



# **Shrewsbury Speed and Performance Coaches Clinic**



**December 3rd and 4th- Shrewsbury High School  
64 Holden Street  
Shrewsbury, MA**

**Sponsored by Shrewsbury Boosters Association**

**Purpose- Presentations will be made to coaches on what makes athletes fast, how to train speed and how to keep them healthy and performing at their best.**

## **Speakers**

### **Tony Holler**

Tony Holler's rebellious and innovative ideas about high performance have echoed through the track and field world and are now gaining a foothold in football as well. Coaches of rugby, soccer, basketball, baseball, lacrosse, and even distance running are learning to apply Holler's principle of "Do Less, Achieve More" to their sports. Tony Holler is presently working on his first book, "Feed the Cats: Tired is the Enemy". Feed the Cats has developed a network of coaches who "cook" the same way, prioritizing happy, healthy, and high performing athletes. Tony Holler and partner Chris Korfist are co-owners of the most unique high-performance clinic in the country, the Track Football Consortium.



### **Chris Korfist**

Chris Korfist is a high school educator who has coached track and football for 31 years. He is currently the sprint coach at Homewood-Flossmoor High School. He also owns Slow Guy Speed School which is a private training facility that deals with athletes from all levels and sports. He has trained and coached 132 All-State athletes, 86 of which are all-state sprinters. He is also co-author of Triphasic Training for Football and the Triphasic Spring-Ankle Model. He co-owns [trackfootballconsortium.com](http://trackfootballconsortium.com) with Tony Holler, which is a bi-annual clinic that hosts "outside the box" thinkers who support multi-sport athletes. The site also hosts blogs and videos for sale as well. He is also the Co- founder of Reflexive Performance Reset which is the only technique where an athlete can reset their nervous system for peak performance. He can also be found as a guest on over a dozen podcasts. He is a popular speaker all over the world and consults with professional teams both nationally and globally. He also researches sprinting as well. He is a research advisor for Auckland University of Technology's SPRINZ and has published papers on overspeed training and wearable resistance.



## **CLINIC SCHEDULE**

**[Reserve Tickets](#)**

### **Saturday December 3rd**

**8:30am- Registration Opens**

**9:00-10:15- Chris Korfist**

**Reflexive Performance Reset (RPR)**

**10:45-12pm- Tony Holler**

**Building Apex Predators (How to Train  
Athleticism)**

**\*LUNCH ON YOUR OWN\* 12:00-1:30**

**1:30-2:45pm- Chris Korfist**

**What Makes You Fast and What Doesn't**

**3:15-5pm- Tony Holler**

**Track & Field Organization, Programming,  
and Culture**

### **Sunday December 4th**

**8-8:45am- Chris Korfist**

**Where the Weight Room Can Go Wrong**

**9-9:45am- Tony Holler**

**Toys for Cats: Batons, Blocks, Hurdles  
(relays, starts, and hurdle training)**

**10am- 12pm- Tony Holler and Chris Korfist**

**Live Coaching with Athletes**