

***Perform Better Functional Training Summit***  
***McCormick Place Hyatt***  
***April 28 –30, 2006***  
***Chicago, IL***

**FRIDAY SCHEDULE**

<b>8:00 – 5:00</b>	-----REGISTRATION-----			
<b>9:30 – 11:45</b>	<b>Feature Presentation I – Gray Cook</b> <i>Functional Movement Screening “From the Source!”</i>	<b>Feature Presentation II – Gary Gray</b> <i>The Matrix System... Tweaking our Tools to Create the Environment to Enhance the Lives of our Clients</i>		
<b>11:45 - 1:00</b>	<b>Lunch (on your own)</b>			
<b>TIME</b>	<b>LECTURE 1</b>	<b>LECTURE 2</b>	<b>HANDS-ON 1</b>	<b>HANDS-ON 2</b>
<b>1:00 – 2:00</b>	<b>Mark Verstegen</b> <i>Maximizing Power for Performance</i>	<b>Jason Soncrant</b> <i>Return to Function: Running, Jumping, Throwing</i>	<b>Gary Gray</b> <i>3D Core Conversion Matrix</i>	<b>Evan Osar</b> <i>Complete Hip Conditioning: Facts and Fallacies</i>
<b>2: 15 – 3:15</b>	<b>Gary Gray</b> <i>3D Core Conversion Matrix</i>	<b>Robb Rogers</b> <i>Neuromuscular Activation Exercises – Turning your Muscles on for Better Performance</i>	<b>Gray Cook</b> <i>Five Most Common Mistakes in Core Training</i>	<b>Jason Soncrant</b> <i>Return to Function: Running, Jumping, Throwing</i>
<b>3:30 – 4:30</b>	<b>Gray Cook</b> <i>Five Most Common Mistakes in Core Training</i>	<b>Evan Osar</b> <i>Complete Hip Conditioning: Facts and Fallacies</i>	<b>Mark Verstegen</b> <i>Maximizing Power for Performance</i>	<b>Robb Rogers</b> <i>Neuromuscular Activation Exercises – Turning your Muscles on for Better Performance</i>
<b>7:00 – 9:00</b>	<b>Social</b>			

**SATURDAY SCHEDULE**

<b>TIME</b>	<b>LECTURE 1</b>	<b>LECTURE 2</b>	<b>HANDS-ON 1</b>	<b>HANDS-ON 2</b>
<b>8:00 – 9:00</b>	<b>Carlos Santana</b> <i>Fitmoves for Sports</i>	<b>Craig Friedman</b> <i>Incorporating Prehab and Corrective Exercise into your Training Programs</i>	<b>Mike Boyle</b> <i>Functional Strength</i>	<b>Bill Parisi</b> <i>How To Start Your Own Sports Performance Training Business</i>
<b>9:15 – 10:15</b>	<b>Mark Verstegen(repeat)</b> <i>Maximizing Power for Performance</i>	<b>Ryan Lee</b> <i>How to Get More Clients with “Velvet Rope” Marketing</i>	<b>Carlos Santana</b> <i>Fitmoves for Sports</i>	<b>Don Chu</b> <i>Plyometric Training for the Upper Extremities</i>

10:30 – 11:30	<b>Mike Boyle</b> <i>Functional Strength</i>	<b>Al Vermeil</b> <i>Lower Body Plyometrics: Evaluation, Preparation and Integration</i>	<b>Carlos Santana</b> <i>Metabolic Toolbox: 5 Minute Protocols for a Lifetime of Fitness</i>	<b>Ed Thomas</b> Mass Physical Training
11:30 – 12:45	<b>Lunch On Your Own</b>			
12:45 – 1:45	<b>Mike Boyle</b> <i>Fat Loss Secrets</i>	<b>Ed Thomas</b> Mass Physical Training	<b>Mark Verstegen(repeat)</b> <i>Maximizing Power for Performance</i>	<b>Craig Friedman</b> <i>Incorporating Prehab and Corrective Exercise into your Training Programs</i>
2:00 – 3:00	<b>Carlos Santana</b> <i>Metabolic Toolbox: 5 Minute Protocols for a Lifetime of Fitness</i>	<b>Bill Parisi</b> How To Start Your Own Sports Performance Training Business	<b>Gray Cook</b> Advances With Cable Bars and Bands – Corrective Exercise and Movement Prep	<b>Ryan Lee</b> <i>How to Get More Clients with “Velvet Rope” Marketing</i>
3:15 – 4:15	<b>Gray Cook</b> Advances With Cable Bars and Bands – Corrective Exercise and Movement Prep	<b>Don Chu</b> <i>Plyometric Training for the Upper Extremities</i>	<b>Mike Boyle</b> <i>Fat Loss Secrets</i>	<b>Al Vermeil</b> <i>Lower Body Plyometrics: Evaluation, Preparation and Integration</i>

# SUNDAY SCHEDULE

TIME	LECTURE 1	LECTURE 2	HANDS-ON 1	HANDS-ON 2
8:00 – 9:00	<b>Mark Verstegen</b> <i>Training Endurance Athletes</i>	<b>Lorne Goldenberg</b> <i>Core Strength &amp; Stability Through Ground-Based Strength Training</i>	<b>Carlos Santana (repeat)</b> <i>Metabolic Toolbox: 5 Minute Protocols for a Lifetime of Fitness</i>	<b>Loren Seagrave</b> <i>Drills For Speed</i>
9:15 – 10:15	<b>Mike Boyle (repeat)</b> <i>Fat Loss Secrets</i>	<b>Chuck Wolf</b> <i>Anatomy of a Lunge</i>	<b>John Bliedernicht</b> <i>“Free” the Foot to Improve Athletic Speed</i>	<b>Jose Antonio</b> <i>Performance Ready: Eating to Improve Body Composition</i>
10:30 – 11:30	<b>Carlos Santana (repeat)</b> <i>Metabolic Toolbox: 5 Minute Protocols for a Lifetime of Fitness</i>	<b>Jose Antonio</b> <i>Performance Ready: Eating to Improve Body Composition</i>	<b>Mark Verstegen</b> <i>Training Endurance Athletes</i>	<b>Chuck Wolf</b> <i>Anatomy of a Lunge</i>
11:45 – 12:45	<b>John Bliedernicht</b> <i>“Free” the Foot to Improve Athletic Speed</i>	<b>Loren Seagrave</b> <i>Drills For Speed</i>	<b>Mike Boyle (repeat)</b> <i>Fat Loss Secrets</i>	<b>Lorne Goldenberg</b> <i>Core Strength &amp; Stability Through Ground-Based Strength Training</i>

**\*\*SPEAKERS ARE SUBJECT TO CHANGE\*\***