

**NSCA**

# COACHES

**CONFERENCE 2023**

**JANUARY 4 – 6, 2023**

Charlotte, NC & Online | 2.0 CEUs

#NSCACoaches23

# ***CONFLICT OF INTEREST STATEMENT***

I have no actual or potential conflict of interest in relation to this presentation.

Strength & Conditioning  
***Aligning Athletics  
& Physical Education***



**#BeyondStrength**

Jim Davis, Ed.M, MA, RSCC\*D

New Trier High School

Good Athlete Project



Jim Davis, MEd, MA, RSCC\*D  
*Strength & Conditioning During the School Day*

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# background



**background**



A large iceberg floats in a blue ocean under a blue sky with white clouds. The top of the iceberg is visible above the water, while the much larger, submerged part is visible below the surface. The text is overlaid on the right side of the image.

**outcomes**

**behaviors**

**skills**

**mindsets**

**I + I = II**



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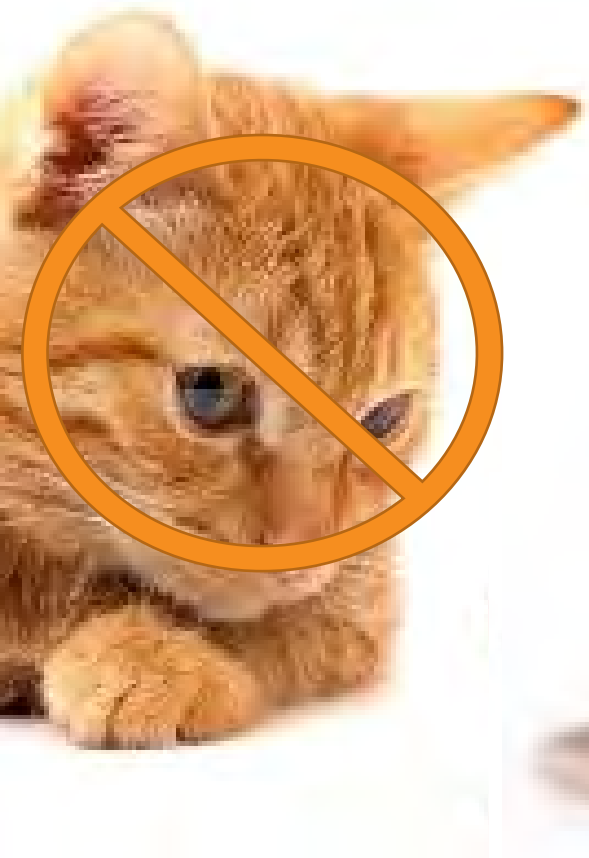




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*Strength & Conditioning During the School Day*







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**You don't always have to "be right."**  
But you should operate thoughtfully,  
have humility when it's not right –  
forgive yourself and those around you –  
and be willing to adapt.

# DOES YOUR BEHAVIOR MATCH YOUR GOAL?



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Outcomes

---

Behaviors

---

Skills

---

Mindsets



Get Clear on

# ***MINDSETS***

- **Mission**
- **Local Top 5**
- **Move, Challenge, Apply**
- **SA, P, SM, F, A**



Our mission is to use Strength & Conditioning for overall human development. This includes creating an environment that capitalizes on one's desire to be a *good athlete* in order to ensure they become a *good person* by intentionally folding life lessons into our culture and daily practice.



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## BEYOND STRENGTH: NEW TRIER S&C - Essentials

1. **SAFETY** (*both Physical and Psychological*)
2. **CHARACTER** (*as needed and supported by Experience and Research*)
3. **COMMUNITY** (*Connection to a higher Purpose*)
4. **LEADERSHIP** (*Know the way, Go the way, Show the way*)
5. **PERFORMANCE** (*Start Fast, Stay Focused, Finish Strong*)

**We don't lift  
weights...**

**we train people  
to move well.**



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Outcomes

---

Behaviors

---

Skills

---

Mindsets



# Primary Mental Model:

**Self-Awareness**  
**Purpose**  
**Self-Management**  
**Feedback**  
**Adaptation**



**You don't always have to "be right."**  
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have humility when it's not right –  
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and be willing to adapt.

Get Clear on  
***Behaviors***

- **Programming**
- **Scheduling**
- **Communication**
- **Problem Solving**



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13  
Tue

## Day Two



EB (Empty Bar)

2 x 10 ea.



Band YTA

2 x 10 ea.



Dead Bug

2 x 8 ea.



Body Weight Sit

2 x 10 ea.



Anti-Rotation P

3 x 5 ea.



Barbell Deadlift

2 x 8 - LIGHT and technical



Clean Complex (Shrug/High Pull/Full Catch)

3 x 5 ea. - Watch the video for details on this progression

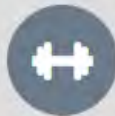
# CHICAGO

# BULLS



1. Movement
2. Aligned with Peak
3. Auxiliaries
4. Speed/COD/Metab.
5. Sport Specific

13 Day Two  
Tue



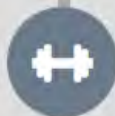
EB (Empty Bar) Warmup

2 x 10 ea.



Band YTA

2 x 10 ea.



Dead Bug

2 x 8 ea.



Body Weight Single Leg RDL

2 x 10 ea.



Anti-Rotation Press

3 x 5 ea.



Barbell Deadlift

2 x 8 - LIGHT and technical



Clean Complex (Shrug/High Pull/Full Catch)

3 x 5 ea. - Watch the video for details on this progression



EB Universal Warmup



the ...  
344...

Analytics

Edit video

2



Share





# New Trier Strength & Conditioning

Winter Schedule

1	Varsity (In-Season)	
2	Varsity (Off-Season:Spring)	
3	Varsity (Off-Season:Fall)	
4	JV (In-Season)	
5	JV (Off-Season)	

Campus	NT	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Northfield		Sport	LC	Sport	LC	Sport	LC	Sport	LC	Sport	LC	Sport	LC
Start Time	(AM)												
3:30pm-4:30pm	A	Fr. FB	MK	Fr. FB	MK	Fencing	-	Fr. FB	MK	BTF	MK	W.Polo	RM
	B	BVB	JL	BVB	JL								
4:30pm-5:30pm	A	Var. FB	MK	Var. FB	MK	Fencing		Var. FB	MK				
	B	Var. FB		Var. FB				Var. FB					
5:30pm-6:30pm	A		MK	Cheer	MK	Fencing	-	Baseball	SS	Cheer			
	B												

Campus	NT	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Winnetka		Sport	LC	Sport	LC	Sport	LC	Sport	LC	Sport	LC	Sport	LC
Start Time	(AM)	BSwim	RM										
4:00pm-5:00pm	A	BLAX	JH	PL		GSocc	AA	PL	AA	B.WPolo	JL	B.Swim	RM
	B	GTF	HC	GLAX/ Softball		BLAX	JH	GTF	JL	BLAX	JH		
	C	PL	AA	Baseball	JH	BLAX	JH	Softball	JH	BSoccer			
5:00pm-6:00pm	A	G. Crew	JL	B. Crew	JL	G. Crew	JL	B. Crew	JL				
	B	BSoccer	AA/JH	Soph. BBall	AA	BSwim	RM	BSocc OR G	AA				



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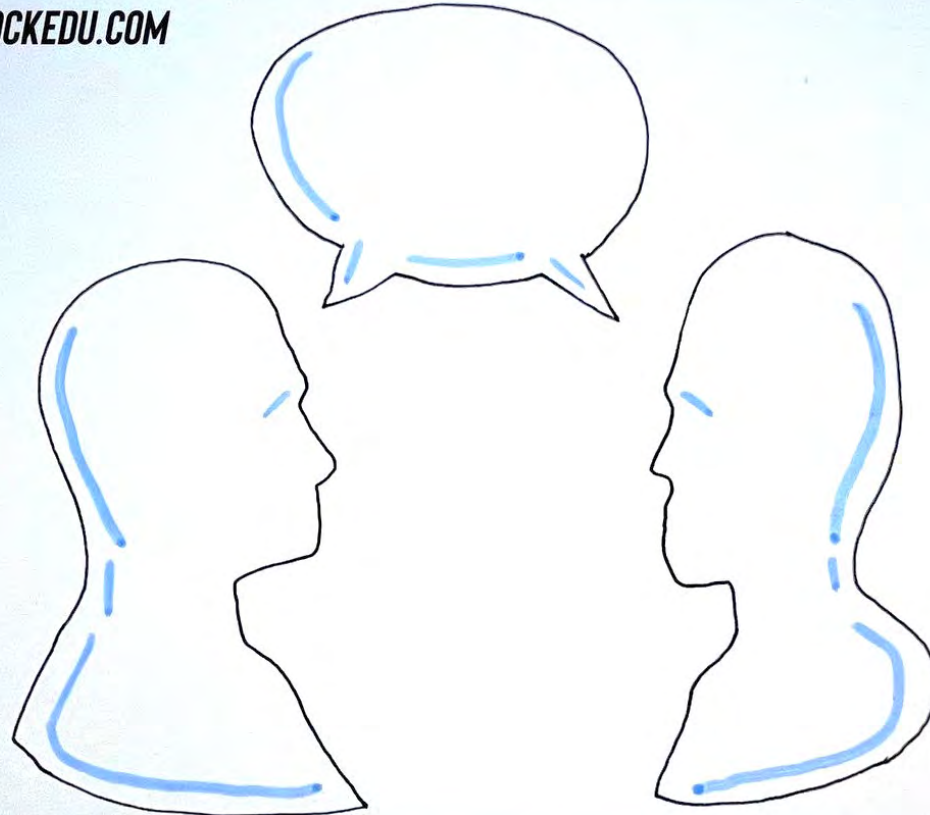


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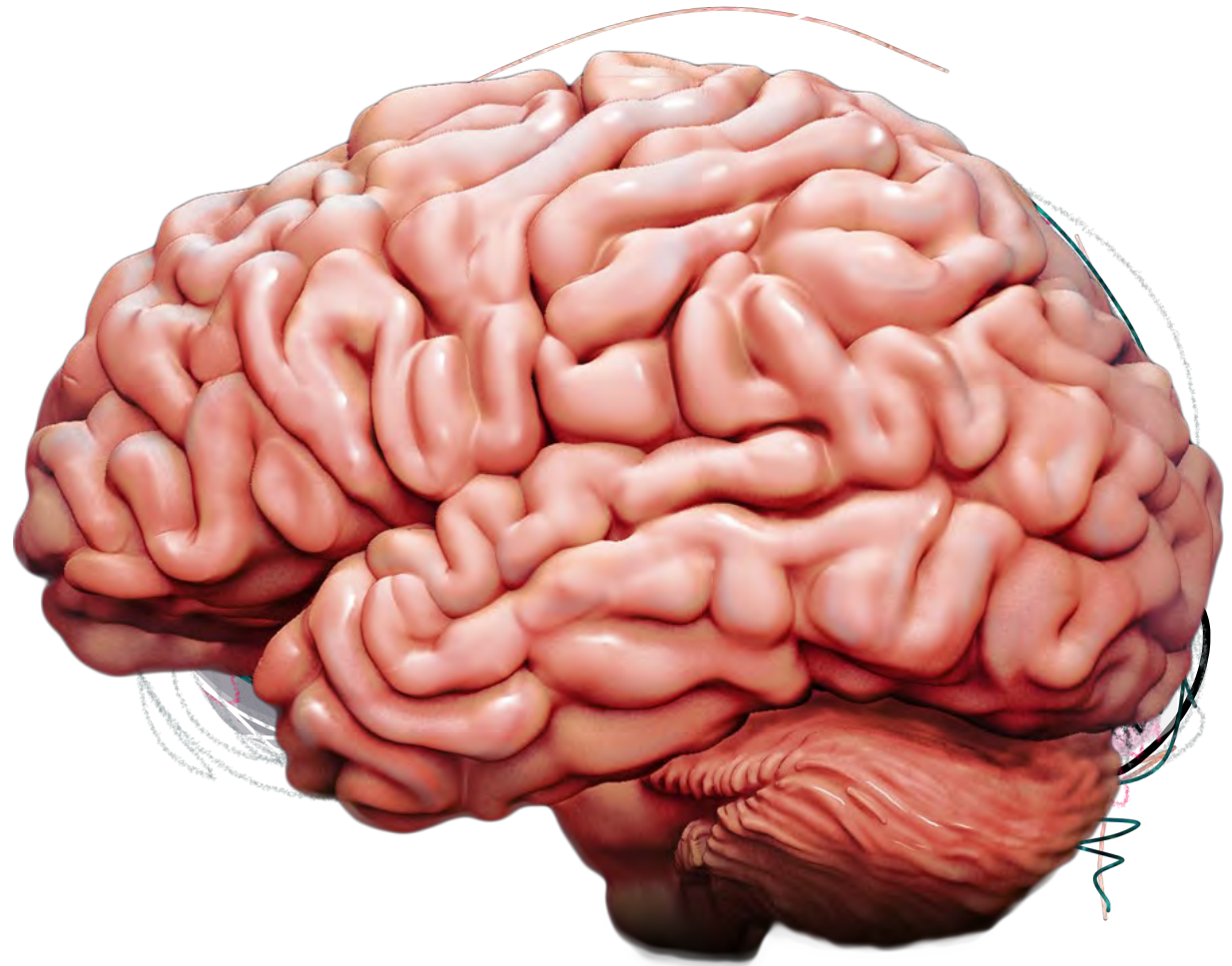
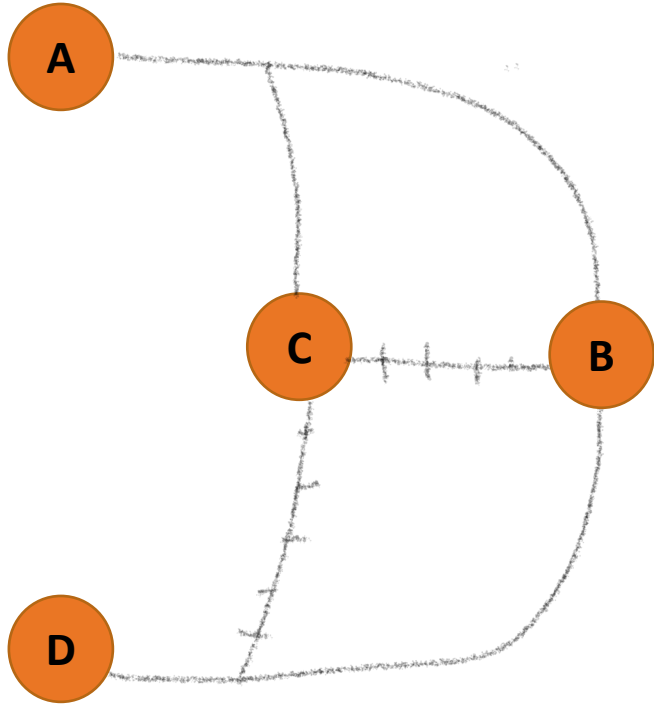
**BEDROCKEDU.COM**



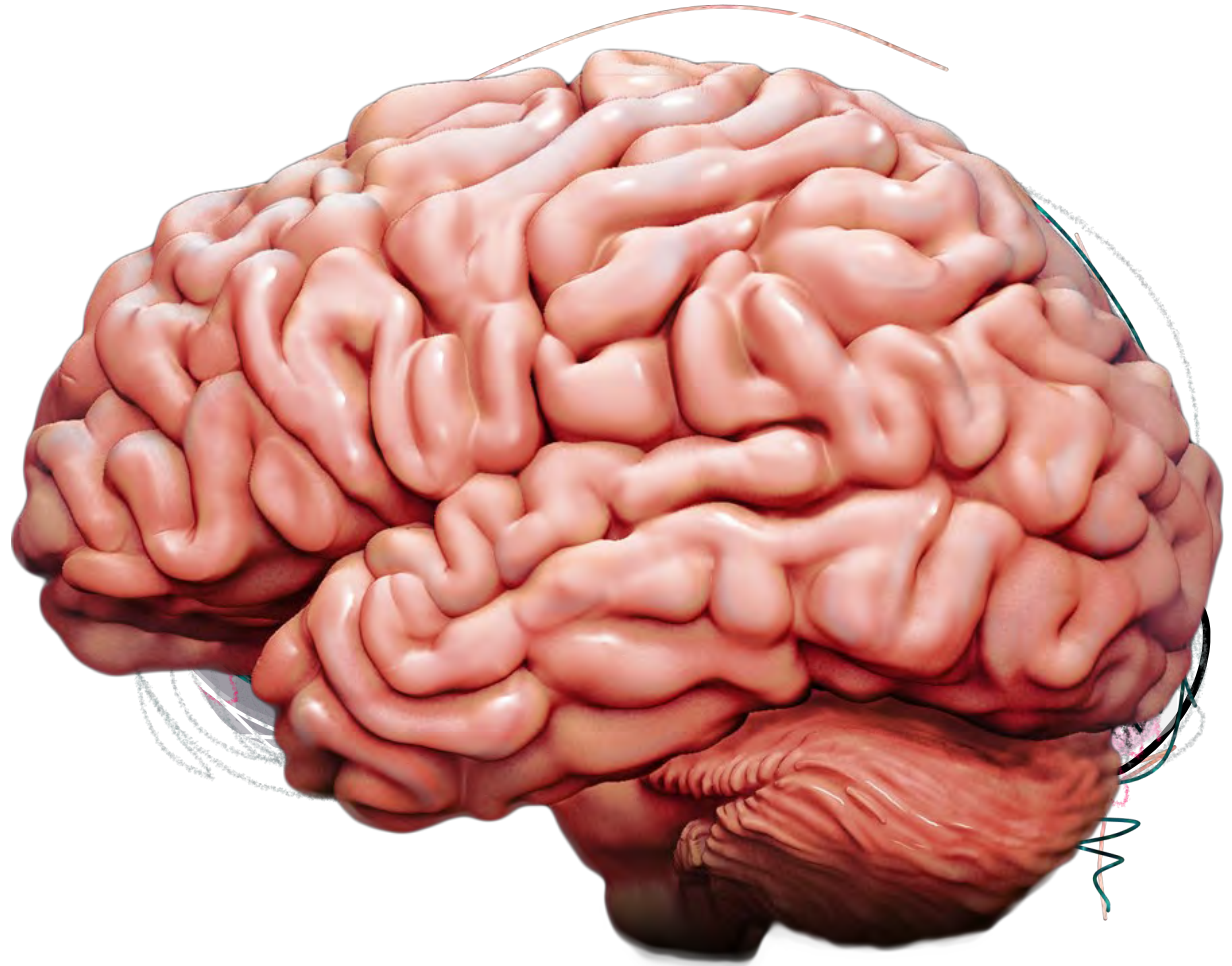
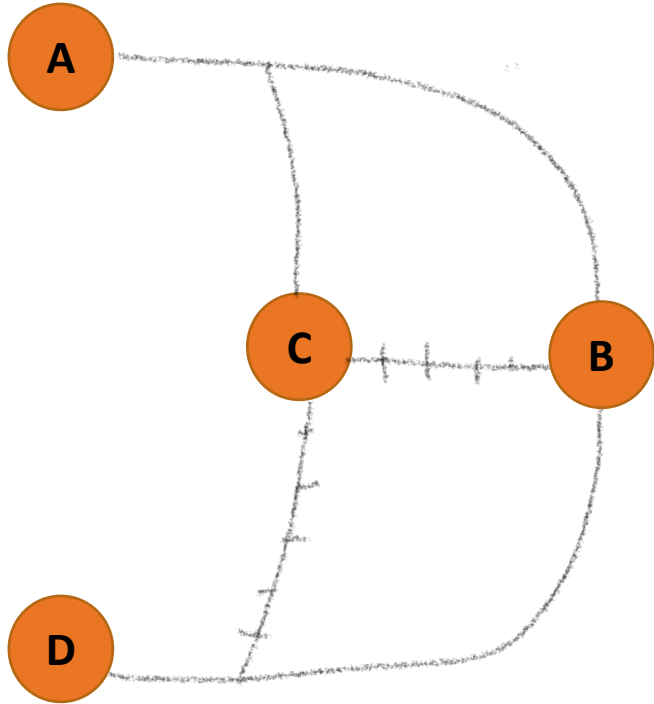
***SHARED UNDERSTANDING  
IS BETTER THAN BEING "RIGHT"***



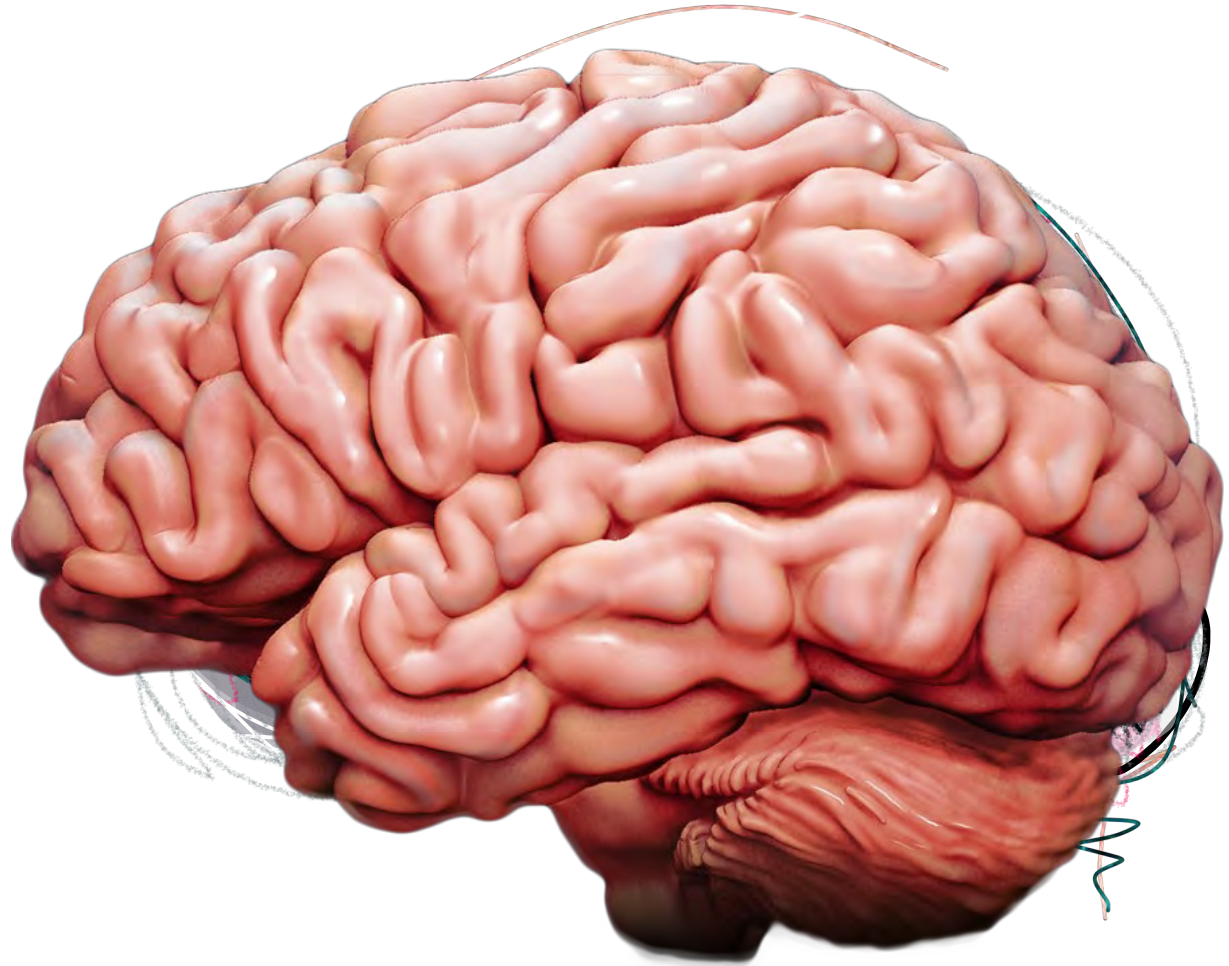
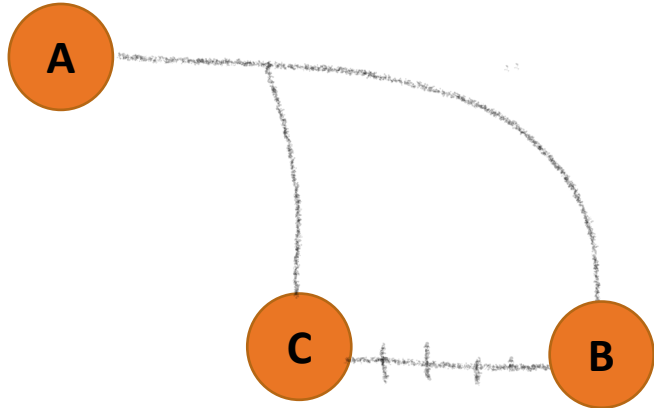
# Pain



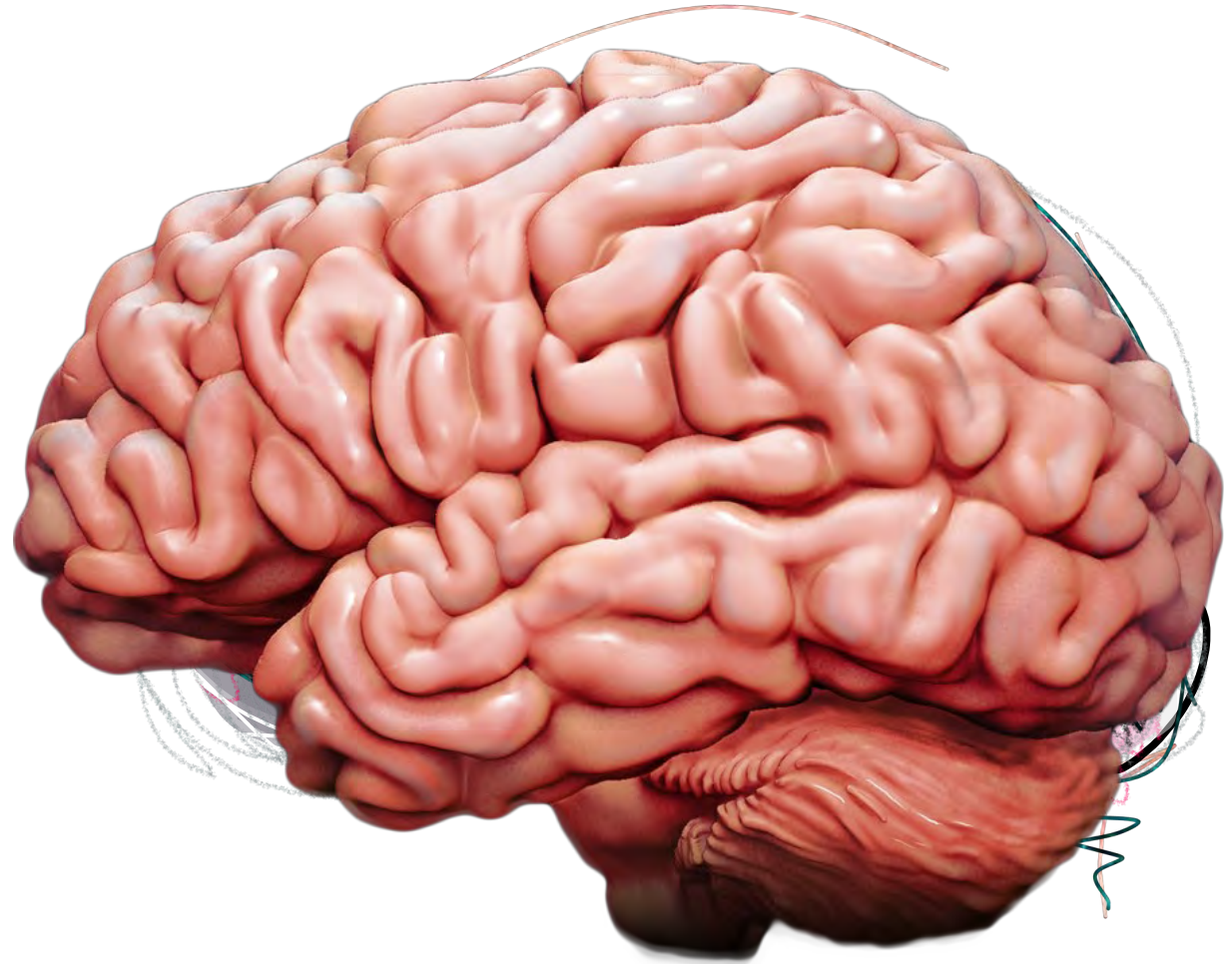
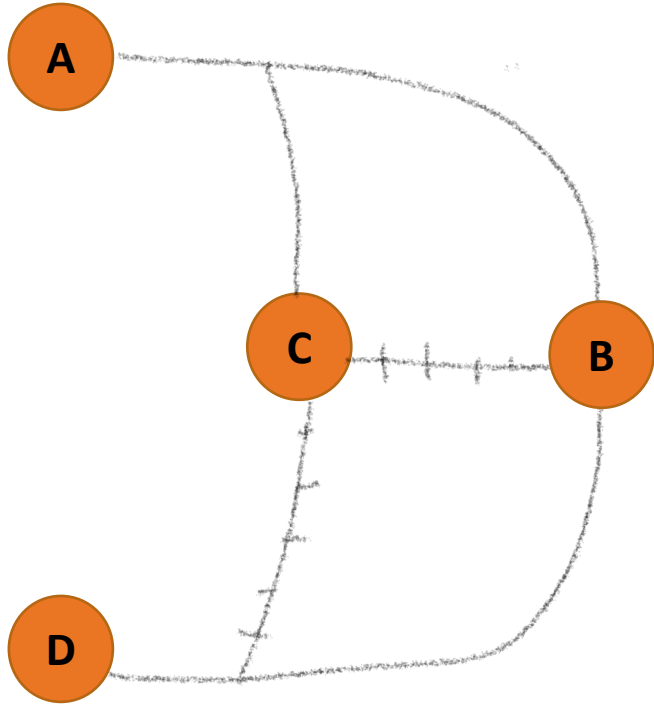
# Confrontation & Clarity.



# Confrontation & Clarity.

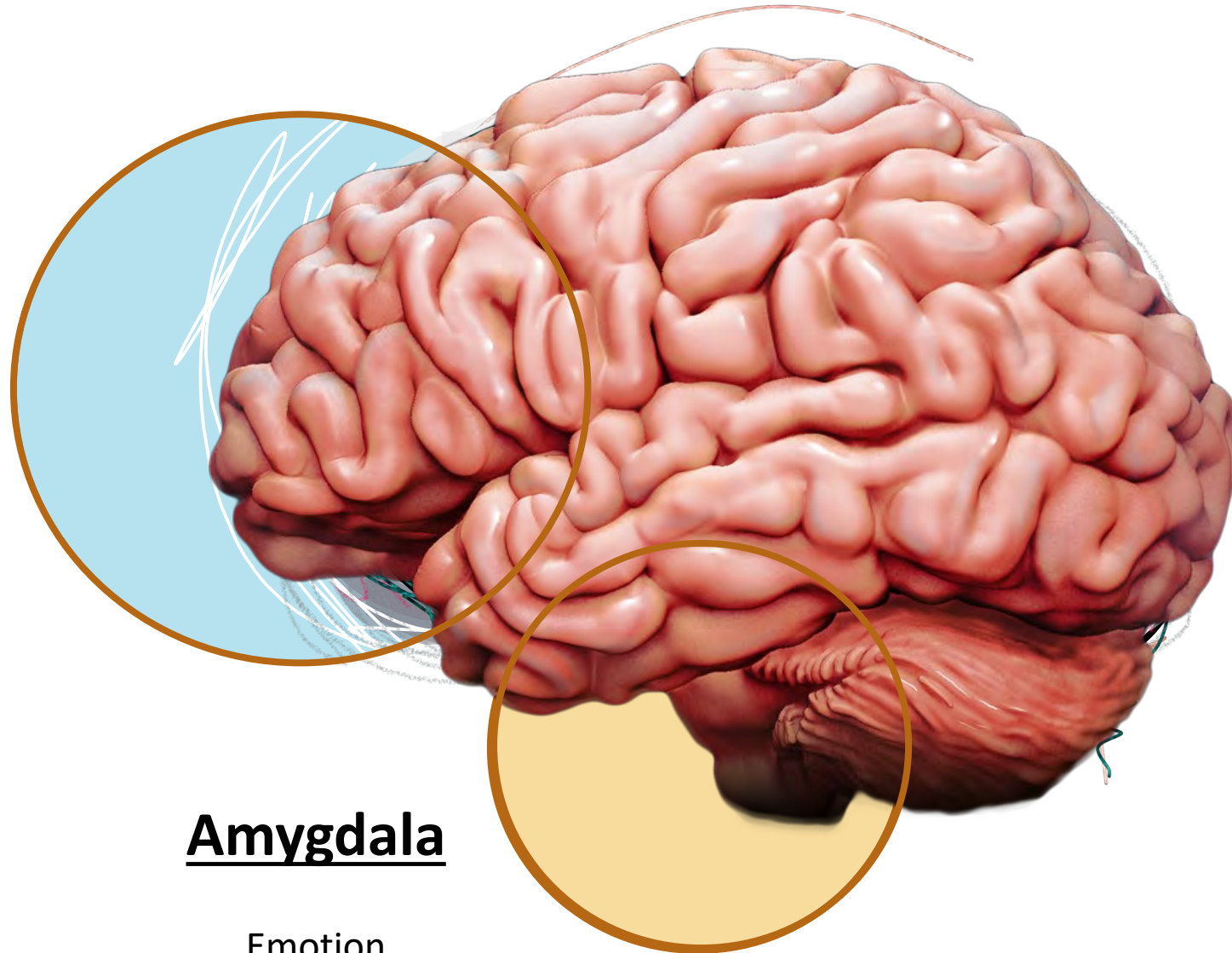


# Confrontation & Clarity.



**P.F.C.**

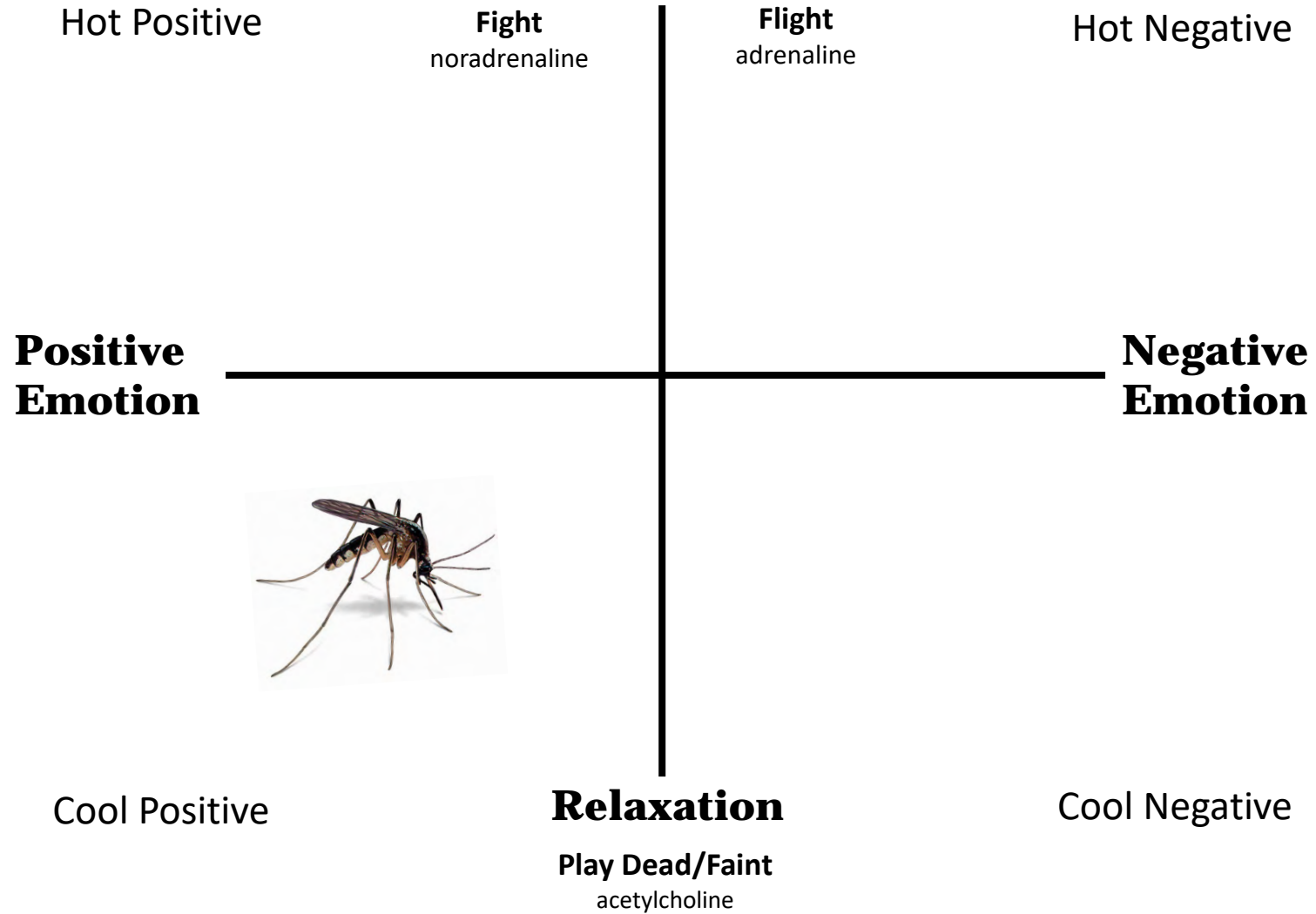
Logic



**Amygdala**

Emotion

# Activation



# Comm. Components

Visual  
Vocal  
Verbal

# Comm. Components



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# Be a Bad Listener

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# Comm. Components

Presence  
History  
State

## How Does Sleep Loss Impact Cognition?

0 hrs for 1 night  
lapses in concentration/missed responses  
increase 400%

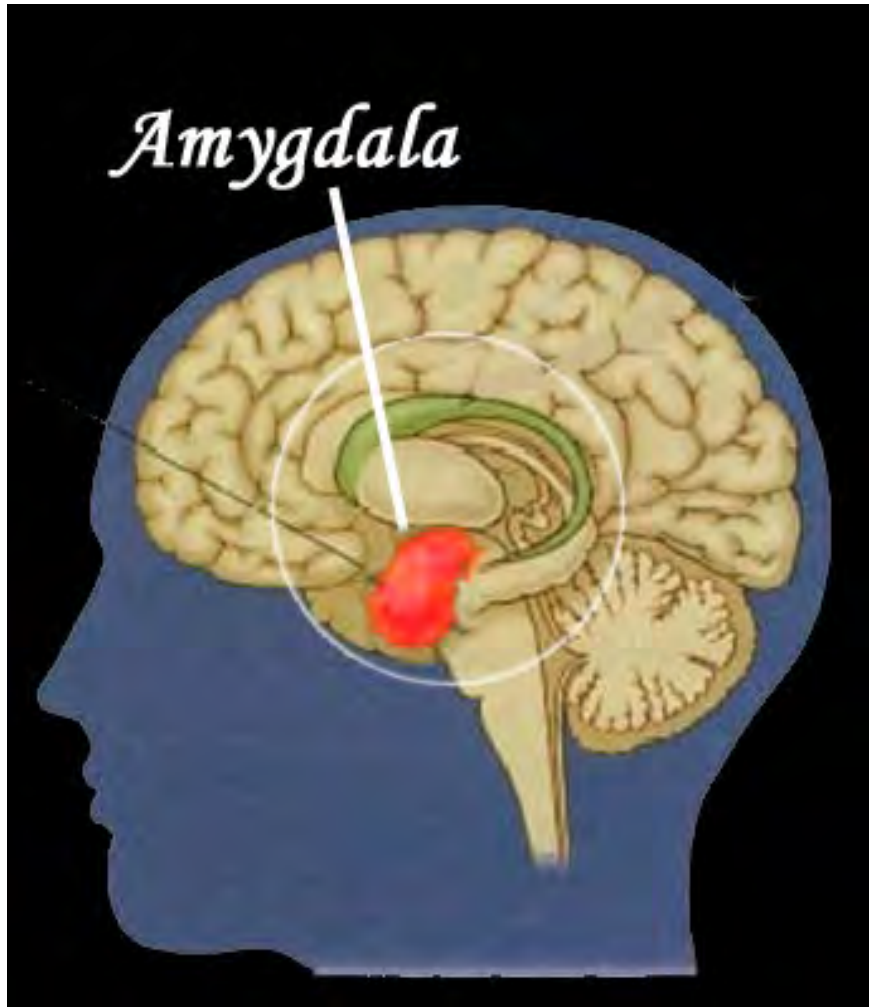
4 hrs for 6 nights  
400%

# The Talent Delusion

4 hrs for 11 nights  
matched those of back-to-back all-nighters

6 hrs for 10 nights  
400%

***“consistently underestimated  
the degree of performance disability”***



**+60%**  
in emotional reactivity

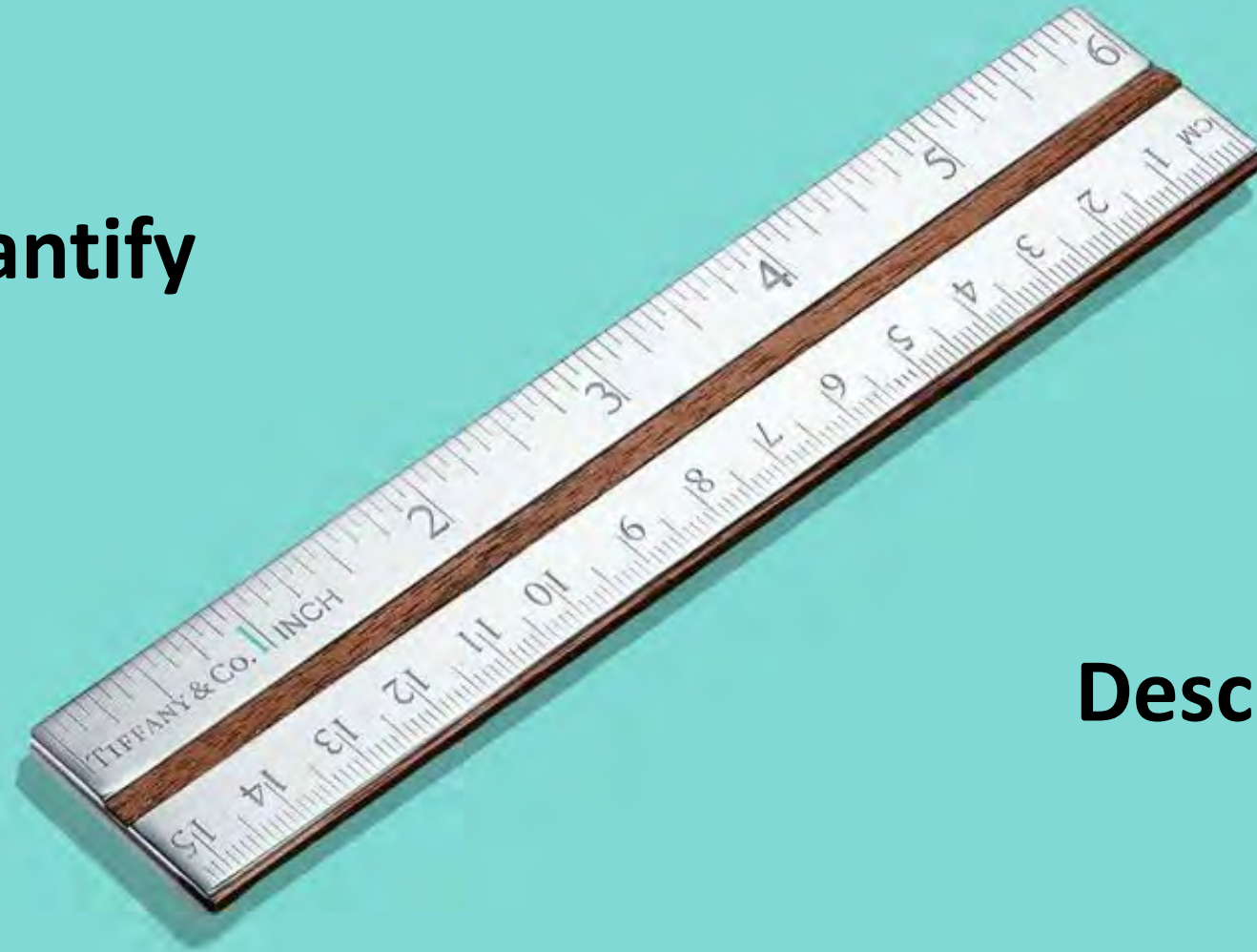
Get Clear on  
***Outcomes***

- **Results**
- **Relationships**
- **SEL**



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**Quantify**



**Describe**

# Self-Awareness

## Basic

conscious knowledge of one's own character, feelings, motives, and desires

## Adv.

present, honest with oneself, aware of surroundings



← Understanding Stress



# Gratitude

## Basic

the quality of being thankful

## Adv.

readiness to show appreciation for  
and to return kindness





# Communication

## Basic

the imparting or exchanging of information

## Adv.

use of language and meaning-making to effectively relay directions, share experiences, and make sense of an environment



# Character (SEL)

## “Soft” Skills

1. Loyalty
2. Integrity
3. Unselfishness
4. Dependability...

## USMC LEADERSHIP TRAITS

### J.J.D.I.D.T.I.E.B.U.C.K.L.E

**JUSTICE:** Defined as the practice of being fair and consistent. A just person gives consideration to each side of a situation and bases rewards or punishments on merit.

**JUDGMENT:** Your ability to think about things clearly, calmly, and in an orderly fashion so that you can make good decisions.

**DEPENDABILITY:** You can be relied upon to perform your duties properly. It means that you can be trusted to complete a job. Dependability also means consistently putting forth your best effort in an attempt to achieve the highest standards of performance.

**INITIATIVE:** Taking action even though you haven't been given orders. It means meeting new and unexpected situations with prompt action. It includes using resourcefulness to get something done without the normal material or methods being available to you.

**DECISIVENESS:** Means that you are able to make good decisions without delay. By acting calmly and quickly, you should arrive at a sound decision. You announce your decisions in a clear, firm, professional manner.

**TACT:** You can deal with people in a manner that will maintain good relations and avoid problems. It means that you are polite, calm, and firm.

**INTEGRITY:** You are honest and truthful in what you say or do. You put honesty, sense of duty, and sound moral principles above all else.

**ENTHUSIASM:** Enthusiasm is defined as a sincere interest and exuberance in the performance of your duties. You are optimistic, cheerful, and willing to accept the challenges.

**BEARING:** The way you conduct and carry yourself. Your manner should reflect alertness, competence, confidence, and control.

**UNSELFISHNESS:** Unselfishness means that you avoid making yourself comfortable at the expense of others. Be considerate of others and give credit to those who deserve it.

**COURAGE:** You remain calm while recognizing fear. Moral courage means having the inner strength to stand up for what is right and to accept blame when something is your fault. Physical courage means that you can continue to function effectively when there is physical danger present.

**KNOWLEDGE:** You have acquired information and you understand people. Your knowledge should be broad, and in addition to knowing your job, you should know your unit's policies and keep up with current events.

**LOYALTY:** Means that you are devoted to your country, the Corps, and to your seniors, peers, and subordinates. The motto of the Marine Corps is Semper Fidelis!, (Always Faithful).

**ENDURANCE:** The mental and physical stamina that is measured by your ability to withstand pain, fatigue, stress, and hardship.



# Grit

## Basic

courage and resolve; strength of character

## Adv.

passion and sustained persistence in service of long-term goals



# Character (SEL)

## Our SEL Focus

1. Self-Awareness
2. Gratitude
3. Purpose
4. Self Management
5. Growth
6. Emotion Regulation
7. Communication
8. Grit

# Stronger Together



**Connect**