



SPORTS PERFORMANCE

BUILDING ATHLETES | PREPARING CHAMPIONS!



We are committed to developing the next generation of performance professionals through our intensive mentorship experience (based on our Performance C.O.D.E). We offer single-semester and double-semester opportunities for post-graduate students, hungry to accelerate their development as coaches. Our experience is complimented by access to our mentorship partners:





PERFORMANCE

MENTORSHIP EXPERIENCE

**Applied Coaching
Mentorship**

Summer Only

**Single-Semester
Mentorship**

Fall/Spring Semesters

**Performance
Fellowship**

July-May

CHARACTER

Act with integrity. Follow the rules. Say what you mean, mean what you say.

TEAMWORK

We are one. Collaborate. Support. Challenge. Invest.

VALUES

INNOVATION

Think disruptively. Maintain a future-focus.

RESOURCEFULNESS

Find a way. Be solution-oriented. Think outside the box.



PERFORMANCE

PERFORMANCE C.O.D.E



CULTURE

The heart of the matter.



OPERATING SYSTEM

Organizing people, standardizing processes.



DATA SCIENCE

Managing metrics that matter.



EXECUTION

The art of the science.

C

CULTURE

Culture is defined as a commitment to shared values, attitudes, standards, traditions, and practices. At Louisville, we are committed to creating and sustaining a championship culture through our environment, coaches, and approach.

In Card nation, it's about the name on the front, not the name on the back. Our athletes are trained to leave the jersey better than they found it. #L1C4

**OMAHA
CHALLENGE**



OKC
C H A L L E N G E



OPERATING SYSTEM

Our operating system aligns with our mission, vision, and values.

It organizes our people, and standardizes our processes across the 21 teams we serve, allowing for a consistent and seamless delivery of service.



TARGET OUTCOMES



PHILOSOPHY



METHODOLOGY



PERSONNEL



ENVIRONMENT



EQUIPMENT

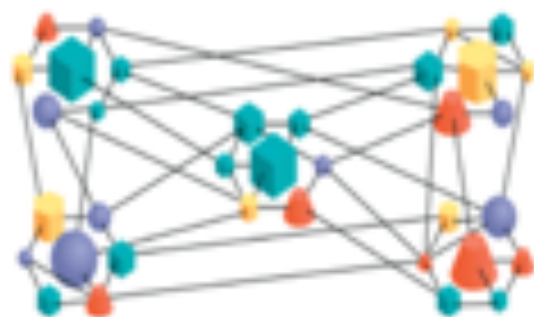


TECHNOLOGY

OPERATIONALIZING EXCELLENCE- PEOPLE

#1- As a **purpose-driven, how-centric program**, our organizational structure, and our systems & processes must align. High-performance requires a progressive future-focus, **agile decision making**, **content specialization**, and **focused collaboration**.

#2- We are committed to **developing the next generation of performance leaders**. That will only happen if our mindset, environment, organization chart, and operating system align to support that outcome. Our **ToT** approach empowers every coach to lead within their content expertise, and **advise/collaborate across all teams**.



TEAM OF TEAMS



"Our entire force needed to share a fundamental, holistic understanding of the operating environment and of our own organization, and we also needed to preserve each team's distinct skill sets. We dubbed this goal—this state of emergent, adaptive organizational intelligence—shared consciousness, and it became the cornerstone of our transformation."

-General Stanley McChrystal

OUR TEAM



Jason Dierking
Director



Zach Ferrel
Associate Director



Michael Naperalsky
Associate Director



Kaiti Jones
Senior Performance Coach



Chad Workman
Senior Performance Coach



Sean Smith
Performance Coach



Caryn Bailey
Performance Coach



Paul Jones
Analytics Coordinator

OUR HOME



D

DATA & DECISIONS

We are committed to optimizing prevention and performance.

We use key tools and technologies to quantify training, and monitor athlete risk and readiness. This data drives insights and decisions, allowing us to train smarter, not just harder. Our Performance Analytics Division provides specialized expertise unmatched in collegiate athletics.



E

EXECUTION

We educate, motivate, inspire, and empower.

The best laid plans without effective execution. We deliver our training focused on the “art of science” – education, motivation, inspiration, and empowerment.



EDUCATE



MOTIVATE



INSPIRE



EMPOWER

MENTORSHIP MODULES

1. Needs Analysis/Block 0 Checklist

2. Assessments

3. Program Design - Periodization

4. Program Design – Strength/Power

5. Multi-Directional Speed

6. Bioenergetics

7. Analytics

8. Recovery & Nutrition

9. Leadership & Special Topics

10. Professionalism