



BRIAN CAIN'S
INNER CIRCLE PEAK

featuring The 12 Pillars of Peak Performance!

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

[BRIANCAIN.COM/PEAK](https://briancain.com/peak)



BRIAN CAIN'S INNER CIRCLE PEAK



AN INNER CIRCLE EXCLUSIVE VIRTUAL LIVE EVENT

TUESDAY, DECEMBER 27, 2016

SCHEDULE OF PRESENTERS

(All times are Central Standard Time.)

| <u>TIME</u> | <u>PRESENTER</u> | <u>TOPIC</u> |
|-----------------|------------------|------------------|
| 12:12PM-12:20PM | Brian Cain | Welcome |
| 12:20PM-12:30PM | Alan McDougal | Pillar #1 |
| 12:30PM-12:35PM | Alan McDougal | Live Q&A |
| 12:35PM-12:45PM | Randy Jackson | Pillar #2 |
| 12:45PM-12:50PM | Randy Jackson | Live Q&A |
| 12:50PM-1:00PM | Ethan Miller | Pillar #3 |
| 1:00PM-1:05PM | Ethan Miller | Live Q&A |
| 1:05PM-1:15PM | Joe Amplo | Pillar #4 |
| 1:15PM-1:20PM | Joe Amplo | Live Q&A |
| 1:20PM-1:30PM | Mark Smith | Pillar #5 |
| 1:30PM-1:35PM | Mark Smith | Live Q&A |
| 1:35PM-1:45PM | Alan Jaeger | Pillar #6 |
| 1:45PM-1:50PM | Brian Cain | Live Q&A |
| 1:50PM-2:00PM | Cliff Godwin | Pillar #7 |
| 2:00PM-2:05PM | Cliff Godwin | Live Q&A |
| 2:05PM-2:15PM | Matt Marcinek | Pillar #8 |
| 2:15PM-2:20PM | Matt Marcinek | Live Q&A |
| 2:20PM-2:30PM | Seth Appert | Pillar #9 |
| 2:30PM-2:35PM | Seth Appert | Live Q&A |
| 2:35PM-2:45PM | Dr. Rob Gilbert | Pillar #10 |
| 2:45PM-2:50PM | Dr. Rob Gilbert | Live Q&A |
| 2:50PM-3:00PM | Cat Osterman | Pillar #11 |
| 3:00PM-3:05PM | Brian Cain | Live Q&A |
| 3:05PM-3:15PM | Zach Sorensen | Pillar #12 |
| 3:15PM-3:20PM | Zach Sorensen | Live Q&A |
| 3:20PM-3:30PM | Brian Cain | Closing + Bonus! |





BRIAN CAIN'S INNER CIRCLE PEAK



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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?





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PILLAR #5

SAIL THE RIGHT SHIPS

NOTES:

PRESENTER:



MARK SMITH

ASSISTANT FOOTBALL COACH
SOUTHERN METHODIST UNIVERSITY, TX

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





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PILLAR #6

PRESENT MOMENT FOCUS

PRESENTER:



ALAN JAEGER

MENTAL TRAINING & ARM CARE EXPERT
JAEGER SPORTS, CA

NOTES:

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





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PILLAR #7

PROCESS OVER OUTCOME

NOTES:

PRESENTER:



CLIFF GODWIN
HEAD BASEBALL COACH
EAST CAROLINA UNIVERSITY, NC

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





BRIAN CAIN'S INNER CIRCLE PEAK



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PILLAR #9

EVERYTHING HAPPENS TWICE

NOTES:

PRESENTER:



SETH APPERT
HEAD MEN'S HOCKEY COACH
RPI, NY

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



THANK YOU FOR ATTENDING



**BRIAN CAIN'S
INNER CIRCLE PEAK**

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DOMINATE THE DAY!