

One Man Show
c/o Russ Ebbets, Director
PO Box 229
Union Springs, NY 13160

Forward to:

- Athletic Director
- Track Coach
- Cross Country Coach

Rochester, NY
Track & Field
“One Man Show”
Dr. Russ Ebbets

Presented
by
On The Road Institute

Date:
March 11, 2017
Saturday 10am-2pm

Site:
Nazareth College
Room 51 in Golisano Academic Center
4245 East Ave
Rochester, NY 14618

For more information:
315-730-0210
rebbetsdc@gmail.com

Schedule:

Saturday, March 11, 2017

930am-1000am

Registration

1000am

Training Theory

Workout templates, practice planning, the dynamic warm-up, pre-hab v. rehab

1100am

Injury Prevention

Dynamic stability, weak links, core stability, foot drills, speed/power v. endurance events

1200noon

Sports Psychology

I can do this, neurology of success, leadership skills, team dynamics, mentors, communication skills, process v. outcome thinking

100pm

Nutrition

Posture, air, 100-point system, pre-comp meals, travel considerations

Registration:

Preregistration = \$79. if received by

March 4, 2017

PayPal credit/debit registration log on to:

paypal.me/OnTheRoadInstitute

Mail check or money order to: On The Road, PO Box 229, Union Springs, NY 13160

Late and on-site registration (limited) = **\$89.**

Fee includes a note pack, raffles and pizza

Refund policy: Only 1/2 of the registration fee (\$39.50) will be refunded after the registration deadline and **NO** refund will be given after the start date.



Lodging:
No lodging for
this event

Directions:

Nazareth College, 4245 East Ave, Rochester
Room 51 in Golisano Academic Center

From East –

NYS I-90 to exit 45 – I-490 to exit 25 –
NY 31F west to NY 96 south to
Nazareth College

From West –

NYS I-90 exit 46 – I-390 north to exit 15 –
I-590 north to exit 2 – NY 31 east to
Nazareth College

Parking in Lot Q

**Approximate drive times
from:**

Buffalo 1.5 hours
Syracuse 1.5 hours

**Can't make it? We can bring the seminar to
you for in-service, league or sectional
programs. Call 315-730-0210 for details**

Instructor:

Russ Ebbets, DC

Russ Ebbets has a unique perspective on coaching and competing with over **40 years of experience** as an athlete, coach, administrator and health care provider.

Ebbets has taught the **USATF Coaching Education** Program for over 30 years and is one of the few individuals in the US to have lectured in Level 1,2,3 and the High Performance Summits. In 2009 he authored the Youth Level 2 Curriculum for USATF on Endurance, Biomechanics and the Walk.

Ebbets has coached successfully at the high school and collegiate levels producing league, sectional, NYS and national **collegiate champions**. His innovative Skills and Drills program has been presented nationally as a simple and effective means to teach beginners how to safely and effectively run, jump and throw.

As a healthcare provider his procedures and protocols have been adopted nationally for the integration of chiropractic care into traditional sports medicine. He has directed chiropractic care at events ranging from the local 5k to the **Millrose Games** at MSG and three IAAF World Championships.

His coaching education includes study stints at the Institute of Sport and Physical Culture in the former **Soviet Union**. He has served as the editor of ***Track Coach***, the technical journal for USATF since 1999 and authored ***Supernova***, a novel on the famed running program at Villanova University.

Uniquely qualified with a **world of experience** Ebbets is an engaging speaker with a personal style that includes extensive grasp of the scientific literature and a wealth of personal anecdotes that clearly illustrate his points.

Presentation Method

Power Point lecture
Lecture Notepack
Small Group Workshops
Q and A's
Suggested references
for further study

Who should attend?

This program is designed to address
needs of the

four main event groups

of track and field

(sprints/hurdles, endurance,
jumpers and the throws).

Useful information will be presented on
practice planning, team dynamics, the
development of **leadership skills** and the
maintenance of health that are challenges for
all track and field coaches at the various ability
levels of the sport.

The material presented should be
of immediate use to:

Coaches

Parents

Fitness instructors

Sport healthcare providers

Strength coaches

Crossfit athletes

One Man Show in:

Albany – March 18
Baldwinsville – March 25