



# NSCA Arizona State Clinic

Saturday, January 16, 2010

## NSCA Mission Statement

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.

GENERAL INFORMATION		
LOCATION	HOST	CEUs
Athletes Performance 2629 E. Rose Garden Lane Phoenix, AZ 85050	Eric Reed +1 480-380-9883 elite1strength@cox.net	0.8 NSCA 8.0 NATA

State Chapters sponsored in part by



TIME	TOPIC	SPEAKERS
7:30-8:00am	Check-in and On-site Registration	
8:00-9:00am	Anatomy and Function of the Shoulder and Elbow and How Posture Relates	Vince Kame, MS, PT, ATC
9:00-9:30am	Posture and Why it is Important to Baseball	Brett McCabe, LMT, CSCS
9:30-10:00am	Sprint Training and Drills for Speed	Kenny McDaniel
10:00-10:30am	Recovery for Baseball	Nate Shaw, ATC CSCS
10:30-11:00am	Motivating Your Athletes/Clients and Keeping Them Coming Back for More	Eric Reed, CSCS,*D
11:00-12:00pm <b>Breakout Sessions</b>	Transforming Athletic Dreams into Reality: A Guide to Being Champions	Leslie Cordova, CSCS
	The Thinker's Guide to Strength and Conditioning: How to Combine the Art and Science of Fitness	Patrick Ward, MS, LMT, CSCS and Keats Snideman, LMT, CSCS
	Self Myofascial Release	Brett McCabe, LMT, CSCS and Nate Shaw, ATC, CSCS
12:00-1:00pm	Lunch (on your own)	
1:00-2:00pm	Creating Real World Nutrition Solutions for Athletes of All Levels	Amanda Carlson, MS, RD
2:00-3:00pm	Baseball Injury Prevention	Brett McCabe, LMT, CSCS and Nate Shaw, ATC, CSCS

Schedule continued on back...

## REGISTRATION FORM ♦ NSCA ARIZONA STATE CLINIC ♦ JANUARY 16, 2010

Online registration: <https://www.nscalift.org/secure/stateclinicreg.asp> or mail completed registration (with payment) to:  
NSCA, 1885 Bob Johnson Drive, Colorado Springs, CO 80906

Name \_\_\_\_\_ Member ID \_\_\_\_\_ Student ID \_\_\_\_\_  
 Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_  
 Phone # \_\_\_\_\_ Email \_\_\_\_\_  
 Emergency contact and phone # \_\_\_\_\_

Clinic Fees (check one)	Now thru Jan. 5th	On-site	Payment Method	Refund Policy: On or before Jan. 5th - 50%/After Jan. 5th - No refund
NSCA Member	<input type="checkbox"/> \$50	<input type="checkbox"/> \$60	<input type="checkbox"/> Check (payable to the NSCA)	<input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> AmEx
NSCA Student	<input type="checkbox"/> \$25	<input type="checkbox"/> \$35	Account# _____	Exp. _____
Non-member	<input type="checkbox"/> \$65	<input type="checkbox"/> \$75	Signature _____	Total Enclosed \$ _____

Receipt:  Mail  Email

Clinic Code 23003

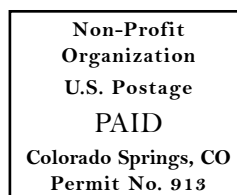
3:00-4:00pm	Developing Functional Hypertrophy in Athletes: System Based Approach to Improving Performance on the Field	Nick Winkelman, PT, CSCS,*D, NSCA-CPT,*D
4:00-5:00pm	Speed Development and How it Relates to Baseball	Joe Marsit, MS, CSCS
<b>Breakout Sessions</b>	What Research Tells Us About Strength Training for Baseball Players	Brent Alvar, PhD, CSCS,*D, FNCSA
<i>Please call 800-815-6826 if you require special accommodations. Topics and speakers subject to change without prior notification. This clinic has hands-on sessions. Participants are asked to dress comfortably and only participate within their physical limitations.</i>		

#### Breakout Sessions

Will be rotational and lead by session speakers with the assistances of the other presenters for a more in-depth look at the topic and how it can be used in real world application.

#### Tactical Strength and Conditioning (TSAC)

The NSCA TSAC program provides resources and education on the specific physical training requirements for the tactical operator. To learn more about this program, logon to [www.nsca-lift.org/tsac](http://www.nsca-lift.org/tsac).



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*see inside for more details...*