

USATF Niagara Clinic Weekend
– *Training Maxims*
c/o Russ Ebbets, Director
PO Box 229
Union Springs, NY 13160

Forward to:

- Athletic Director
- Track Coach
- Cross Country Coach

Union Springs, NY
**Training
Maxims**
Dr. Russ Ebbets

**Presented
by
USATF-Niagara**

Date:
March 25, 2023
Saturday, 10am-1pm

Site:
**Trinity United Church
Basement**
163 Cayuga St.
Union Springs, NY



Clinic Weekend Series

For more information:

315-730-0210
rebbetsdc@gmail.com

Schedule:

Saturday, March 25, 2023

Registration

930am-10am

Daily Training Plan – 4 Levels of Sport

10am

Practice planning, the dynamic warm-up,
pre-hab v. rehab

7 Principles of Training

1030am

Individualization, specialization, variation,
modeling, overload, multi-lateral development

27 Training Maxims

1130am

Planning, psychology, training theory, nutrition,
injury prevention, 10 Day Rule, technique,
restoration and regeneration and more...

Registration:

Preregistration = \$20. if received by
March 18, 2023

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) = **\$25.**

Fee includes a note pack, water, snacks

Refund policy: Only 1/2 of the registration fee
(\$12.50) will be refunded after the registration
deadline and **NO** refund will be given after the start
date.



Directions:

Trinity United Church is located at 163 Cayuga
St./Rt 90 in Union Springs, NY

From North –

8.6mi south of 5/20/Rt 90 junction

From East –

Rt 326 from Auburn to Rt 90

1.0mi south of Rt 90/326 junction

Approximate drive times:

Syracuse – 60 minutes

Sodus – 60 minutes

Ithaca – 50 minutes

Cortland – 60 minutes

Rochester – 75 minutes

Binghamton – 90 minutes

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

Clinic Weekend is made possible by the generous support of the **Lions Clubs of WNY.**

Lions support tomorrow's leaders today.

Clinic Weekend 2023

Williamsville

Cheektowaga

Jamestown

Lake Effect TC

March 25-26, 2023

Contact:

Niagara.usatf.org website 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**. A USATF Level 3 coach he has served as the editor of **Track Coach**, the technical journal for USATF since 1999. His 2019 **A Runner's Guide** was a finalist for the Track & Field Writers of America Book of the Year.

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

Q and A's

Suggested references

for further study

Who should attend?

This program is designed to address athletes of all abilities from the novice to elite.

Topics covered

will include discussion of fundamental training principles that will allow one to train with confidence and direction.

Training Maxims

will discuss common cliché training thoughts that work and others whose time has passed.

Focus will be on

a combination of proven methods and best practices backed by scientific validation that will give the athlete new and varied options in their personal quest for excellence.

The material presented should be of immediate use to:

Track & Field athletes

Coaches

Parents

Fitness instructors

Sport healthcare providers

Strength coaches

Crossfit athletes