



NSCA Minnesota Winter Clinic

Saturday, January 23, 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	HOSTS	CEUs
University of Minnesota Bierman Field Athletic Bldg 516 15th Avenue SE Minneapolis, MN 55455	Scott Sahli +1 612-202-9277 scott.sahli@nfl.d.k12.mn.us UMN Golden Gophers Strength Staff for Olympic Sports	0.5 NSCA 5.0 NATA
Directions: http://www.mapquest.com		



TIME	TOPIC	SPEAKERS
7:15-8:00am	Check-in and On-site Registration	
8:00-9:00am	SportsVision: Training for Better Performance	James Nelson
9:00-10:00am	Dealing with Injuries from a Strength and Conditioning Perspective	Jon Janz, MS, CSCS
10:00-11:00am	Neuro-Plasticity	Thomas Miller, CSCS Kevin Kocos, CSCS
11:00-12:30pm	Hands-On Participatory Session for SportsVision Training	James Nelson

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.

Members - Please tell 5 coaches/people about the clinic and bring 2 with you!
Student Group Discount for 10 or more people available, please see Scott on site to register.

REGISTRATION FORM ♦ NSCA MINNESOTA WINTER CLINIC ♦ JANUARY 23, 2010

Online registration: <http://www.nsca-lift.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 Jan. 12th	On-site	Payment Method	Refund Policy: On or before Jan. 12th - 50%/After Jan. 12th - No refund
NSCA Member	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25	<input type="checkbox"/> Check (payable to the NSCA)	<input type="checkbox"/> Visa
Student	<input type="checkbox"/> \$10	<input type="checkbox"/> \$15	<input type="checkbox"/> MasterCard	<input type="checkbox"/> AmEx
Non-member	<input type="checkbox"/> \$30	<input type="checkbox"/> \$35	Account# _____ Exp. _____	
Total Enclosed \$ _____			Signature _____	
			Receipt: <input type="checkbox"/> Mail <input type="checkbox"/> Email	

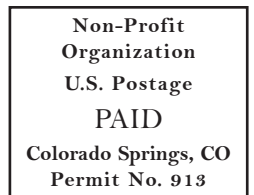
Clinic Code 23026

TIME	NSCA COACHING PERFORMANCE
1:00-6:00pm	Fly Solo Camp *

NSCA Fly Solo Program is designed to help high school and college sport coaches gain a better understanding of strength and conditioning principles that need to be included in their programs. The program relies on the strength and conditioning CSCS practitioners and NSCA-CPT professionals to share their knowledge and experience so coaches attending the Fly Solo Camps can help athletes improve performance. **The Flight Manual must be completed before coaches are allowed to attend the Fly Solo Camp.** Log on today for more information or to register:

<http://www.nasca-lift.org/Fly%20Solo%20Program/flysolocamp.shtml>

*Attendance not included in cost of Minnesota Winter Clinic registration. Must register online at the above link.



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see inside for more details...