

Golden Nuggets: Prime Minister's Scholarship

SPRINZ Strength and Conditioning Conference 14-16 Nov 2017



Thank you.....



Itinerary



Mission:

Organic and informal discussion with a diverse group of high performance personnel to provide knowledge of best practice in athletic preparation, managing support teams and athletes, current scientific concepts in training and technology to gain a competitive edge

USOC High Performance Strength and Conditioning Symposium 2017

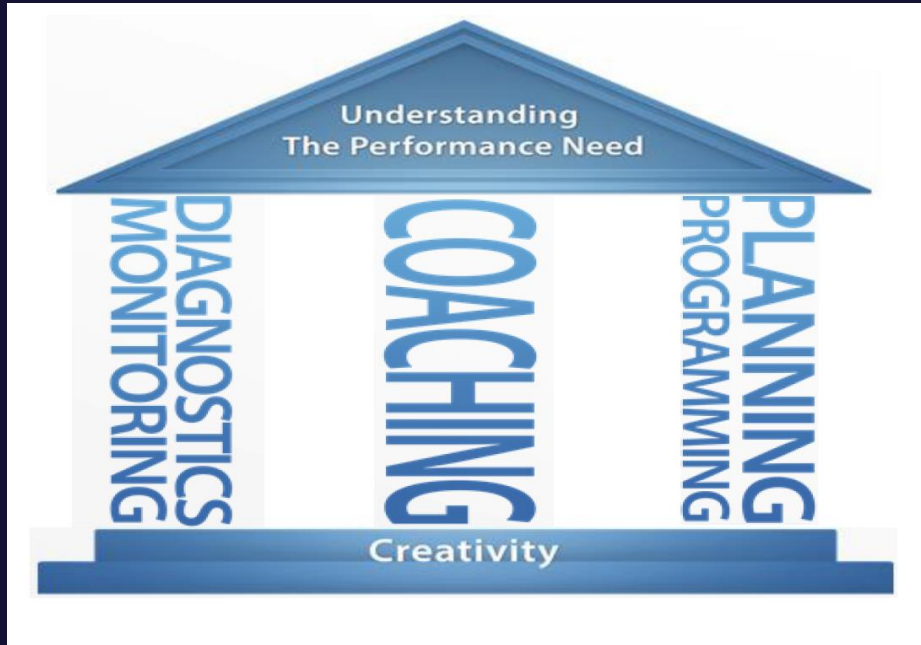


Format

- 100 international delegates (3 kiwis)
- 10 x tables rotated on each keynote
- Guided discussion

Alex Wolf – EIS Head of Strength and Conditioning

Problem Solving: A Performance Backwards Approach





“Stop making S&C look good, make performance look good!”

4 principle areas:

- Understanding the performance model/need
- Understanding the required outcome
- Understanding the sport coach's philosophy
- Understanding S&C's place within the sport program





Women 2x: 6:37.24 sec

Physical

Technical

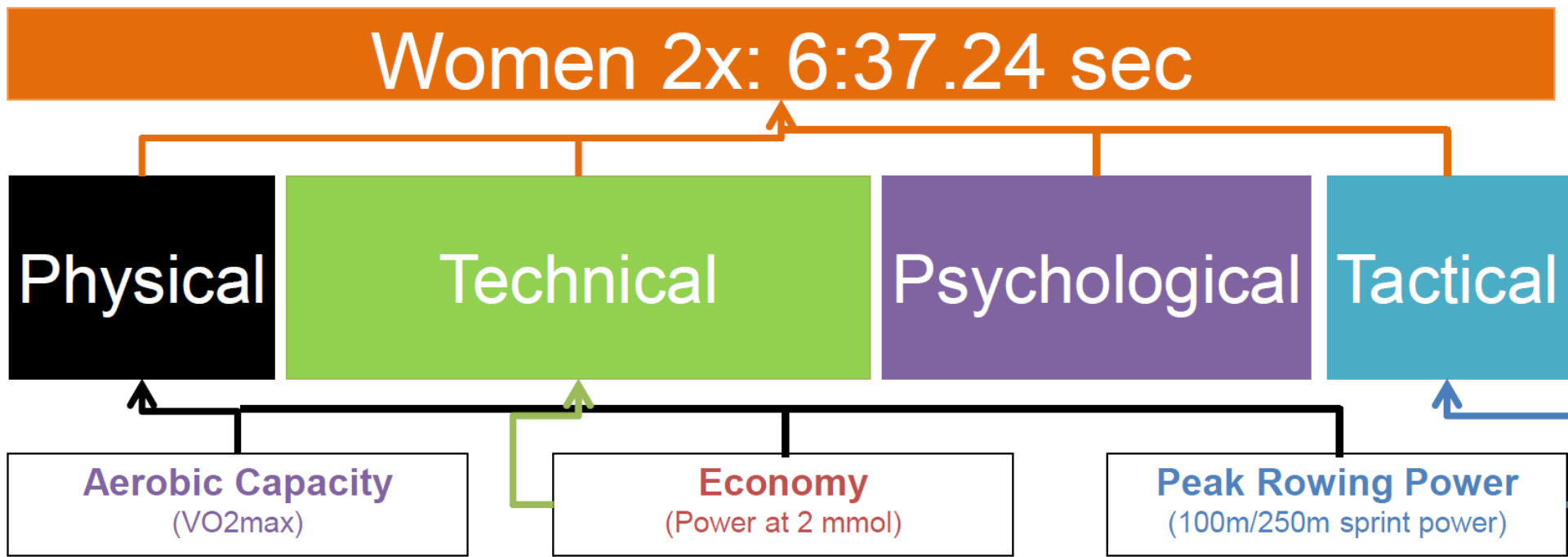
Psychological

Tactical

Aerobic Capacity
(VO2max)

Economy
(Power at 2 mmol)

Peak Rowing Power
(100m/250m sprint power)

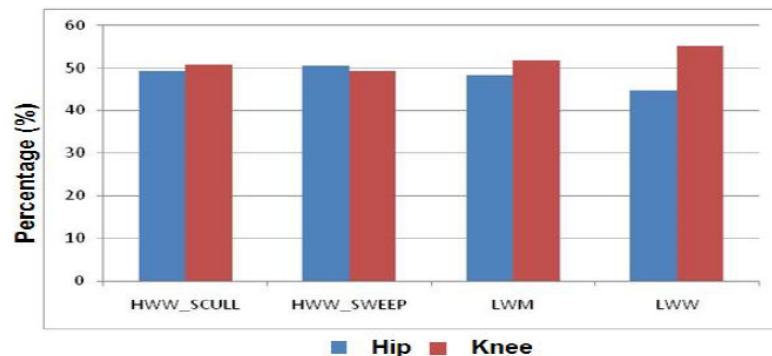
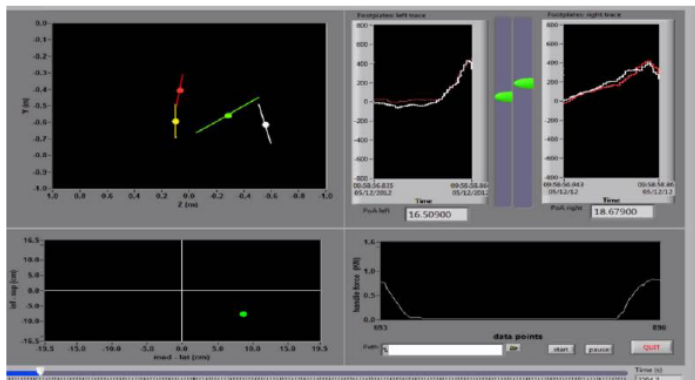


Economy (Power at 2 mmol)

Peak Rowing Power (100m/250m sprint power)

Insight:

1. Rowing technical model
2. Rowing tactical model
3. Increase physicality



3 pillars for solutions:

- Diagnostic monitoring
- Planning programming
- Coaching





“How confident are you that you have absolute clarity on what you are trying to change, and how consistent are you with this in all your programs?”

Technology

- Sparta Science – force platform jump analysis (Programming)
- Stanford University – EYE-SYNC, Dynamic Visual Synchronisation (TBI/Concussion)
- University of Denver – Triphasic, Reflexive Performance Reset (RPR)
- Red Bull – Synaptec Strobe (Cognitive), Flotation Tank (Concussion, meditation)
- LA Kings – Iron Neck (Concussion), 1080 Quantum Syncro (isokinetic, isotonic, eccentric, variable inertia/flywheel, vibration)

Thank you

