

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
University of Connecticut/Stamford Campus 1 University Place Stamford, CT 06901	Patrick Mediate + 1 203-625-8013 fitpat@optonline.net	0.7 NSCA 7.0 NATA
Directions: http://stamford.uconn.edu/maps.htm		



Clinic Overview - The NSCA has many opportunities for members to get involved in State and National events. The theme of this year's Annual Northeast Clinic will be on Performance and Recovery. Coaches, personal trainers, parents and students/athletes will benefit from up to date research from some of the most qualified presenters in the world to develop safe and effective training programs.

TIME	TOPIC	SPEAKERS
8:00-8:45am	Check-in, On-site Registration & Clinic Welcome	Patrick Mediate, Kevin Brochu, Tom Chiappetta, & Scott Caulfield
8:45-9:45am	New Research in Adaptation and Recovery (UCONN)	Keynote Speaker William Kraemer, PhD, CSCS,*D, FNCSA
9:50-10:35am	Nutritional Planning for Success & Recovery	Debra Wein, MS, RD, NSCA-CPT,*D
10:35-10:50am	Break	
10:50-11:35am	UConn Strength & Conditioning	Jerry Martin, MS, CSCS,*D & Staff
11:40-12:30pm	Long Term Athletic Development: Where Do We Go From Here? (College of NJ)	Avery Faigenbaum, EdD, CSCS,*D, FNCSA
12:30-1:00pm	Healthy Lunch Provided	
1:00-1:45pm	Developing a Speed & Performance Program for Athletes	Mike Ericksen, MS, CSCS & Staff
1:45-2:30pm	Usain Bolt: How He Does It, What We Can Learn	Steve Plisk, MS

Schedule continued on back...

REGISTRATION FORM ♦ NSCA NORTHEAST STATE CLINIC ♦ APRIL 24, 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 April 13th	On-site	Payment Method	Refund Policy: On or before April 13th - 50%/After April 13th - No refund
NSCA Member	<input type="checkbox"/> \$100	<input type="checkbox"/> \$120	<input type="checkbox"/> Check (payable to the NSCA)	<input type="checkbox"/> Visa
Full-time Student	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40	<input type="checkbox"/> MasterCard	<input type="checkbox"/> AmEx
Non-member	<input type="checkbox"/> \$110	<input type="checkbox"/> \$130	Account# _____	Exp. _____
Signature _____			Total Enclosed \$ _____	
Clinic Code 23008			Receipt: <input type="checkbox"/> Mail <input type="checkbox"/> Email	

2:30-3:15pm	SuddenIMPACT: Teaching Athletic Development Like It Was Our Job	Dan Furlong, MA, CSCS, NY Knicks
From the Field Presentations: 4-20 minute presentations ongoing - Foyer		
Posture & Performance, Brian Yomtov, DC; Olympic Lifting for Performance, Gary Valentine, MS, CSCS,*D; Training HS Athletes, Gary Camillo, MS; Golf Performance, Ali Gilbert, CSCS,*D		
3:15pm	Closing Remarks; Stamford Hospital Sports Medicine "Orthopedic Concerns"	
<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>		

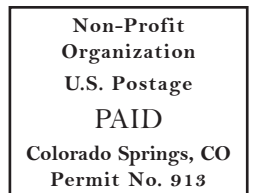
Hotel Accommodations

Hotel & Lodging at special rates with the NSCA at the Hampton Inn. 25 Mill Street, Stamford, CT. 06902, phone +1 203-353-9855. The hotel is within walking distance to the event. Room rates are \$79 + tax per night, including breakfast. This rate is available up to 3 days prior to the event (April 21st).

Upcoming 2010 Events:

CT OPEN WEIGHT LIFTING MEET, August 1st, Blue Streak Sport Training, Stamford.

CT FAIRFIELD COUNTY OLYMPIC WEIGHT LIFTING MEET, Sunday, April 25th 10am-6pm, Sacred Heart University, Fairfield. connecticutweightlifting.com



NSCA Northeast State Clinic

Saturday, April 24, 2010
see inside for more details...