

Dr Davis McAlister



Dr Davis McAlister Sports & Tactical Speaker Menu

Keynotes

From Homeless to High Performance Great for motivating leaders and team members hung in neutral

People are always searching for the **keys to success** outside of themselves when keys are within! Meet Dr. Davis McAlister, a man who defied all odds, turning **adversity** into **triumph**, and proving that the human spirit knows no boundaries. From the darkest corners of life to the brightest stages of success, Dr. McAlister will not only share his remarkable journey but also the invaluable keys that paved his way.

Get ready to unlock the doors to **achievement** as he imparts the very strategies that took him from a homeless teenager to a career in the military and then a beacon of accomplishment. But this is not just about one man's story. It's about igniting the **potential** within you and your **organization**. Get ready to learn, to evolve, to witness your **organization's transformation** from within. This is your chance to rewrite your narrative, to embrace the keys to **success**, and to unlock the potential that's been waiting.

Are you ready to be inspired? To unlock the doors to success? Prepare yourselves for a transformational experience like no other.

Unleash Your Champion Within Great inspiration for athletes and coaches looking to go to the next level

Get ready for an exhilarating journey into the world of athletes, where **success** isn't just a goal—it's a way of life. In a realm where every moment counts, comes a trailblazing exploration of the very foundations that shape champions.

Prepare to dive into the heart of what makes the greats truly exceptional—**motivation, preparation, and the unwavering psychology of victory**. Experience the ultimate playbook for success—a journey that will change the way you view champions forever.

Dr. McAlister will give you the keys to open the door to your **next level**. Are you ready to walk through that door?

Workshops

Developing an Effective Non-contact ACL Prehab Program

This presentation will provide in-depth information and research on the contributing factors that result in non-contact ACL injuries in athletes. This presentation will include an anatomical review, **biomechanics** review, contributing anatomical structural features that increase risk, forces and movements applied that result in the non-contact injury, the **functional assessment** tools for determining if an athlete will be at a higher risk, and the **evidence-based**, basic components of a pre-habilitation program.

The Specifics of Speed and Agility

This presentation is designed to provide athletes and coaches, with an in-depth understanding of the **principles, techniques, and strategies** involved in enhancing speed and agility performance as well as the most common problem areas. Through a combination of evidence-based knowledge and practical application, participants will explore the **biomechanics, training methodologies, and drills** that contribute to optimizing speed and agility for various sports and activities.

Beyond the Call of Duty: Maximizing Performance and Career Longevity

This dynamic presentation is designed to empower **first responders** with the knowledge and strategies needed to enhance their **performance** and maintain their bodies for long and **successful careers** as a first responder. We will explore the key pillars of **training, fitness, recovery, and injury prevention**, providing practical insights and actionable steps to optimize performance and ensure **career longevity**. Through engaging discussions and real-life examples, participants will gain valuable tools to elevate their effectiveness, physical well-being, and overall job satisfaction.

I help Leaders find their next-level Success and Leadership by looking within!