

OPTIMISING ATHLETE PERFORMANCE WORKSHOP

22nd March 2017
@ Cork Institute
of Technology

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An evening full of cutting edge and evidence-based practice presented by one of the world's leading Performance Coaches, **Dr. Nick Winkelman**

This Workshop is designed for Sports Coaches, S&C Coaches, Teachers, Physiotherapists & Athletes and will focus on Athletic Performance from the following perspectives:

- 1) Optimising the 'Skill Learning Process'**
- 2) 'Nurturing Skill Development'**

The Science & Application of Cueing

This presentation will cover strategies for optimizing instruction, cueing, and feedback through the 3-D (Distance – Direction – Description) coaching framework. The 3-D framework will help professionals optimize their communication to improve the rate and quality of their player's skill learning.

Motivation & Motor Skill Learning

This presentation will discuss the intersection between motivation and motor skill learning. Using self-determination as a guiding framework, attendees will learn how optimizing their player's sense of autonomy, competence and relatedness leads to a motivational environment that nurtures skill development.



Nick Winkelman is the Head of Athletic Performance & Science for the Irish Rugby Football Union. Prior to working for Irish Rugby, Nick was the Director of Education for EXOS (formerly Athletes' Performance) where he oversaw the development and execution of all internal and external educational initiatives. As a Performance Coach, Nick has worked with many athletes within the NFL, MLB, NBA, National Sport Organizations, and Military while he also oversaw the speed and assessment component of the EXOS NFL Combine Development Program, which supports over 100 athletes a year preparing for the NFL Combine. Nick received his Bachelors degree in exercise and sports science through Oregon State University, his Masters in strength and conditioning through Edith Cowan University and his PhD through Rocky Mountain University of Health Professions. Nick has certifications through the National Strength and Conditioning Association (NSCA), USA Weightlifting (USAW), and USA Track and Field (USATF). He is an internationally recognized speaker on human performance and coaching science, and has multiple publications through the UKSCA, NSCA and IDEA Health and Fitness.

DATE: Wednesday 22nd March 2017, 6.30 - 9.30pm
VENUE: Room IT3, Library Building, Cork Institute of Technology
COST: €50 (Student Rate: €25 with valid Student Card)
CONTACT: cian.oneill@cit.ie