



ATHLETIC PERFORMANCE

NWC Performance Clinic

Saturday, May 3rd, 2025

Northwestern College

Hosted by Northwestern College's Athletic Performance

Check-in: 8:00 – 8:25am Welcome: 8:25 – 8:30am

Morning Sessions

- 8:30 – 9:30am **Behind the Reps: The Underlying Principles That Make 1X20 the Best Program You Aren't Using | Kessa Kuyper**
This session explores the scientific foundations that make the 1x20 system—developed by Dr. Michael Yessis—one of the most effective yet underutilized training methods in the field. Rather than focusing solely on the logistics of sets and reps, this presentation unpacks the core principles that give the program its power: biomechanics, motor learning, and physiological adaptation. Attendees will gain a deeper understanding of how and why the 1x20 method works, and how these principles can be applied across a wide range of athletes and training settings. Whether you're new to the system or have used it before, this session will challenge your assumptions about intensity, volume, and transfer of training.
- 9:40 – 11:10am **Optimizing Human Performance Through Strategic Sequencing of Sport-Specific Exercises | Cal Dietz**
Exercise sequencing plays a critical role in enhancing athletic performance. During this session, we will examine principles and cutting-edge research that inform how the order and structure of sport-specific exercises can significantly impact neuromuscular adaptation, athletic transfer, and overall development. Through a combination of theory and practical application, attendees will learn to design evidence-based training programs tailored to the unique demands of their sport, ultimately fostering peak performance in competitive settings.
- 11:20 – 12:20pm **Attention Coaches – YOUR Health Matters! | Sean Casey**
As coaches, we are charged with taking care of others and often, that comes at the neglect of our own health. Fatigue, depression/anxiety, and weight gain are just a few of the consequences. Attend this presentation and learn simple, yet highly effective strategies, to combat these issues and have you feeling at your best both on the training floor and in the greater game known as life!
- 12:20 – 1:10pm **Lunch Break | NWC Cafeteria**

Afternoon Sessions

- 1:10 – 1:15pm **Afternoon Welcome**
- 1:15 – 2:15pm **Training for Agility: A Problem-Solving Approach - Hybrid | Korey Van Wyk**
Success in sports demands more than just speed—it requires athletes who can move efficiently, adapt to unpredictable situations, and solve problems in the heat of competition. As performance coaches, we have a crucial role in shaping the abilities. This presentation will break down what agility truly means and the key factors that contribute to an agile athlete. We will take a research-based look at traditional agility training methods, evaluating their effectiveness and limitations. Most importantly, it will cover practical, real-world strategies for implementing high-impact agility training with an emphasis on large group settings.
- 2:25 – 4:00pm **Preventing ACL Injuries Through Event-Specific Training and Pre-Injury Testing Protocols | Cal Dietz**
In athletic populations, ACL injuries embody a multifactorial nature. As such, strength and conditioning professionals need to prioritize targeted prevention strategies to promote athlete availability. In this session, we will first review the common mechanisms and risk factors contributing to ACL injuries across various sports. Then evaluate the current evidence surrounding the effectiveness of event-specific training interventions and neuromuscular testing protocols in reducing injury risk. Finally, attendees will be guided through the process of designing comprehensive injury-prevention programs that incorporate pre-season screening tools and sport-specific training modalities aimed at enhancing athlete safety and performance.
- 4:10 – 4:50pm **Speaker Panel Q&A | Cal, Kessa, Korey & Sean**
During this session, we invite Cal, Kessa, Korey & Sean for a moderated time of Q & A.
- 4:50 – 5:00pm **Closing Remarks**

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Speakers



Cal Dietz
Author of Triphasic Training I & II and Strength Coach, University of Minnesota & USA Women's Hockey

Cal Dietz is the Head Strength/Performance Coach USA Women's Hockey National/Olympic Team and has been an Olympic Sports Strength and Conditioning coach for numerous sports at the University of Minnesota since 2000. Dietz has trained athletes that have achieved 540+ All-American honors, 11 NCAA Team National Champions, teams that have won 38 Big Ten/WCHA championships teams, 30 Big Ten/WCHA Conference tournaments, and 25 NCAA Final Four appearances.



Korey Van Wyk
Specialist Acquisitions Editor, Cognella Academic Publishing

Korey Van Wyk, MS, CSCS, Pn2 is a Specialist Acquisitions Editor for Cognella Academic Publishing where he is responsible for developing educational resources on the subjects of exercise science and nutrition. Previously, he held positions as an acquisition's editor for Human Kinetics, and a kinesiology professor and strength coach at Northwestern College. Korey holds a master's degree in nutrition from the University of Nebraska-Lincoln and an exercise science degree from Central College.



Kessa Kuyper
Iowa Acquisitions Editor, Human Kinetics

Kessa Kuyper is a passionate strength and conditioning coach, physical therapist, and acquisitions editor for Human Kinetics. She earned her bachelor's degree in Exercise Science from Northwestern College in Orange City, Iowa, in 2019 and completed her Doctor of Physical Therapy at the University of Iowa in 2021. Kessa's experience spans from youth athletes to Division I and professional levels, including roles at the UFC Performance Institute in Las Vegas, the University of Richmond with Jay DeMayo and CVASPS, and the University of Memphis with the women's basketball team. Now an acquisitions editor, Kessa shapes educational resources for strength and conditioning coaches, physical therapists, athletic trainers, and self-driven athletes. She also serves as a coach for the Iowa women's rugby team, recently leading them to victory in the One Star Bowl during the 15s season.



Sean Casey
Physical Preparation Coach and Consultant, Wisconsin

Sean Casey is a registered dietitian and physical preparation coach who works with athletes from middle/high school to elite professionals and Olympians including an Olympic Gold Medalist. His expertise is sought after on the international level where he has traveled to more than 15 countries helping clients reach their peak potential. Sean's passion for helping people perform at their best extends into the business world where he has hosted workshops for banks, schools, community organizations, and more. Additionally, he has presented at both National Conferences as well as regional clinics. Sean serves as the Director of Applied Human Performance with the Sports Pharmacy Network.