

Forming Elite Response Teams and Achieving Peak Performance

Presented by:

John Underwood President & Founder of the Human Performance Project & American Athletic Institute
Anthony Page and Jason Larson: Applied Performance Sciences & Former Navy SEALs

When: Wednesday, June 15th from 9:00am - 5:00pm teambuilding

Location: City of Chico, Fire Training Center, 1466 Humboldt Ave. Chico Ca, 95928

\$50.00/person

How does your brain and body respond to and recover from emergencies or high stress situations?

How does sleep disturbance impact your physical and mental performance?

What is the most effective way to train for and recover from physically challenging situations?

What is the "Power Back Diet" and how does it relate to training/recovery?

What is the best way to "de-brief" an incident?

How do you build up your team to perform with excellence on every "mission"?

What makes a high functioning team efficient and effective?

PLUS: In the afternoon, we will take the workshop outside for an interactive experience. This "physical strategy" session will not only challenge you physically, it will challenge your team to reach an elite level of team dynamics, synergy, and performance. Make sure you are dressed appropriately—it will be a work out!



A former NCAA All-American, International-level distance runner and World Masters Champion, John has coached or advised more than two dozen Olympians including World and Olympic Champions. He holds three International Olympic Solidarity diplomas for coaching and has been a crusader for drug-free sport at all levels. John's programs have gained international prominence. He has conducted the only physiological case study, of the residual effect of alcohol on elite high level performance. He has appeared as a guest commentator for ABC Wide World of Sports for Olympic Drug Scandals. John has worked with nearly all sport federations including the NCAA, ECAC, NHL, NFL, NBA, the U.S. Olympic Committee, Sport Canada, the International Olympic Committee and the USAF. John Underwood is also a Human Performance Consultant for the U.S. Navy SEALs.



Former Navy SEALs Anthony and Jason have worked with elite athletes, emergency responders and corporations in an effort to share their knowledge, experience and expertise as men who have worked on the best teams our country has to offer. Jason and Anthony are dedicated to developing leadership skills, teamwork, communication skills, and fine tuning the dynamics of what makes an elite team. Their personal stories will inspire and encourage you to be a better teammate, co-worker but more importantly a better person. Jason and Anthony will move you from the classroom to the training field—to apply the fundamentals of team collaboration, communication, strategy, teamwork and time limited response to the test through dynamic scenarios and situations. Come prepared to work out!

REGISTRATION FORM

Name: _____
Agency: _____
Address: _____
City: _____ Zip: _____
E-Mail: _____ Phone: _____ Amount \$ Enclosed: _____

Please RSVP by sending your registration form and payment to 560 Cohasset Road, Suite 185, Chico, CA 95926

Questions: 530-891-2891 or dcampbell@buttecounty.net

Make checks payable to: North Valley Community Foundation

Co- Hosted by: California Training Officers Association