



ATHLETIC PERFORMANCE

NWC Performance Clinic

Saturday, May 7th, 2022

Northwestern College

Hosted by Northwestern College's Athletic Performance

Check-in: 7:45 – 8:30am

Welcome: 8:30 – 8:40am

Morning Sessions

8:40 – 9:40am

Sleep: The Untapped Superpower | Annette Zapp

Sleep. It's widely accepted as a powerful and free performance enhancer but also widely ignored and deprioritized among both our sport and tactical athletes. The badge of honor for grinding through life sleeping as little as possible simply does not exist. This session will outline the mental and physical challenges faced due to acute and chronic sleep deprivation and detail steps to improve and accumulate restorative sleep.

9:50 – 10:50am

How to Choose Dietary Supplements | Korey Van Wyk

The dietary supplement industry is a multi-billion dollar machine that has new products hitting the market every day. The sheer amount of options can be overwhelming and confusing. Through the internet, health food stores, and even our local grocery stores, we have access to thousands of supplements. Moreover, all of them promise to improve our health and performance. So, which ones do we choose?

This practical, informative presentation will give attendees tools to cut through the confusion about how to choose safe and effective dietary supplements from reputable companies. It will provide a clear, actionable framework that will allow attendees to choose confidently so they can live their lives the most healthfully.

11:00am – 12:00pm

The No Expert Approach | Austin Jochum

Athletes face a multitude of movement problems during competitions and their ability to solve the problems is what can ultimately separate them from the rest. This presentation will walk participants through the fundamentals of the Training Methods being implemented at JST – including but not limited to the use of Crawls, Climbs, Gymnastics and other primal movements. Additionally, he will introduce participants to his use of Isometric holds and explain the how and why behind them. Moreover, he will expand on his utilization of Play Implementation and Game Speed/Agility and methods to adjust the exercise selection for elite-level athletes.

12:00pm – 12:50pm

Lunch Break | provided in NWC Cafeteria

Afternoon Sessions

12:50 – 1:00pm

Afternoon Welcome

1:00 – 2:00pm

Athlete Empowerment: Helping Athletes Achieve More | Tim Naiman

Empowering our athletes is a vital key to enhancing and promoting a successful career. This presentation will focus on various coaching techniques that can be used to empower athletes to take ownership in their athletic career thus maximizing their development and performance. Topics such as empowerment through nutrition, sleep, recovery, S&C training sessions, and technology will be addressed.

2:10 – 3:10pm

Hands On Session of the No Expert Approach | Austin Jochum

During this session participants will be led by Austin in a hands-on approach regarding the concepts, methods, coaching cues that he outlined in his earlier presentation

3:20 – 4:30pm

Rotating Round Table Q&A | Annette Zapp, Korey Van Wyk, Austin Jochum, Tim Naiman

During this session, attendees will organize into 4 assigned groups. Every 20 minutes, Annette, Austin, Korey and Tim will rotate to visit and field questions with each individual group including the attendees joining virtually.

4:45 – 5:55pm

Closing Remarks



Thank you sponsors!



Speakers



Annette Zapp, CSCS, TSAC-F, Precision Nutrition Level 1 Coach, CISSN through International Society of Sports Nutrition, CNS through the Society for Neurosports, FRC, RPR, FMS

FD Lieutenant and Owner of Fire Rescue Wellness – Chicago Suburbs

An 18-year veteran of the fire service, Zapp holds the rank of Lieutenant and owns Fire Rescue Wellness, a coaching business dedicated to elevating the mental and physical wellness of fire fighters worldwide. She earned a master's degree in Biochemistry and Molecular Biology from the University of South Dakota School of Medicine and is credentialed as a National Strength and Conditioning Association CSCS and TSAC-F, Precision Nutrition Level 1 Coach, a CSNS through the Society for Neurosports and a CISSN through the International Society of Sports Nutrition. Zapp, a former adjunct faculty at the University of Denver in the graduate program for Sport Coaching is a recognized industry leader in the field of firefighter health and wellness. A published author and highly sought-after public speaker and podcast guest, she also served on a 2019 Illinois Senate task force dedicated to mitigating first responder suicide.



Austin Jochum, CSCS

Owner of Jochum Strength – Minneapolis, MN

Austin Jochum is the owner of Jochum Strength a Sports Performance Facility in Minneapolis MN. A previous Division 1 Strength Coach, Austin left the collegiate sector in 2022 to fully dive into the world of private athlete training and skill acquisition. He is the host of the Jochum Strength Podcast where he has elite-level guests guide him down the rabbit holes of the sports performance field and he also operates The Jochum Strength Insider - an online training platform for people trying to feel, look, and move better. Austin is a former D3 All-American Football player and Hammer Thrower at the University of St. Thomas (MN) where he received his bachelor of science degree in Exercise Science. He is currently a Slow Pitch Softball and Pickleball Addict.



Korey Van Wyk, CSCS, Precision Nutrition Level 2 Coach

Acquisitions Editor for Human Kinetics

Korey is currently an acquisitions editor for Human Kinetics where he helps create educational products for coaches and trainers. Previous roles include Community Manager for Art of Coaching as well as a sports performance coach and Professor of Practice of kinesiology at Northwestern College. He earned his master's degree in nutrition from the University of Nebraska-Lincoln and his bachelor's degree in exercise science from Central College.



Tim Naiman, CSCS, USAW, RPR Level 2

Director of Athletic Performance for 4APP Sports – Scottsdale, AZ

Tim is currently the Director of Athletic Performance for 4APP Sports where he leads the research and development for athletic performance training in addition to coaching elite level athletes. He has accumulated 12 years of sports performance training in the private sector. During his time, he has had 65 athletes go on to play Division 1, and over 20 play at the Professional/Olympic level. He holds dual master's degrees in Human Movement Science and in Sports Performance Training from Concordia University Chicago and his bachelor's degree in chemistry from Northwestern College (IA).