



First State Sports Medicine & Strength Symposium

Saturday, April 17, 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
University of Delaware Bob Carpenter Center - Room 102 631 South College Avenue Newark, DE 19716	Jeff Schneider +1 302-831-4107 iceatc@udel.edu	0.7 NSCA 7.0 NATA
Directions: http://www.mapquest.com		

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SATURDAY, APRIL 17, 2010

TIME	TOPIC	SPEAKERS
8:00-8:20am	Check-in and On-site Registration	
8:20-8:30am	Welcoming and Opening Remarks	
8:30-9:30am	Hydration Strategies for Athletes	Andrew Reisman, MD
9:30-10:30am	Spine Board Management	Darryl Conway, MA
10:30-10:45am	Break	
10:45-11:45am	Teaching Progressions & Modifications of Olympic Style Weightlifting	Ryan Billings, CSCS Kevin Stewart, CSCS
11:45-12:45pm	Lunch (provided)	
12:45-1:45pm	Improving Work Capacity in Your Athletes	Jonas Sahratian, MS, CSCS

Schedule continued on back...

REGISTRATION FORM • FIRST STATE SPORTS MEDICINE & STRENGTH SYMPOSIUM • APRIL 17, 2010

Online registration: <http://www.nscalift.org/stateclinics/searchclinic.asp> or mail completed registration (with payment) to: NSCA, 1885 Bob Johnson Drive, Colorado Springs, CO 80906 or fax to: +1 719-632-6367

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

Clinic Fees (check one)	Now thru April 6th	On-site	Payment Method	Refund Policy: On or before April 6th - 50% / After April 6th - No refund
NSCA Member	<input type="checkbox"/> \$60	<input type="checkbox"/> \$85	<input type="checkbox"/> Check (payable to the NSCA)	<input type="checkbox"/> Visa
Student	<input type="checkbox"/> \$25	<input type="checkbox"/> \$45	<input type="checkbox"/> MasterCard	<input type="checkbox"/> AmEx
Non-member	<input type="checkbox"/> \$85	<input type="checkbox"/> \$95	Account# _____ Exp. _____	
Clinic Code 23009			Signature _____	
Total Enclosed \$ _____			Receipt: <input type="checkbox"/> Mail <input type="checkbox"/> Email	

1:45-2:45pm	Myofascial Components of Training & Recovery From Injury	Kate Decker, CSCS
2:45-3:45pm	Advanced Methods in Training the CNS	Jason Riddell, MS, CSCS
3:45-4:30pm	Round Table Discussion / Q & A / Evaluations	

NSCA Grants and Scholarships Deadline: March 15, 2010

Looking for financial assistance for college? The National Strength and Conditioning Association Foundation financially supports higher education of students pursuing a career in the strength and conditioning field, and facilitates strength and conditioning research.

For more information: Visit <http://nsca-lift.org/NSCAFoundation/>, Email: foundation@nsca-lift.org, or Call 800-815-6826



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see inside for more details...