

Friday Hands-On Sessions

F. Samuel Brumbaugh Fitness Center

1:00pm – 1:55pm

Joe Schoeleber, MS, CSCS
MVP Sports Training & Fitness, President
“Sport Specific Band Resistance Skill Training”

Dick Hartzell

Jump Stretch Inc., Owner & Trainer
“Band Training”

Lori Swaldi DPT, VCS; Tom Swaldi DPT, ATC, CSCS; Matthew O'Brien ATC, PTA
Star Physical Therapy

“Gaze Stabilization and Postural Control Systems Training techniques”

2:00pm – 2:55pm

Dan Cenidoza

Be-More Training, Owner
“Kettlebell Sport”

Jim Smith & Jedd Johnson

Diesel Crew Corning New York
“Strongman Training for Athletic Performance”

Jim Steel, MS, CSCS

University of Pennsylvania / Strength & Conditioning Coordinator
“Muay Thai Kick Boxing for Athletic Teams”

3:00pm – 3:55pm

Paul “Babe” Mayer, MS

Pennsylvania College of Technology; Mayer Sports Training Center, Director
“Core Training Breakout Session”

William Maher - NSCA-CPT &

Certified Kettlebell Instructor
“Kettlebell Workout”

Eric Childs, MS, CSCS, NSCA-CPT

Pennsylvania State University
“Functional Power Training for Wrestling”

Tim Lang, MS, CSCS

DePaul University – Former Texas Rangers Head Strength & Conditioning Coordinator
“Break out Session for Training Pitchers”

4:00pm – 4:55pm

Tony Tridico, MS, CSCS, NSCA Pennsylvania State Director

Youngsville High School Head Football Coach & Strength Coordinator
“High School Strength and Conditioning -Variation week using Barrels and Kettlebells”

Mike Rankin, MS, CSCS

Drexel University, Strength & Conditioning Head Coach
“Gymnastics Rings for Athletic Performance”

Jeremy Hoy & John Haubrick

Finish First Sports Performance, Owner
“Slideboard Training for Power-Strength-Conditioning-Stability & Stability”

William Maher - NSCA-CPT &

Certified Kettlebell Instructor
“Four Pillar Circuit Workout”

5:00pm – 5:55pm

Jay DeMayo, CSCS

Richmond University, Basketball Strength & Conditioning
“Single Leg Exercise Progressions”

Darin Thomas, MS, CSCS

Notre Dame University, Department of Physical Education
“Functional Training Drills to Enhance Sports Performance of the High School Athlete”

Todd Hammer, CSCS

Robert Morris University, Strength and Conditioning Coordinator
“Unilateral Variations in the Weight Room”

Brian Larouere, Ph.D., ACSM H/FS

Slippery Rock University Department of Physical Education
“Functional Training and Assessment”

Saturday, June 13, 2009

6:00am – 6:55am

Breakfast / Ellis Dining Hall

Brumbaugh Academic Center - Lecture Hall 101

7:00am – 7:55am

Shannon Clark, B.S., NSCA-CPT
Fitness & Lifestyle Consultant
“Coaching Motivational Techniques”

8:00am – 8:55am

Todd Burkey, MS, ATC
Youngstown State University Athletic Trainer
“Bridging the Gap Between the Athletic Trainer and the Strength Coach”

9:00am – 9:55am

Dr. Andy Bosak, CSCS, HFI
Brock University, Dept. of Physical Education and Kinesiology
"Training the Master Athlete: From Couch to Competition".

10:00am – 10:55am

Tim Lang, MS, CSCS
DePaul University – Former Texas Rangers Head Strength & Conditioning Coordinator
“Total Conditioning for Athletes – From the inside out and the ground up”

11:00am – 11:55am

Rob Wagner Ph.D., C.S.C.S.
Parisi Speed School @ Oceanside. Egg Harbor Township NJ.- Owner
“Supplement use to Enhance Athletic Performance”

12:00pm – 1:00pm

Lunch / Ellis Dining Hall

1:00pm – 1:55pm

Tim Beltz, CSCS
University of Pittsburgh, Basketball Strength & Conditioning Coordinator
"University of Pittsburg In-Season Basketball Conditioning”

2:00pm - 2:55pm

Joe Fondale, CSCS
Ohio University, Strength & Conditioning Coach
“Ohio University’s Off-Season Speed & Agility Program”

3:00pm - 3:55pm

**Brian Deviblis, MS, CSCS
New Hampshire High School
“Designing Physical Education Activities with Limited Facilities”

Checkout / Certificates

Juniata College
Pennsylvania State Strength & Conditioning Clinic
June 12-13, 2009
Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____ Email _____

Certifications:

- ___ Other – Open to anyone interested in Sports Performance Enhancement
- ___ NSCA – 1.8CEU's
- ___ BOC - NATA – 18 Contact Hours
- ___ PA Act 48/Physical Education Teachers / 18 Credit Hours
- ___ Approved by the New Jersey Department of Education for Professional Development

Package Options:

___ Overnight Package – \$230.00 (Thursday & Friday Night Lodging- On campus, double occupancy)
*Includes Two days Registration, 4 Meals, Clinic Material, T-shirt, 2 Night Lodging
(Roommate Preference: _____)

***Limited single rooms available: Additional cost of \$50.00)

___ 2 Day Package - \$ 190.00 (No Overnight Lodging)
*Includes Two days Registration, 4 Meals, Clinic Material, T-shirt

___ 1 Day Package - \$115.00 (Registration for Friday or Saturday Conference) Circle day attending
*Includes One day Registration, 2 Meals, Clinic Material, T-shirt

ON-LINE REGISTRATION: <http://www.juniata.edu/services/conferences/campsconf.html>

General Information

Where: Juniata College, Huntingdon, PA

When: June 12 & 13, 2009

Who Should Attend:

- Strength & Conditioning Coaches
- Athletic Trainers / Physical Therapists
- Sport Coaches
- Athletic Administrators
- Personal Trainers and Fitness Instructors
- Athletes interested in Sport Specific Strength & Conditioning

Refund Policy:

Full refund less \$50 if postmarked by 5/25/09. 50% refund if postmarked by 6/08/09. No refund after 6/09/09. All refund requests must be made in writing.

Make Checks Payable to Juniata College and mail to:
Juniata College
Attention: Douglas Smith
Kennedy Sports + Recreation Center
1700 Moore Street
Huntingdon, Pennsylvania 16652-2196

Contact for Additional Information:

Doug Smith, Clinic Director
814-641-3502, 1smithd@juniata.edu

Payment Options: _____ Check _____ Cash
Credit Card Option: <input type="checkbox"/> Visa <input type="checkbox"/> Master Card <input type="checkbox"/> Discover <input type="checkbox"/> American Express
Name on Card: _____
Card Number: _____
Expiration Date: _____

Phone Registration:

Conferences & Events Office
814-641-3604 or 814-641-3606