



On **Saturday, April 9th** (details below), [Fury](#) is happy to host [Ren Caldwell](#) as she provides our local community with strength, mobility, and performance information specific to ultimate players. All ages/genders/levels welcome!

[REGISTER HERE](#)

Where: [San Pablo Park](#) in Berkeley, CA

9am-10am: Coaches' Corner: Building an Athletically Competitive Team

Creating an athletic team culture takes a little time and effort, but less than you might think! You'll learn how to overcome scheduling challenges, how to cue your players for better movement, and get clear, actionable tips for supporting athleticism and injury reduction. Then move into the other sessions and see all these ideas in action - take notes!

10am-11am: Injury Reduction/Performance Prep/Single-Leg and Core Strength

Starting with a group movement evaluation based on the [FMS](#), we'll move into learning soft tissue/mobility/muscle activation techniques to address imbalances/injuries. Participants will gain a better sense of the kind of training they need to focus on to achieve their goals.

11:15-12:45: Plyometrics, Running/Cutting Technique, Focused Agility

We'll warm up thoroughly, using techniques designed to maximize running/cutting efficiency. Ren will continue to help participants focus on form and using the whole body as a unit through effective cueing and reactive core exercises. New agility patterns for defense will be included!

12:45-1:30 Lunch break

At [CrossFit Power Grid](#):

1:30pm-3:30pm: Gym to Field: Strength/Power Training for Ultimate (including Q & A)

Understanding and guiding the translation of gym strength to great on-field performance is key for ultimate athletes! You'll develop comfort with many of the power movements, unilateral and bilateral strength exercises, and weighted core work that will have the biggest impact on your game. We'll also talk programming: learn not only what to do, but when/how much to do it (periodization, managing training volume and more).

Ren Caldwell (NSCA CSCS, FMS) is a Seattle-area strength and conditioning coach who primarily trains ultimate athletes. She works with numerous local organizations, including Sockeye and Riot, as well as various colleges, high schools, and individuals. She writes for [Skyd magazine](#) and is travelling much more this year, giving flatballers the knowledge they need to take over on the field and take care of their bodies.

***** ATTENDANCE WILL BE CAPPED AT 30 PEOPLE PER SESSION *****