



## ***Team MPI 2019 Coaches Retreat – WEST COAST***

**November 22, 2019**

Residence Inn by Marriott – Tempe Downtown  
510 South Forest Avenue, Tempe, Arizona 85281

### **FRIDAY      Open to ALL Coaches and Athletes**

6:30–7:30am	Breakfast: YOYO
7:00–7:15	Check-in for visiting Coaches (outside of Team MPI)
7:15–7:30	Welcome Remarks & introduction - Mark Sortino
7:30–8:30	“Pandora’s Box of Coaching the Swim” – Mark Sortino
8:45–9:45	“Relationship of VO2max vs Training Prescription – Dr. Manuel Delgado Gaona & Chris Palmquist
9:45–10:15	<i>Group Discussion Block</i>
10:15–11:15	“Building Your Coaching BRAND” - Mark Turner
11:15–12:15	Lunch (YOYO)
12:15–1:15	“Functional Movement for the Multisport Athlete” – Laura Henry
1:30–2:30	“Three Athletes, Three Methods to IM Coaching” – Gregg Edelstein
2:30–3:00	<i>Group Discussion Block</i>
3:00–4:00	“Multi-Sport Lifestyle - Increasing Positive / Decreasing Negative Effects on Overall Health” – Dr. Amy Stanfield & Allen Stanfield
4:00–5:00	“What It Takes to Be and Coach a World Champion” – Aaron Scheidies
5:00	Wrap up for the day - Mark Sortino
6:30	Dinner (YOYO)

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

Summary of qualifications:

[Mark Sortino](#) – USAT Level III, USAC Level II, USA Paratriathlon Cert, F.I.S.T. bike fitter, USAT Certified Race Director and Team USA Paralympic Head Coach, Rio 2016. USAT Paratriathlon Coach of the Year, 2016. Head Coach and Owner of Team MPI.

[Chris Palmquist](#) – USAT Level III, USAC Level 1, USA Paratriathlon Cert, USAT Youth & Junior Coach, F.I.S.T. bike fitter and Team USA Paralympic Asst Coach, Rio 2016. USAT Paratriathlon Coach of the Year, 2017. Head Coach at Team MPI.

[Mark Turner](#) – USAT Level II, USA Paratriathlon Cert IRONMAN Certified Coach, USMS Level I & II Certified Coach, VFS Certified Bike Fitter, USAT Cat 3 Official and USAT Elite Rules Official. Senior Coach at Team MPI.

[Laura Henry](#) - USAT Level II, IRONMAN Certified Coach, IRONMAN Certified Coach, USA Paratriathlon Cert, USA Cycling Level 3 Coach, VFS Certified Bike Fitter and NASM Certified Personal Trainer. Senior Coach at Team MPI.

[Allen Stanfield](#) – USAT Level I and has coached Endurance Athletes including Junior Elite Athletes, Southeast Regional Amateur Champions, Boston Marathon Finishers, IRONMAN™ 70.3 World Championship Finishers and numerous IRONMAN™ Finishers. Senior Coach at Team MPI.

[Manuel Delgado Gaona, MD](#) - USAT Level II and Youth & Junior Coach, FMTrī Level II Certified Coach, an ACSM exercise physiologist, and a physician specializing in anatomic pathology. Coach at Team MPI.

[Gregg Edelstein](#) - USA Triathlon Level 1 Coach, an IRONMAN Certified Coach and a USA Cycling Level 3 Coach based in the greater Boston area. Coach at Team MPI.

[Aaron Scheidies](#) - USAT Level 1 Certified Coach and licensed Physical Therapist. 2016 USA Paralympic Team (Cycling), 2011, 7 x ITU Paratriathlon World Champion PT5, 4 x Ironman 70.3 PC World Champion, 3 x National Blind/VI marathon Champion and Boston Marathon Champion, 2 x USA Para-Cycling National Champion (Time Trial), 4 x USAT Paratriathlete of the Year. Coach at Team MPI.

[Amy R. Stanfield, Ph.D.](#) - PhD in Health and Exercise Sciences and Masters in Exercise Physiology. Department Chairperson Health, Physical Education, and Recreation at MGCCC-JC (Mississippi Gulf Coast community college Jackson county campus).