



Jeff Krushell, Krush Performance
Back by popular demand, February 6th 2020

Topics will include:

- 1. Athlete Development, the Long Game**
- 2. Sports Specialization & Why Kids Play**
- 3. Top Priorities for Athlete Development**
- 4. Breakout - Athlete Before Player & Better Athletes, Better Players**
- 5. Questions & Answers**

WHERE: Mission Leisure Centre
7650 Grand Street, Mission
WHEN: Thursday February 6th 2020
6:30 pm until 9:30 pm

Raising Potential: The Long Game of Maximizing Sport Performance

Raising potential is a long game. There are NO short cuts!

Athlete and Player development, when done correctly, you can get the best of both worlds. Short term gains that push future performance upward.

If done incorrectly... sure you can chase immediate performance gains, but you run the great risk of sacrificing future potential, increased risk of injury, burnout and athlete withdraw from organized sport.

The information and data is out there and available for anyone who is interested in truly finding out how good they can really become.

Athlete and Player Training is all about preparing an individual for the next phase of development. This is based on where the Athlete is currently at, how they respond to training and all the unique factors that influence progressive development.

In this informative, action packed seminar you will learn:

- The Theory of Long-Term Development and where you are at the framework.
- The factors that influence individual progress.
- The stages of development and the roll they play in the long game of development which includes:

- The Fundamentals of Athlete Development and the connection to Player Development
- The Acquisition of Skills and Talent Development
- The Age-Related Phases of Proper and Progressive Development
- How to raise your ceiling of potential rather than lowering it.
- How to keep your athletes engaged and loving sport
- The top priorities for Performance and how you can make changes right now that will not only impact sport but school, work and life in general.
- How to Move. All Sport is based on movement and movement skills learn how to be a Great Mover.

The day will be split into Three 45min Sessions with 5-10minute breaks between each session.

This will be followed by an open-ended question period.

Is your Sport Program working for you or against you?

Let's get it right for our athletes, our teams, our coaches and our community.

Join us: February 6th 2020, Mission Leisure Centre from 6:30pm to 9:30pm

Reserve Your Seat Now by calling 604-820-5350

Raising Potential: The Long Game of Maximizing Sport Performance

Topics:

1. Athlete Development the Long Game - Long Term Athlete Development, The Downside of Specialization & Why Kids Play
2. Top Priorities for Athlete Development:
3. Breakout: The Athlete Before the Player - Better Athletes Better Players
4. Questions & Answers