Course Objectives

Facilitate a team approach to working with the complete athlete by fostering communication between the physical therapist, athletic trainer, conditioning coach, the sport coach and athlete.

To understand function.

Adapt the High Performance Coaching Model to rehabilitation.

Provide a practical understanding of planning training and rehabilitation.

Understand how the demands of the sport dictate the conditioning and rehabilitation program - "Take another look".

Understand the role of work capacity as a limiting factor on performance.

Relate how Training = Rehab and Rehab = Training.

Relate the role of functional strength in the training/rehab process.

Teach the role of movement mechanics as it applies to the development of sport specific speed.

To understand the role of fundamental movement skill as a basis for specific sport skill.

Learn how to combine all components to follow the Functional Path to "Build or Rebuild the Complete Athlete".

Continuing Education Credit

The course consists of **8** contact hours.

Eligible for CEU's from **all** major governing bodies.

A course work book is provided.

A Certificate of Completion is provided following the course.

REBOUND PHYSICAL THERAPY
5220 SW 17th Street
Topeka, KS 66604
Phone: 785-271-5533
Fax:785-271-8818

Following The Functional Path

Featuring

Vern Gambetta

gambetta SPORTS TRAINING SYSTEMS

training the best to be better™

Hosted By
Rebound Physical Therapy

March 7, 2009
8:00 AM to 5:00 PM

REGISTER EARLY….
SEATS ARE LIMITED!

Following The Functional Path

Mission Statement - To follow the functional path to "Building the Complete Athlete" or if the athlete is injured by "Rebuilding the Complete Athlete."

The Gambetta Method is based on the following Functional Path principles:

- Dynamic Postural alignment and balance are the foundation for all training.
- Train movements not muscles.
- Train fundamental movement skills before sport specific skills.
- Train core strength before extremity strength.
- Train with body weight before external resistance.
- Train joint integrity before joint mobility.
- Train synergistic muscles before prime movers.
- Train strength before strength endurance .
- Train speed before speed endurance.

VERN GAMBETTA

Considered the "Founding Father of Functional Sports Training".

Education & Certification: Master of Arts in Education with an emphasis in Physical Education, Stanford University, 1974 Calif. Standard Secondary Teaching Credential, History and Physical Education, UC Santa Barbara, 1969. Coaching Minor, University of California, Santa Barbara, 1969 Bachelor of Arts, Fresno State University, Social Science major, Physical Education minor, 1968 USAT&F Level II Sprint & Hurdle Coach and Jumps Coach USA Weightlifting Club Coach.

Track & Field: Specializes in Coaching Multi-Events, Decathlon and Heptathlon. Consultant coach for Nike Oregon Project. Edited Track Technique, the technical journal of USA Track & Field. Associate editor of the IAAF technical journal, New Studies in Athletics. Co-founder of USA Track & Field coaching education program.

Baseball: Director of Athletic Development, New York Mets 2004—05. As Director of Conditioning, pioneered conditioning for baseball with model program for Chicago White Sox 1987 – 96. Consultant to Cincinnati Reds 1996-97, University of Texas 2005.

Basketball: Assistant conditioning coach for Chicago Bulls 1985 – 87. Conditioning coach for Canadian National men's team 1989 – 94 and the Canadian women's team from 1992 -94.

Soccer: Conditioning coach for Tampa Bay Mutiny 1996, 97 & 99. Conditioning coach for New England Revolution 1998. Consultant to Chicago Fire 2000. Consultant University of Virginia Women's Soccer. Consultant University of North Carolina Women's Soccer. Conditioning Coach 1998 US men's World Cup team.

Vern has trained the best to better by following the functional path for over forty years and:

- Being A Pioneer
- Being A Leader
- Being An Innovator
- Producing Results
- Being Passionate
- Continually Learning

Registration Fee

$200 for Professionals

$50 for Students

Registration Form

Name

Address

Phone Email

Your confirmation will be emailed.

Method of Payment

Amount $ _____

☐ Visa

☐ Check

☐ MasterCard

Name as it appears on the card

Credit Card # Exp. date

Signature

Send Registration and Payment to:

Rebound Physical Therapy
Attn. Mike Flynn
5220 SW 17th Street
Topeka, KS 66604

Make check payable to Rebound Physical Therapy

For more information email or call Mike Flynn!
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