



FIRSTBEAT SPORTS EDUCATION SEMINAR

UNIVERSITY OF FINDLAY, MAY 15TH 2017, 10:00-1:00 PM

10:00-10:15 Introduction to Firstbeat Technologies



10:15-10:45 Training Load Application in Ice Hockey

Steve Volek, Strength & Conditioning Coach
Yale University Men's Ice Hockey



10:45-11:15 Balancing Training Load vs. Recovery in Soccer

John Marovich, Head Coach
Valparaiso University Women's Soccer

11:15-11:30 Live Demo: Real Time Monitor

11:30-11:50 Lunch (sponsored by Firstbeat)



11:50-12:20 In Season vs. Off-Season Training Load in Basketball

Sean Conaty, Strength & Conditioning Coach
Eastern Michigan University Men's and Women's Basketball



12:20-12:35 Future of Firstbeat Technologies

Benjamin Jensen, Key Account Manager
Firstbeat USA

Please RSVP to benjamin.jensen@firstbeat.com or 1-800-962-1376