



bridging the gap between science and application
As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.

Message From the President:

Strategic Planning Summit Creates New Goals for NSCA



NSCA President
Jay Hoffman, PhD,
*CSCS,*D, FNSCA, FACSM*

A Strategic Planning Summit was held on July 30 – 31, 2010 at NSCA World Headquarters in Colorado Springs, Colorado. During this two-day meeting, wide-ranging discussions of the development of the organizational goals for the next 3 – 5 years occurred. The summit began with a review of the NSCA's accomplishments regarding 2007 – 2010 strategic goals. The major goals that were established from the previous strategic planning were reached.

Organization unity was clearly achieved as the certification commission was brought into the World Headquarters in Colorado Springs, saving the Association more than a million dollars per year. International endeavors were expanded to include NSCA affiliates in Beijing, Shanghai, Korea and Italy. In addition, cooperative agreements with the United Kingdom and Australia were established. The NSCA enhanced public outreach with improvements to the *NSCA's Performance Training Journal* and the development of the *NSCA TSAC Report*. In addition, the NSCA has recently hired a Marketing Director to further enhance exposure.

After assessing past endeavors, the summit focused on future needs and directions. The summit's participants proposed six new strategic goals for the 2010 – 2013 period. These goals will be sent to the NSCA Board of Directors for approval and then posted on the NSCA Website for member review. After Board approval, the NSCA staff will meet in September to develop an operational plan. This will include establishing various ways and means to accomplish these goals through the creation of milestones, timelines and measurable outcomes. In this way, NSCA staff will have a "roadmap" for achieving the goals set forth.

I would like to thank all those who participated in the summit, including: Dr. Lee Brown, Jack Carter, Scott Caufield, Dr. Greg Haff, Coach Andrea Hudy, Coach Jon Jost, Dr. William Kraemer, Patrick McHenry, Dr. Bradley Nindl, David Sandler, Coach Meg Stone, Dr. Mike Stone, Dr. Travis Triplett, Jerod Wilson and from the current NSCA Board of Directors; Dr. Jill Bush, Dr. Rodney Gaines, Dr. John McCarthy, Dr. Todd Miller, Dr. Michael Ma, Coach Mike Nitka, and Chat Williams.

NSCA President
*Jay Hoffman, PhD, CSCS,*D, FNSCA, FACSM*



Index Testing Conducted at 2010 Rocky Mountain State Games

Athletes from all over the state of Colorado competed in the 2010 Rocky Mountain State Games on Friday, July 30. Many of these athletes were tested by the National Strength and Conditioning Association (NSCA) to identify their level of athletic talent.

One question that arises in competitions such as the Rocky Mountain State Games is which athletes are the best? How does a judo athlete compare to a 5k runner? The NSCA set out to answer that question.

At the opening ceremonies of the 2010 Rocky Mountain State Games a video that explained the NSCA Performance Index was introduced to all of the attending athletes. The NSCA Performance Index is a scoring system based on the results for each test using each athlete's gender and body weight. The Performance Index is used in NSCA Index Competitions which includes three tests: the vertical jump which measures athletic power, the pro-agility run which measures the ability to change direction, and the 10-yard dash which measures acceleration.

Five NSCA Performance Test Centers were set up and the athletes that received the highest index scores in the vertical jump were invited to compete in an NSCA Performance Index Competition on Sunday, August 1.

Athletes that were performance tested by the NSCA included triathletes, 5k runners, cyclists, track and field athletes, wrestlers, shooters, weightlifters, and judo athletes. Out of the many that were tested, the track and field athletes dominated the competition.

The top males that qualified for the competition consisted of a long jumper, a decathlete, a judo athlete, a pole vaulter, and two sprinters in the 100 meter and 200 meter dash. The top females consisted of a 100/300 meter hurdler/sprinter, a 100 meter sprinter, a 5k runner, a triple jumper, and a shot-put/discus thrower. The ages of these athletes ranged from 15 – 27 years old.

The outstanding male athlete was 27 year old long jumper, Joshua Trahan, who compiled a total of 1,096 index points. Josh weighed in at 144lbs and jumped 35.5 inches in the vertical jump which gave him 553 index points. He ran a pro-agility run of 4.39 seconds which gave him 292 index points, and he also ran a 1.786 10-yard dash which gave him 251 index points. Josh was the only athlete to score over 500 index points in any event. The outstanding female was 26-year-old hurdler/sprinter Kelli Kunz who compiled 1,270 index points. Kelli jumped 22.75 inches, ran a pro-agility of 4.59 seconds, and ran a 10-yard dash of 1.868 seconds. She was the only female to score over 400 points in any event, and she also won every event.

What were the results? The male and female athletes that jumped the highest and received the highest index scores in the vertical jump during the testing were the 2010



Sprinter/Hurdler Kelli Kunz and Long Jumper Joshua Trahan won the title of "Best Athlete" of the 2010 Rocky Mountain State Games.

Performance Index Champions. These were also the oldest male and female athletes to compete. Both Josh and Kelly are highly anaerobic athletes as well. Other Performance Index Records that were set by the males include 311 index points in the pro-agility run and 278 index points in the 10-yard dash. The Pro-Agility Performance Index Record was set by decathlete Marshal Kraker who weighed in 196lbs and ran a time of 4.48 seconds. The 10-yard dash Performance Index Record was set by pole-vaulter Kevin Schwindt who weighed in at 137lbs and ran a time of 1.750 seconds.

The first annual NSCA Performance Index Championship was a fun and intense event. The athletes were very talented and competitive which added to the excitement. This event gave great exposure to many athletes and introduced the NSCA talent identification process to people throughout Colorado. Hopefully, this is a step to an even more exciting competition in 2011.



News & Updates

NSCA Announces New Education Director

The NSCA is pleased to announce that David Sandler MS, CSCS,*D, FNCSA, will become the NSCA Education Director effective August 26, 2010.

Prior to his employment with the NSCA, Sandler was the Chairman of the Conference Committee and former Florida and Nevada State Director for the NSCA. He is a Fellow of the National Strength and Conditioning Association and Fellow of the International Society of Sports Nutritionists.

Sandler has authored 6 books: *Sports Power*, *Weight Training Fundamentals*, *The Resistance Band Workout Book*, *Plyo Power*, and *Strength Training Everyone*, *Fundamental Weight Training* as well as having developed dozens of exercise videos including three coaching developmental videos titled, *Plyometrics Training*, *Speed and Power Training*, and *Vertical Jump Training*.

He is a doctoral candidate at the University of Miami where he was the former Assistant Strength and Conditioning Coach and Head Baseball Strength Coach during their 1999 National Championship season. He was an Assistant Professor of Kinesiology and Sports Science for six years at Florida International University where he developed and directed the Strength and Conditioning education curriculum before moving on to Florida Atlantic University for one year.

Sandler has been a strength and conditioning coach and consultant for more than 20 years working with some of the world's best athletes. He is a highly sought after presenter with over 300 International, National and Re-

gional lectures to his credit. David has published over 20 scientific articles and abstracts and over 200 articles in power, strength and fitness training for various magazines and literature.

Additionally, he served in a developmental capacity for other top fitness organizations, equipment manufacturers, and professional sports franchises. Sandler has been the lead exercise and sports physiologist for over 40 episodes of television for National Geographic's series *Fight Science*, *Super Strength*, the *Science of Steroids*, *Impossible Science*, and the Emmy Award winning *Sport Science* series on Fox Sports Network. In addition, Sandler was the Science Advisor and Sports Physiologist for *Jesse James is a Dead Man*, the series, with Spike TV. He has been a regular column author, consultant and 10 year member of the advisory board for *Muscle and Fitness Magazine* as well as other mainstream fitness publications and an expert for more than a dozen top publications. He was a former power lifter and 3-time US National Bench Press Champion, and his research focuses on strength and power development.

"We are very excited to have David join the NSCA staff. He is an experienced educator and will enhance our mission," said Alan Kiniburgh, Executive Director of the NSCA.

"Dave Sandler's knowledge and experience will provide a great resource to the NSCA as the new Education Director. The NSCA is fortunate to have someone with his qualifications helping develop educational material for the Association," stated Dr. Jay Hoffman, NSCA President.

Professional Liability Insurance

In today's world, it is important to protect yourself and your clients with professional liability insurance coverage. The NSCA offers certified professional members the opportunity to add three million dollars of liability insurance coverage to their membership.

Coverage is limited to NSCA Certified Professional members acting in the capacity of a Certified Strength and Conditioning Specialist (CSCS®) or NSCA-Certified Personal Trainer (NSCA-CPT®). If at any time NSCA certification or membership lapses, liability coverage will cease.

If you are currently certified with the NSCA and would like a quote for insurance, please contact the NSCA Membership Department at 800-815-6826 ext. 125 or email insurance@nsca-lift.org.

Additional insured policies, NSCA non-certified member professional liability and studio insurance are also available.



Education Recognition Program Applications

Education Recognition Program (ERP) schools are located across the globe in the US, Canada, Australia, Ireland, Japan and the United Kingdom. Applications are reviewed twice a year. The application post mark deadlines are January 1 and June 1 each year. Institutions will be notified of approval/non-approval by February 15 or July 15.

ERP recognized institutions receive an annual listing in the *Strength and Conditioning Journal*, CSCS® and NSCA-CPT® exam discounts, and a searchable listing and link to the institution's program through the NSCA Website. Permission to highlight an institution's NSCA recognition on program materials, increased exposure through NSCA publications, website and other NSCA materials and complimentary institutional vacancy postings on the NSCA's Career Services Website are some of the other benefits ERP institutions receive.

Acceptance into the ERP means that an academic institution's educational program has met, and continues to meet, educational guidelines recommended by the NSCA. ERP recognition is good for three years and consists of three separate programs.

The ERP Personal Training Program

Recognizes colleges and universities that offer two and four year educational programs in personal training.

The ERP Strength and Conditioning Program

Recognizes colleges and universities that offer at least a Bachelor's degree with an emphasis in strength and conditioning.

The ERP Graduate Studies Program

Recognizes colleges and universities that offer at least a Master's degree related to strength and conditioning or sport performance. There are two levels of recognition—applied curricular and research/curricular.

June 2010 ERP recipients

Personal Training Program

- Pennsylvania College of Technology
- University of Antelope Valley
- National Personal Training Institute
- Clark College

Strength and Conditioning Program

- Dayton University
- Slippery Rock University
- University of South Alabama
- Manhattan College
- Dakota State University
- University of Wisconsin-Eau Claire
- University of Colorado at Colorado Springs
- West Virginia State University
- Pittsburg State University
- Ohio University
- University of Abertay Dundee
- Neumann University
- The University of Findlay
- Sheridan Institute of Technology & Advanced Learning

For more information please visit the NSCA Website at, <http://www.nasca-lift.org/ERP/default.asp>.

Student Assistantship Applications

The NSCA offers up to five student assistantships each year to qualified candidates. Students who are awarded an assistantship will have an opportunity to work with an experienced strength and conditioning coach, who has earned the NSCA Registered Strength and

Conditioning Coach Distinction, has demonstrated high levels of professional service and accomplishment in the field of strength and conditioning and has four or more years of head strength and conditioning experience.

The purpose of the Student Assistantship Program is to link qualified students with experienced coaches to help develop the next generation of strength and conditioning professionals. The students chosen to be part of this program should demonstrate high levels of academic achievement, show a focus in the field of strength and conditioning, and meet all the qualifications.

Applications will be accepted and reviewed by the NSCA twice a year. To be considered, applications must be postmarked no later than March 1 or October 1 during the year. Each recipient will be awarded a \$10,000 stipend over a 12-month period. To review the qualifications, or for more information regarding the student assistantship, please visit <http://www.nasca-lift.org/education/nscastudentassist.shtml>.

NSCA Personal Trainer – Advanced Recognition

Deadline: October 1, 2010

The NSCA Personal Trainer – Advanced Recognition (PT-AR) is designed to acknowledge currently certified NSCA-CPT® individuals that go above and beyond the call of duty as fitness professionals representing and serving the NSCA. This advanced recognition will be awarded to those individuals who uphold a higher standard for the personal training profession and devote extra time and effort to exemplify leadership in the strength, conditioning, wellness, and fitness industry.

Continued on page 5

In order to qualify for this special recognition, applicants must meet a list of qualifications that will be assessed by a scoring system. More information on qualifications and the PT-AR Point Evaluation Form can be found at, <http://www.nasca-lift.org/education/PT%20Adv%20Recog%20Form.pdf>.

Applications will be accepted and reviewed by the NSCA twice a year. Application due date is March 1 or October 1. For more information please contact, education@nsca-lift.org via email.

Registered Strength and Conditioning Coach Applications

The NSCA has created a registry of qualified members who are interested in better defining a career path in strength and conditioning. The purpose of the registry is to recognize coaches who have been certified as strength and conditioning specialist (CSCS®), have demonstrated commitment to the field of strength and conditioning and wish to be identified for career advancement.

As a Registered Strength and Conditioning Coach you will be able to promote yourself to potential future employers as such. You will also be recognized by the NSCA and receive a certificate to acknowledge your achievement. To apply for this recognition or for more information, please visit, <https://www.nasca-lift.org/secure/education/nscare-gcoach.asp>.

CEU Opportunities Available Building the Ultimate Back: From Rehabilitation to Performance

Stuart M. McGill, PhD

Date: November 20 – 21, 2010

Location: Toronto, Ontario

CEUs: 1.6 (16 hours)

- 4 hours - Building the Foundation
- 2 hours - Interpreting Patient Presentation
- 1 Hour - Preventing Back Disorders
- 4.5 hours - Rehabilitation Exercise
- 4.5 hours - Training for Performance

Join MSK+ for this 16-hour lecture / workshop weekend with Dr. McGill. The course is located at Westin Harbour Castle, 1 Harbour Square, Toronto. Group rates of 10 delegates or more are available. Inquire at info@msk-plus.ca.

Visit www.msk-plus.ca/Courses.htm for more information and online registration, or email info@msk-plus.ca for more details. Register early as seating is limited.

SCW Fitness: Get Certified With Your CSCS or NSCA-CPT

Already Certified? 2.0 CEUs Available in Atlanta, Dallas, or Rosemont

SCW Fitness Education's MANIA fitness conventions (<http://www.scwfitness.com/>) bring industry leaders to the backyards of fitness professionals throughout the country. Each convention offers a vast array of workshops on every fitness topic imaginable, ranging from Personal Training to Pilates, from Yoga to Pregnancy, and from Aquatics to Aging. Additionally, specialty areas such as kids programming, biomechanics, nutrition, and sales and management are offered.

MANIA Conventions supply you with up to 2.0 Continuing Education Units (CEUs), or 20 contact hours, during the three-day conventions and pre-convention workshops. SCW is committed to offering the maximum number of CEUs possible and therefore utilize only certified presenters or presenters with fitness-related graduate and undergraduate degrees. Please check with the NSCA to determine the exact number of CEUs required for credential maintenance. All courses are subject to CEU approval.

For registration and session details for the upcoming MANIA's, please visit the following links:

Atlanta MANIA • July 30 – August 1, 2010

www.scwfitness.com/atlanta

Dallas MANIA • August 27 – 29, 2010

www.scwfitness.com/dallas

Midwest MANIA • October 8 – 10, 2010

www.scwfitness.com/midwest

SCW Fitness will also be hosting the NSCA-CPT exam at the Midwest MANIA.

For exam registration and study materials, please visit the following links:

Registration

http://www.nasca-cc.org/nsca-cpt/register.html?exam_year=2010

Study Materials

http://www.nasca-cc.org/online_store/products.html?ci=2



NSCA Events Calendar

2010

9/11

NSCA Southern CA State Clinic: Secrets of the Low Back
Contact: Davis Koh
Email: davis@kohpt.com
Phone: +1 949-540-5641
Location: Ther-Ex Health Institute, Irvine, CA
CEUs: 0.4

9/18

Fly Solo Camp
Contact: XL Athletic Performance
Phone: +1 920-430-4722
Location: XL Athletic Performance, Green Bay, WI

10/2

NSCA Northeast Regional Clinic
Contact: David Heikkinen
Email: daveheikkinen@gmail.com
Phone: +1 774-644-9576
Location: River Valley Club, Lebanon, NH

10/23

NSCA Illinois State Clinic
Contact: Sean Armstead
Email: sean@phenomenalfitness.com
Phone: +1 312-282-8486
Location: Phenomenal Fitness, Chicago, IL

11/6

Southwest Regional Clinic
Contact: Davis Koh
Email: davis@kohpt.com
Phone: +1 949-540-5641
Location: Ther-Ex Health Institute, Irvine, CA
CEUs: 0.9

11/20

NSCA Southern CA State Clinic: Kettlebell Level II
Contact: Davis Koh
Email: davis@kohpt.com
Phone: +1 949-540-5641
Location: Ther-Ex Health Institute, Irvine, CA
CEUs: 0.8

12/4

NSCA Southern CA State Clinic: Golf Anatomy & Biomechanics
Contact: Davis Koh
Email: davis@kohpt.com
Phone: +1 949-540-5641
Location: Ther-Ex Health Institute, Irvine, CA
CEUs: 0.9

12/11

Kansas Strength Power Programming Clinic
Contact: Randy Wells
Email: rwells@usd253.org
Phone: +1 620-341-2365
Location: Emporia High School, Emporia, KS

2011

1/6

Fly Solo Camp & Mentor Training
Contact: Boyd Epley & Jake Wurth
Phone: 800-815-6826
Location: Dallas InterContinental Hotel, Dallas, TX

1/7 – 8/2011

NSCA Coaches Conference
Contact: NSCA Conference Department
Email: Conferences@nsca-lift.org
Phone: 800-815-6826
Location: InterContinental, Dallas, TX
CEUs: 1.6

March 2011

NSCA Personal Trainers' Conference
Contact: NSCA Conference Department
Email: Conferences@nsca-lift.org
Phone: 800-815-6826
Location: Bally's Hotel, Las Vegas, NV
CEUs: 1.6



Certification Exams Calendar

CSCS® Exams

October 30, 2010

Rock Hill, South Carolina

Early registration deadline:

August 20, 2010

Registration cutoff:

September 3, 2010

November 6, 2010

Ruston, Louisiana

Early registration deadline:

August 27, 2010

Registration cutoff:

September 10, 2010

November 12, 2010

Carlow, Ireland

Early registration deadline:

September 3, 2010

Registration cutoff:

September 17, 2010

November 13, 2010

Colorado Springs, Colorado

Early registration deadline:

September 3, 2010

Registration cutoff:

September 17, 2010

November 14, 2010

Missoula, Montana

Early registration deadline:

September 3, 2010

Registration cutoff:

September 17, 2010

November 20, 2010

LaCrosse, Wisconsin

San Marcos, Texas

Early registration deadline:

September 10, 2010

Registration cutoff:

September 24, 2010

November 21, 2010

Hong Kong

Early registration deadline:

September 10, 2010

Registration cutoff:

September 24, 2010

November 29, 2010

Bathurst, NSW, Australia

Early registration deadline:

September 20, 2010

Registration cutoff:

October 4, 2010

December 4, 2010

Boston, Massachusetts

Dallas, Texas

Jacksonville, Florida

New York, New York

Philadelphia, Pennsylvania

Phoenix, Arizona

San Diego, California

San Jose, California

Seattle, Washington

Washington, DC

Toronto, Ontario

Vancouver, British Columbia

Benito Juarez, Mexico

San Juan, Puerto Rico

Early registration deadline:

September 24, 2010

Registration cutoff:

October 8, 2010

December 11, 2010

Kalamazoo, Michigan

Early registration deadline:

October 1, 2010

Registration cutoff:

October 15, 2010

December 19, 2010

Norman, Oklahoma

Early registration deadline:

October 8, 2010

Registration cutoff:

October 22, 2010

January 8, 2011

Fullerton, California

Ewing, New Jersey

Early registration deadline:

October 29, 2010

Registration cutoff:

November 12, 2010

January 24, 2011

Salford, United Kingdom

Early registration deadline:

November 15, 2010

Registration cutoff:

November 29, 2010

March 12, 2011

Fullerton, California

Early registration deadline:

December 31, 2010

Registration cutoff:

January 14, 2011

To view additional CSCS® exam dates, please visit <http://www.nasca-cc.org/cscs/schedule.html>.

NSCA-CPT® Exams

October 30, 2010

Rock Hill, South Carolina

Early registration deadline:

August 20, 2010

Registration cutoff:

September 3, 2010

November 6, 2010

Ruston, Louisiana

Early registration deadline:

August 27, 2010

Registration cutoff:

September 10, 2010

November 12, 2010

Carlow, Ireland

Early registration deadline:

September 3, 2010

Registration cutoff:

September 17, 2010

November 13, 2010

Colorado Springs, Colorado

Early registration deadline:

September 3, 2010

Registration cutoff:

September 17, 2010

November 20, 2010

Lakewood, Colorado

LaCrosse, Wisconsin

Early registration deadline:

September 10, 2010

Registration cutoff:

September 24, 2010

November 21, 2010

Hong Kong

Early registration deadline:

September 10, 2010

Registration cutoff:

September 24, 2010

December 4, 2010

Boston, Massachusetts

Dallas, Texas

Jacksonville, Florida

New York, New York

Philadelphia, Pennsylvania

Phoenix, Arizona

San Diego, California

San Jose, California

Seattle, Washington

Washington, DC

Toronto, Ontario

Vancouver, British Columbia

Murfreesboro, Tennessee

Benito Juarez, Mexico

San Juan, Puerto Rico

Early registration deadline:

September 24, 2010

Registration cutoff:

October 8, 2010

December 11, 2010

San Jose, Costa Rica

Early registration deadline:

October 1, 2010

Registration cutoff:

October 15, 2010

December 18, 2010

Seoul, South Korea

Early registration deadline:

October 8, 2010

Registration cutoff:

October 22, 2010

December 19, 2010

Norman, Oklahoma

Early registration deadline:

October 8, 2010

Registration cutoff:

October 22, 2010

February 5, 2011

Amarillo, Texas

Early registration deadline:

November 26, 2010

Registration cutoff:

December 10, 2010

February 26, 2011

East Stroudsburg, Pennsylvania

Early registration deadline:

December 17, 2010

Registration cutoff:

December 31, 2010

March 12, 2011

Fullerton, California

Early registration deadline:

December 31, 2010

Registration cutoff:

January 14, 2011

To view additional NSCA-CPT® exam dates, please visit <http://www.nasca-cc.org/nsca-cpt/schedule.html>.

Candidates residing outside of the United States, Canada and Puerto Rico may register at the member price for the certification exams.



Resources

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Ask a Board Member a Question

NSCA Members, if you have any questions or comments regarding the NSCA, you can contact the NSCA Board of Directors. Be sure to have your member login information ready.

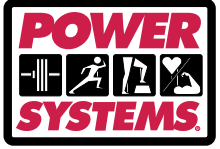
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NSCA Mission

As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.



NSCA Association Sponsors



NSCA National Sponsors



Youth Training Symposium

September 24 – 25, 2010 / Chicago, IL



CEUs
NSCA 1.6
BOC 16



NSCA™ National Strength and Conditioning Association

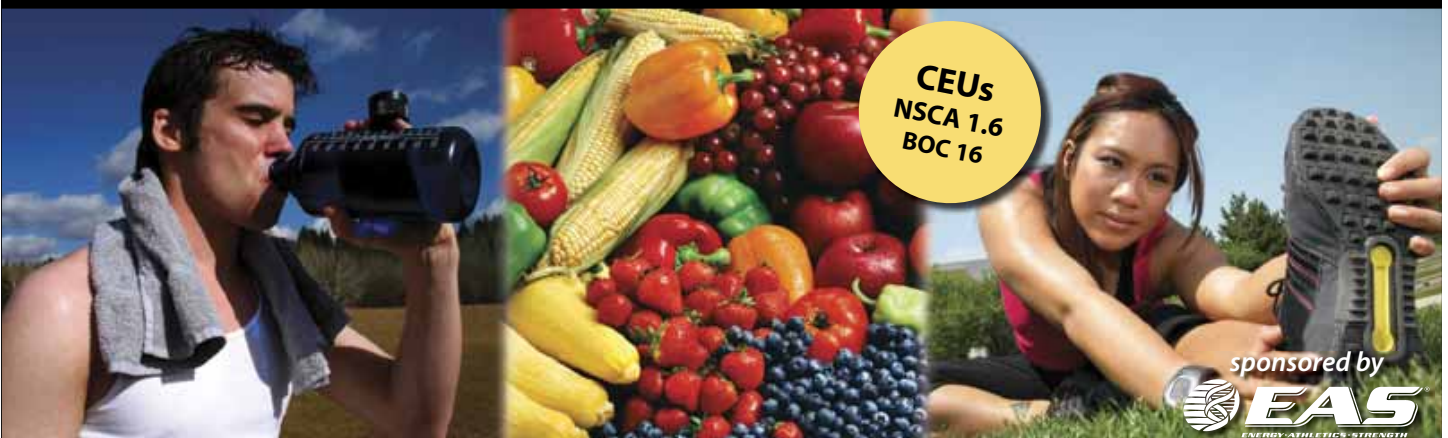
information / registration • 800-815-6826

www.nscalift.org/Youth2010

Performance Nutrition Symposium

Bridging the Gap Between the Laboratory and the Field

October 1 – 2, 2010 • Columbus, OH • EAS/Abbott Laboratories



CEUs
NSCA 1.6
BOC 16

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NSCA™ National Strength and Conditioning Association

information / registration • 800-815-6826

www.nscalift.org/PN2010



NSCA™ National Strength and Conditioning Association

TSAC Symposium

Facilitator's Course • October 5 – 7, 2010
Colorado Springs, CO • CEUs: 2.0 NSCA • 20 BOC

supported by



sponsored by



information / registration • 800-815-6826

www.nsca-lift.org/TSAC2010



NSCA Fly Solo Program

The Fly Solo Camp was designed to help coaches gain a better understanding of the strength and conditioning philosophies and principles that will help them design the most effective programs for their athletes. The hands-on camp focuses on coaching skills in the weight room and on the field. Both NSCA-Certified and non-certified individuals can participate in the Fly Solo Program.

For more information, visit www.nsca-lift.org and click the Fly Solo camps link under the Coaching Performance logo.

Camp Fee

\$99 for Coaches • \$50 for Students • \$198 for Mentors



NSCA™
Coaching Performance





The Combine 360 Global Training Symposium, powered by Under Armour® and IMG, is designed for professionals with a passion for the field of Sports Performance. The C360 License Program is included as a rigorous educational experience taught in a world-class setting by leading Performance Training and coaching practitioners.

OCTOBER 3-7, 2010
IMG ACADEMIES, BRADENTON, FLORIDA

SYMPOSIUM HIGHLIGHTS:

- ↔ Performance Training for youth, adult and professional athletes
- ↔ Leadership, people management, and personal development
- ↔ How world class athletes maintain their edge
- ↔ C360 License: Creating a benchmark and training prescription for improving athletic performance, Value: \$750
- ↔ 1-Week training week session at the world renown IMG Academies in Bradenton, FL, Value: \$2,000. (Please note this is transferable and can be used by multiple people.)

Combine360 is a systematic training process maximizing sports-specific performance, health and fitness potential.

KEYNOTE SPEAKERS:

- ↔ Todd Durkin: Head of UA Performance Training Council, Multiple Trainer of the Year Awards
- ↔ Steve Hess: Assistant Head Coach/Strength & Conditioning Coach, Denver Nuggets
- ↔ Nick Bollettieri: Tennis Coaching legend & Founder of IMG Academies
- ↔ Kevin Plank: Founder and CEO, Under Armour
- ↔ George Pyne: President of IMG

Register now through www.underarmour.com/gts2010.

Due to limited space, participants are encouraged to register early and to check the Web site periodically for updates.

**PROTECT
THIS HOUSE.**
↔ I WILL.

