursday 8/27 Anthony Renna – *Be Like the Best-7 Things I Learned From the Best of the Best*
Friday 8/28 Bobby Smith – *Speed and Agility Training for Today’s Athlete*

Week 12 August 31st – September 4th

Monday 8/31 Brandon Marcello – *Myths, Misconceptions, and Truths About Training*
Tuesday 9/1 Jennifer Reiner-Marcello – *Assess, Don’t Guess*
Wednesday 9/2 Don Saladino – *Total Brand of a Professional Coach*
Thursday 9/3 John Graham – *Astonish Your Clients With Plans Maximize Outcomes*
Friday 9/4 Kerry Taylor – *Deciphering the Kettlebell Matrix*

Week 13 September 7th – 11th

Monday 9/7 Off - Holiday
Tuesday 9/8 Robert Dos Remedios – *Why Misunderstanding Power Can Be Hurting Your Clients*
Wednesday 9/9 Michael Mullin – *Managing and Optimizing Pressure and Tension*
Thursday 9/10 Ingrid Marcum – *Become Unshakeable: Building Mental and Physical Resilience*
Friday 9/11 Brian Nguyen – *Planes, Trains and Automobiles: Holding Space, Layman’s Anatomy and the Analogies That Make Principles Stick*

Week 14 September 14th – 18th

Monday 9/14 Rick Mayo – *K.I.S.S.: Achieve More by Doing Less*
Tuesday 9/15 Adam Feit – *The Psychology of Nutritional Change*
Wednesday 9/16 Marco Sanchez – *Conditioning: The Head, the Heart and the Why*
Thursday 9/17 Molly Galbraith – *Strength Training During and After Pregnancy: What Coaches and Trainers Must Know To Keep Their Clients Safe*
Friday 9/18 Virtual Social – **Live Music With Kevin Herchen**