



x RaceBetter™

LEADERSHIP SUMMIT

SEPTEMBER 18-19, 2026 | INDIANAPOLIS, IN

FRIDAY EVENING

COACHING BEYOND THE WORKOUT

Better coaching starts with more than sets and workouts.

An interactive session for coaches that explores how communication, expectations, and coaching decisions shape athlete development.



COMMUNICATION + EXPECTATIONS

Clear language. Shared understanding. Aligned environments.



CURIOSITY + BETTER DECISIONS

Ask better questions. Consider more perspectives. Coach with greater clarity.



OWNERSHIP + ATHLETE DEVELOPMENT

Build responsibility, confidence, and independence at every stage.

Same foundation. Different delivery.

SATURDAY

FROM LAND TO WATER: UNDERWATER KICK PROGRESSION

Elite underwaters start long before the push-off.

We'll connect how athletes move and create force on land to how they set up at the wall and on the blocks, push off, and execute consistent underwaters.



MOVEMENT + TRANSFER

Experience how mobility, stability, body control, and jump + landing mechanics transfer to the water.



PROGRESSIONS FROM AGE GROUP TO ELITE

Learn practical drill progressions, why they work, and when to progress, adjust, or change course.



TEMPO TRAINER + HYDROWING APPLICATION

Practical tools for developing rhythm, timing, power, and underwater execution.

Classroom. Land. Water. Connected.



FREE COACH REGISTRATION

Reserve your spot for September 18-19



racebetter.org

Full Details + Registration