

*Matt Kredich and the University of Tennessee invite you to attend the Fourth Annual*

## **“School of Thought” Coaches Clinic**

### **Foundations of High Performance**

Since 2015, **The School of Thought** has brought some of the leading minds in sport and performance to the swimming community, and this year we are very excited to bring more revolutionary thinkers and practitioners to Knoxville, Tennessee.

### **The 2018 Clinic Featuring**

**Jan Olbrecht, Ernest Maglischo, Fiona Mather, Rachel Vickery**

#### **Jan Olbrecht, PhD (Brussels, Belgium)**

Recognized as one of the world’s foremost experts in the application of lactate testing to training design, and he returns for his fourth appearance at the School of Thought. His book “The Science of Winning” has become one of the most influential books written on training theory for swimming. Since the publication of the book 20 years ago, Olbrecht’s theories have been further validated on thousands of world class athletes who have won dozens of World Championship and Olympic medals. Jan will explain the training and physiological paradigm that is currently being used by the National Teams of Ireland, Scotland, Australia, the Netherlands, and Belgium, as well as coaches of Olympians in the US, France, and Great Britain. He will share case studies, expand on the ideas presented in his book, and help coaches plan their upcoming seasons.

#### **Fiona Mather (Auckland, NZ) – Physiotherapist - High Performance Sport New Zealand**

Fiona is one of the most respected physiotherapists in the world. Through her position with HPSNZ, she currently works in support of numerous Olympic athletes across many sports. Fiona gained extensive experience with elite swimmers in the UK working with the National Team, including with Coach Chris Martin. Fiona has a highly developed outlook on the interplay of posture, movement, and the mechanisms for developing powerful and efficient movements in the water. I have asked her to talk with us about a little-discussed and relatively new concept in swimming anatomy, the function of the myofascial slings in storing and releasing energy. Throughout the weekend, Fiona will help coaches understand the structure of the myofascial slings and the relevance to teaching and correcting stroke mechanics. She’ll help us learn to “see” movement on land in the water from a unique and exciting perspective.

#### **Ernest Maglischo, PhD – Author of “Swimming Even Faster”, 13 time National Championship Coach**

Ernie has written what many coaches believe to be the most comprehensive textbooks on competitive swimming. The author of “Swimming Faster”, “Swimming Even Faster”, “Swimming Fastest”, and “A Primer for Swimming Coaches, Volumes I and II” will talk with us about several subjects that he’s been exploring, including “**Biomolecular Adaptations to Training**” and “**The physiology of reverse periodization**”. Ernie will also team up with **Matt Barany and Erik Vendt** to talk about “**Heartrate Variability as a Measurement for Prescribing Training Programs.**”

#### **Rachel Vickery (Brisbane, Australia) – Breathing and Performance Physiotherapist**

Rachel has worked with some of the most successful athletes in the world today, including NBA All stars, professional Rugby and football players, cyclists, gymnasts, and swimmers. A key part of her work involves understanding the relationship of breathing to neuro-physiology and how this affects an athlete’s mental, emotional, physical and physiological performance. Too often an athlete operates in high states of arousal or “Fright and Flight”, leading to suboptimal performance. Despite advances in sports science this is still the part of performance that is not addressed in coach education.

Rachel will talk with us about strategies for helping the athletes we coach control their state through breathing in all environments, from their environment out of the water to the environment under the pressure of competition.



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### **Clinic Schedule**

**Friday, April 6 – Saturday, April 7 (each day will be the same format)**

7:30 AM - Breakfast and introduction by Matt Kredich

8:00 AM – 12:00 PM - Lectures by Jan Olbrecht, Fiona Mather, Rachel Vickery and Ernie Maglischo

12:00 PM – 1:00 PM – Lunch Break

1:00-5:30 PM – Active Workshops – We will have 2 breakout groups of a maximum of 30 coaches, each group will have a small group interactive experience with our speakers.

7:00-9:00 PM (Friday only) – ***Speedo Coaches Social***. This has proven to be one of the highlights of the *School of Thought Clinic*. Light food and drinks will provided, courtesy of Speedo. Great conversation provided courtesy of all attending coaches and clinicians!

### **Daily Workshops**

**Jan Olbrecht: Foundations of Performance – Planning Cycles, Seasons, and Practices.**

**Fiona Mather: Foundations of Performance – The Myofascial Slings and Aquatic Movement – New Ways of “Seeing” movement.** We will use live swimmers to demonstrate some of the concepts in Fiona’s talks.

**Rachel Vickery: Foundations of Performance – Breathing and Performance**

**Bring comfortable clothes-** Coaches will learn techniques for breathing as a way to control states in many different environments and situations.

**Erik Vendt, Matt Barany, Ernest Maglischo- Heart rate Variability and the Relationship to Performance – a multi-season case study.** Matt and Erik teamed up to monitor HFV

### **Logistic Information**

**HOTEL:** We recommend staying in downtown Knoxville. The Hilton (865) 523-2300, Crowne Plaza (865) 522-2600, and Holiday Inn (865) 522-2800 all have a limited number rooms at a special University of Tennessee rate. This rate is only available if you call the hotel sales office.

**Parking:** Public parking at the University of Tennessee can be limited at times. There is public parking available on Volunteer Boulevard, Pat Head Summitt Street, Todd Helton Drive, Chamique Holdsclaw Drive and Phillip Fulmer way. These spots are first come, first serve and tend to fill up quickly with student parking, especially on Friday morning. Knoxville also has a free Trolley service, whose Orange Line (<http://www.katbus.com/178/Free-Trolley>) runs between campus and downtown on a daily basis.



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## Foundations of High Performance

### Online Registration

[tennesseesportcamps.com/swimming](http://tennesseesportcamps.com/swimming) Click on "School of Thought" Clinic

### Mail-In Registration

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_ Team Affiliation \_\_\_\_\_

Please circle your preferred sessions.

#### **Day 1 only - April 6**

Day 1 - April 6 \_\_\_\_\_ \$250

Day 1 - April 6 - additional coach on already registered team \_\_\_\_\_  
please list name of head coach \_\_\_\_\_ \$175

#### **Day 2 only - April 7**

Day 1 - April 6 \_\_\_\_\_ \$250

Day 1 - April 6 - additional coach on already registered team \_\_\_\_\_  
please list name of head coach \_\_\_\_\_ \$175

#### **Full package - April 6-7**

2 Day Package \_\_\_\_\_ \$450

Additional coach on already registered team \_\_\_\_\_  
please list name of head coach \_\_\_\_\_ \$350

Total Enclosed \_\_\_\_\_

Registration includes breakfast and lunch each day, and the coaches social April 6.

Please make checks out to **The University of Tennessee**

#### **Mail to**

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Knoxville, TN 37916**

Any questions please email [mkredich@utk.edu](mailto:mkredich@utk.edu)

