

***Perform Better Functional Training Summit***  
***Long Beach Convention Center***  
***June 2 – 4, 2006***  
***Long Beach, CA***

**FRIDAY SCHEDULE**

8:00 – 5:00	-----REGISTRATION-----			
9:30 – 11:45	<b>Feature Presentation I –Carlos Santana</b> <i>Modern Concepts in Functional Training: The Controversies Nobody Wants to Talk About</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>		
11:45 - 1:00	<b>Lunch (on your own)</b>			
TIME	LECTURE 1	LECTURE 2	HANDS-ON 1	HANDS-ON 2
1:00 – 2:00	<b>Alwyn Cosgrove</b> <i>A Unified Theory of Program Design</i>	<b>Jason Soncrant</b> <i>Return to Function: Running, Jumping, Throwing</i>	<b>Gary Gray</b> <i>3D Core Conversion Matrix</i>	<b>Jeremy Levine</b> <i>Functional vs. Non-Functional (Traditional Training)-</i>
2: 15 – 3:15	<b>Gary Gray</b> <i>3D Core Conversion Matrix</i>	<b>Jay Shiner</b> <i>Power Performance Training</i>	<b>Carlos Santana</b> <i>Fitmoves for Sports</i>	<b>Jason Soncrant</b> <i>Return to Function: Running, Jumping, Throwing</i>
3:30 – 4:30	<b>Carlos Santana</b> <i>Fitmoves for Sports</i>	<b>Jeremy Levine</b> <i>Functional vs. Non-Functional (Traditional Training)</i>	<b>Alwyn Cosgrove</b> <i>A Unified Theory of Program Design</i>	<b>Jay Shiner</b> <i>Power Performance Training</i>
7:00 – 9:00	Social			

**SATURDAY SCHEDULE**

TIME	LECTURE 1	LECTURE 2	HANDS-ON 1	HANDS-ON 2
8:00 – 9:00	<b>Gray Cook</b> <i>Five Most Common Mistakes in Core Training</i>	<b>Martin Rooney</b> <i>The Secret of Game Speed</i>	<b>Mike Boyle</b> <i>Functional Strength</i>	<b>John Graham</b> <i>Developing a Comprehensive Testing and Assessment Program</i>

9:15 – 10:15	<b>Todd Wright</b> <i>The Essence of Training The Core</i>	<b>Duane Carlisle</b> <i>The Business of Performance Coaching</i>	<b>Gray Cook</b> <i>Five Most Common Mistakes in Core Training</i>	<b>Annette Lang</b> <i>It's All Relative: Core and ...?</i>
10:30 – 11:30	<b>Mike Boyle</b> <i>Functional Strength</i>	<b>Lee Burton</b> <i>Functional Movement Screening</i>	<b>Gray Cook</b> <i>Advances With Cable Bars and Bands – Corrective Exercise and Movement Prep</i>	<b>Diane Vives</b> <i>Optimal Lower Body Training</i>
11:30 – 12:45	<b>Lunch On Your Own</b>			
12:45 – 1:45	<b>Mike Boyle</b> <i>Fat Loss Secrets</i>	<b>Diane Vives</b> <i>Optimal Lower Body Training</i>	<b>Todd Wright</b> <i>The Essence of Training The Core</i>	<b>Martin Rooney</b> <i>The Secret of Game Speed</i>
2:00 – 3:00	<b>Gray Cook</b> <i>Advances With Cable Bars and Bands – Corrective Exercise and Movement Prep</i>	<b>John Graham</b> <i>Developing a Comprehensive Testing and Assessment Program</i>	<b>Carlos Santana</b> <i>Metabolic Toolbox: 5 Minute Protocols for a Lifetime of Fitness</i>	<b>Duane Carlisle</b> <i>The Business of Performance Coaching</i>
3:15 – 4:15	<b>Carlos Santana</b> <i>Metabolic Toolbox: 5 Minute Protocols for a Lifetime of Fitness</i>	<b>Annette Lang</b> <i>It's All Relative: Core and ...?</i>	<b>Mike Boyle</b> <i>Fat Loss Secrets</i>	<b>Lee Burton</b> <i>Functional Movement Screening</i>

# SUNDAY SCHEDULE

TIME	LECTURE 1	LECTURE 2	HANDS-ON 1	HANDS-ON 2
8:00 – 9:00	<b>Don Chu</b> Plyometric Training for the Upper Extremities	<b>Lee Taft</b> <i>The Art of Deceleration</i>	<b>Gray Cook (repeat)</b> <i>Advances With Cable Bars and Bands – Corrective Exercise and Movement Prep</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>Sue Falsone</b> <i>Introduction to Prehabilitation and Movement Dysfunction</i>	<b>John Bliedernicht</b> <i>"Free" the Foot to Improve Athletic Speed</i>	<b>Steve Plisk</b> <i>The Pillars of Athleticism</i>
10:30 – 11:30	<b>Gray Cook (repeat)</b> <i>Advances With Cable Bars and Bands – Corrective Exercise and Movement Prep</i>	<b>Steve Plisk</b> <i>The Pillars of Athleticism</i>	<b>Don Chu</b> Plyometric Training for the Upper Extremities	<b>Sue Falsone</b> <i>Introduction to Prehabilitation and Movement Dysfunction</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>Lee Taft</b> <i>The Art of Deceleration</i>

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