SPORTS PERFORMANCE
BUILDING ATHLETES | PREPARING CHAMPIONS!
We are committed to developing the next generation of performance professionals through our intensive mentorship experience (based on our Performance C.O.D.E.). We offer single-semester and double-semester opportunities for post-graduate students, hungry to accelerate their development as coaches. Our experience is complimented by access to our mentorship partners:

- ACU
- Ohio State
- Leicester Tigers
## Performance Mentorship Experience

<table>
<thead>
<tr>
<th>Program</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Applied Coaching Mentorship</td>
<td>Summer Only</td>
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<tr>
<td>Single-Semester Mentorship</td>
<td>Fall/Spring Semesters</td>
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<tr>
<td>Performance Fellowship</td>
<td>July-May</td>
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CHARACTER
Act with integrity. Follow the rules. Say what you mean, mean what you say.

TEAMWORK
We are one. Collaborate. Support. Challenge. Invest.

VALUES

INNOVATION
Think disruptively. Maintain a future-focus.

RESOURCEFULNESS
Find a way. Be solution-oriented. Think outside the box.
PERFORMANCE C.O.D.E.

CULTURE
The heart of the matter.

OPERATING SYSTEM
Organizing people, standardizing processes.

DATA SCIENCE
Managing metrics that matter.

EXECUTION
The art of the science.
Culture is defined as a commitment to shared values, attitudes, standards, traditions, and practices. At Louisville, we are committed to creating and sustaining a championship culture through our environment, coaches, and approach.

In Card nation, it's about the name on the front, not the name on the back. Our athletes are trained to leave the jersey better than they found it. #L1C4
Our operating system aligns with our mission, vision, and values. It organizes our people, and standardizes our processes across the 21 teams we serve, allowing for a consistent and seamless delivery of service.
OPERATIONALIZING EXCELLENCE - PEOPLE

#1 - As a purpose-driven, how-centric program, our organizational structure, and our systems & processes must align. High-performance requires a progressive future-focus, agile decision making, content specialization, and focused collaboration.

#2 - We are committed to developing the next generation of performance leaders. That will only happen if our mindset, environment, organization chart, and operating system align to support that outcome. Our ToFT approach empowers every coach to lead within their content expertise, and advise/collaborate across all teams.

“Our entire force needed to share a fundamental, holistic understanding of the operating environment and of our own organization, and we also needed to preserve each team’s distinct skill sets. We dubbed this goal—that state of emergent, adaptive organizational intelligence—shared consciousness, and it became the cornerstone of our transformation.”

- General Stanley McChrystal
OUR TEAM

Jason Dierking
Director

Zach Ferrel
Associate Director

Michael Napernalsky
Associate Director

Kaiti Jones
Senior Performance Coach

Chad Workman
Senior Performance Coach

Sean Smith
Performance Coach

Caryn Bailey
Performance Coach

Paul Jones
Analytics Coordinator
We are committed to optimizing prevention and performance.

We use key tools and technologies to quantify training, and monitor athlete risk and readiness. This data drives insights and decisions, allowing us to train smarter, not just harder. Our Performance Analytics Division provides specialized expertise unmatched in collegiate athletics.
We educate, motivate, inspire, and empower.

The best laid plans without effective execution. We deliver our training focused on the “art of science” — education, motivation, inspiration, and empowerment.
MENTORSHIP MODULES

1. Needs Analysis/Block 0 Checklist
2. Assessments
3. Program Design - Periodization
4. Program Design – Strength/Power
5. Multi-Directional Speed
6. Bioenergetics
7. Analytics
8. Recovery & Nutrition
9. Leadership & Special Topics
10. Professionalism