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***Team MPI 2020 Coaches Retreat – East Coast***

January 11, 2020

COURTYARD ST. PETERSBURG CLEARWATER

3131 Executive Drive, Clearwater, Florida 33762

**FRIDAY**
12-4:00         Arrival of Coaches5:00-7:00             Team MPI Coaches and their Guests Reception, Location: TBD7:30                 Dinner (YOYO) (You’re on Your Own)

**SATURDAY Open to ALL Coaches and Athletes**
6:30–7:30am     Breakfast: YOYO
7:15–7:30           Check-in for visiting Coaches (outside of Team MPI)
7:30                      Welcome Remarks - [Mark Sortino](https://www.teammpi.com/mark-sortino-profile)
7:30–8:30           "Growing Your Coaching Business" - [Mark Sortino](https://www.teammpi.com/mark-sortino-profile)
8:45–9:45           "Athlete Retention - A Coach & Athlete Perspective" - [Laura Henry](https://www.teammpi.com/laura-henry-profile)
9:45–10:15         *Group Discussion Block*
10:15–11:15     "IRONMAN® University: The Path Ahead" -  Earl Walton (Director of IMU)

11:15–12:15      Lunch (YOYO)
12:15–1:15        “Bike Fitting for Everyone, Practical Application” - [Adam Sczech](https://www.teammpi.com/adam-sczech-profile)
1:30–2:30           “Coaching NEW Adult Swimmers, Best Practices" – [Mark Sortino](https://www.teammpi.com/mark-sortino-profile)
2:30-3:00            *Group Discussion Block*
3:00–4:00           "Coaching the Para-Athlete" - [Becky Piper](https://www.teammpi.com/becky-piper-profile)
4:00–5:00           "Including Mental Strength Training in your Athlete's Plan" - [Mark Turner](https://www.teammpi.com/mark-turner-profile)
5:00                       Wrap up for the day - [Mark Sortino](https://www.teammpi.com/mark-sortino-profile)
6:30                       Dinner (YOYO)

**SUNDAY Team MPI Coaches ONLY**
6:30–7:30am       Breakfast: YOYO
7:30–8:30             "Harnessing Social Media the RIGHT Way" - [Cortney Martin](https://www.teammpi.com/cortney-martin-profile)
8:45–9:45              “Creating Endurance Efficiency" – [Dr. Manuel Delgado Gaona](https://www.teammpi.com/manuel-delgado-gaona)
9:45–10:15            *Group Discussion Block*
10:15-11:00          “Partnering with Local Businesses - A How To" - [Maria Netherland](https://www.teammpi.com/maria-netherland-profile)
11:15-12:00.         “Coaching Three Athletes to IRONMAN® Success" - [Gregg Edelstein](https://www.teammpi.com/gregg-edelstein-profile)
12:00                       Wrap up and Retreat concludes - [Mark Sortino](https://www.teammpi.com/mark-sortino-profile)

Bio’s on ALL Presenters (except IRONMAN®) can be found at: <https://www.teammpi.com/our-team>