



ESSI EXERCISE & SPORT
SCIENCE INITIATIVE
UNIVERSITY OF MICHIGAN



Monday, May 24
11:30-12:30 pm ET
RSVP at

https://umich.zoom.us/webinar/register/WN_iCKqN5PTjya1e-d3xrfnA

Training Through Uncertainty

Join the Exercise and Sport Science Initiative (ESSI) for a seminar discussing how to prepare for optimal performance in an uncertain environment. Preparation for athletic competitions has changed dramatically over the past year. Seasons have been postponed, training has been interrupted, and athletes, coaches, and training staff can no longer count on the regular periodicity of the season required for peak performance. This panel brings together elite athletes with experts in athletic medicine, exercise physiology, psychology and coaching to discuss how to train through uncertainty to achieve optimal performance.



Hosted by Abigail Eiler, MSW, LMSW-Clinical, QMHP
Clinical Assistant Professor, U-M School of Social Work
Assistant Athletic Director, Director of Athletic Counseling
Big Ten Mental Health & Wellness Cabinet Chair

Join us as Abigail Eiler hosts a conversation and Q&A with:

Speakers:



Shelby Baez, PhD, ATC

Assistant Professor, Department of Kinesiology,
Michigan State University



James Bourque, BA

Major League Baseball (MLB) Relief Pitcher and
Former U-M Baseball Player



Ethan Kross, PhD

Professor of Psychology and
Management/Organizations, U-M College of
Literature, Science, and the Arts



Josh White, PhD

Associate Head Coach, U-M Swimming and
Diving

Monday, May 24
11:30-12:30 pm ET
RSVP at

https://umich.zoom.us/webinar/register/WN_iICKqN5PTjya1e-d3xrfnA

Stay tuned for upcoming seminars and events:

- Sport & Organization Dynamic Institute (SODI): Sport Leadership During and Emerging from Crises - Seminar Series II (5/25, 6/1, 6/8, 6/16, 6/22, 6/29)

Our ESSI seminar series will resume in September 2021.