

BRIAN CAIN'S INNER CIRCLE PEAK featuring The 12 Pillars of Peak Performance!

TUESDAY, DECEMBER 27TH 12:12PM - 3:12PM CST

BRIANCAIN.COM/PEAK



TUESDAY, DECEMBER 27, 2016 SCHEDULE OF PRESENTERS

(All times are Central Standard Time.)

<u>TIME</u>

12:12PM-12:20PM 12:20PM-12:30PM 12:30PM-12:35PM 12:35PM-12:45PM 12:45PM-12:50PM 12:50PM-1:00PM 1:00PM-1:05PM 1:05PM-1:15PM 1:15PM-1:20PM 1:20PM-1:30PM 1:30PM-1:35PM 1:35PM-1:45PM 1:45PM-1:50PM 1:50PM-2:00PM 2:00PM-2:05PM 2:05PM-2:15PM 2:15PM-2:20PM 2:20PM-2:30PM 2:30PM-2:35PM 2:35PM-2:45PM 2:45PM-2:50PM 2:50PM-3:00PM 3:00PM-3:05PM 3:05PM-3:15PM 3:15PM-3:20PM 3:20PM-3:30PM

PRESENTER **Brian Cain** Alan McDougal Alan McDougal Randy Jackson **Randy Jackson Ethan Miller Ethan Miller** Joe Amplo Joe Amplo Mark Smith Mark Smith Alan Jaeger **Brian Cain Cliff Godwin Cliff Godwin** Matt Marcinek Matt Marcinek Seth Appert Seth Appert Dr. Rob Gilbert Dr. Rob Gilbert **Cat Osterman Brian Cain** Zach Sorensen Zach Sorensen **Brian Cain**

TOPIC Welcome Pillar #1 Live Q&A Pillar #2 Live Q&A Pillar #3 Live Q&A Pillar #4 Live Q&A Pillar #5 Live Q&A Pillar #6 Live Q&A Pillar #7 Live Q&A Pillar #8 Live Q&A Pillar #9 Live Q&A Pillar #10 Live Q&A Pillar #11 Live Q&A Pillar #12 Live Q&A **Closing + Bonus!**



PILLAR #1

ELITE MINDSET

NOTES:

PRESENTER:

ALAN MCDOUGAL HEAD BASEBALL COACH COLLEYVILLE HERITAGE HIGH SCHOOL, TX

WHAT IS YOUR #1 TAKE-AWAY FROM COACH MCDOUGAL'S PRESENTATION?





PILLAR #2

CHAMPIONSHIP CULTURE

NOTES:



RANDY JACKSON HEAD FOOTBALL COACH GRAPEVINE HIGH SCHOOL, TX

WHAT IS YOUR #1 TAKE-AWAY FROM COACH JACKSON'S PRESENTATION?





PILLAR #3

TIME IS TICKING

NOTES:

PRESENTER:

ETHAN MILLER ATHLETIC DIRECTOR CENTRAL SPRINGS HIGH SCHOOL, IA

WHAT IS YOUR #1 TAKE-AWAY FROM COACH MILLER'S PRESENTATION?





PILLAR #4

KNOW YOUR NUMBERS

NOTES:



JOE AMPLO HEAD LACROSSE COACH MARQUETTE UNIVERSITY, WI

WHAT IS YOUR #1 TAKE-AWAY FROM COACH AMPLO'S PRESENTATION?





PILLAR #5

SAIL THE RIGHT SHIPS

NOTES:



MARK SMITH ASSISTANT FOOTBALL COACH SOUTHERN METHODIST UNIVERSITY, TX

WHAT IS YOUR #1 TAKE-AWAY FROM COACH SMITH'S PRESENTATION?





PILLAR #6

PRESENT MOMENT FOCUS

NOTES:



ALAN JAEGER MENTAL TRAINING & ARM CARE EXPERT JAEGER SPORTS, CA

WHAT IS YOUR #1 TAKE-AWAY FROM ALAN JAEGER'S PRESENTATION?





PILLAR #7

PROCESS OVER OUTCOME

NOTES:



CLIFF GODWIN HEAD BASEBALL COACH EAST CAROLINA UNIVERSITY, NC

WHAT IS YOUR #1 TAKE-AWAY FROM COACH GODWIN'S PRESENTATION?





PILLAR #8

ATTITUDE DETERMINES ALTITUDE

NOTES:



MATT MARCINEK PERFORMANCE COACH DISABLED GRAPPLER, PA

WHAT IS YOUR #1 TAKE-AWAY FROM MATT MARCINEK'S PRESENTATION?





PILLAR #9

EVERYTHING HAPPENS TWICE

NOTES:



SETH APPERT HEAD MEN'S HOCKEY COACH RPI, NY

WHAT IS YOUR #1 TAKE-AWAY FROM COACH APPERT'S PRESENTATION?





PILLAR #10

ROUTINES & HABITS OF EXCELLENCE

NOTES:



PRESENTER:

DR. ROB GILBERT CREATOR OF SUCCESS HOTLINE MONTCLAIR STATE, NJ

WHAT IS YOUR #1 TAKE-AWAY FROM DR. ROB GILBERT'S PRESENTATION?





PILLAR #11

RECOGNIZE YOUR SIGNAL LIGHTS

NOTES:



CAT OSTERMAN 2x US SOFTBALL OLYMPIAN TEXAS STATE UNIVERSITY, TX

WHAT IS YOUR #1 TAKE-AWAY FROM CAT OSTERMAN'S PRESENTATION?





PILLAR #12

RELEASE & REFOCUS





ZACH SORENSEN FORMER MLB INFIELDER PHENOM SPORTS, UT

WHAT IS YOUR #1 TAKE-AWAY FROM ZACH SORENSEN'S PRESENTATION?





ADDITIONAL NOTES



THANK YOU FOR ATTENDING



BRIAN CAIN'S INNER CIRCLE PEAK

