

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
George Washington University 817 23rd Street, NW Washington, DC 20052	Dr. Rodney Gaines, NSCA Mid-Atlantic Regional Coordinator Phone: +1 757-749-4229 Email: mrva95@yahoo.com	0.9 NSCA 9.0 NATA

Keynote Speaker: Shaun Huls, MS, CSCS

Shaun Huls is the Head Strength and Conditioning Coach for Special Warfare Group Two where he coordinates the strength and conditioning and injury prevention programs for the Navy SEAL Teams at Joint Expeditionary Base Little Creek in Norfolk, VA. Previously, Shaun was at Hampton University as the Director of Athletic Performance where he coordinated the strength and conditioning programs for all 16 sports. Shaun went to Hampton from the University of Nevada where he served as the Head Baseball and Assistant Football Strength and Conditioning Coach. There he also served as the Coordinator of Performance Nutrition for all Wolf Pack athletes. From 1996-2001, Shaun worked at the University of Nebras-

ka's Husker Power. As Head Baseball and Assistant Football Strength and Conditioning Coach at Nebraska, Shaun coached the 1997 National Championship football team as well as prepared three Big 12 Champion and two World Series baseball teams. Shaun has trained numerous current National Football League (NFL) players and professional baseball players. His work with elite athletes also extends to Brazilian Jiu Jitsu and MMA fighters, track and field, wrestling, and swimming Olympians. Shaun is certified by the National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist (CSCS).

SATURDAY, MARCH 20 ♦ 0.9 CEUs ♦ Speaker, topic, and format subject to change without prior notification.

TIME	TOPIC	SPEAKER
7:00-7:45am	On-site Registration and Check-in	
8:00-9:00am	Youth Specific Training	Rick Howard, MS, CSCS*D
9:00-10:00am	Body Composition	Todd Miller, PhD, CSCS*D
10:00-11:00am	Functional Movement	Sasha Digges, MS, CSCS
11:00-12:00pm	Nutrition for Athletes	Paul Moore, MS, RD, CSCS*D, NSCA-CPT*D
12:00-1:00pm	Lunch (on your own)	
1:00-2:00pm	Sprint Training for Athletes	Ken Clark, MS, CSCS
2:00-3:00pm	Anabolic-Androgenic Steroids	Hubert Lee, MA, CSCS, NSCA-CPT
3:00-4:00pm	Sport-Specific Training for Off-season Basketball	Fred Cantor, MEd, CSCS*D
4:00-5:00pm	Specialized Training	Shaun Huls, MS, CSCS
Keynote Presentation: Strength training and conditioning for any sport carries a distinct set of goals and challenges that a strength and conditioning coach must champion in order to build belief and unity into the program. Shaun Huls will share with you his unique approach to building a successful performance program--addressing demand analysis, injury prevention, periodization, life style, and fueling tactics. The strategies shared in this presentation have been used to train many elite athletes as well as Special Operation Forces worldwide.		
5:00-6:00pm	Training Females: What Do We Know for Sure Relative To Physiology As Well As Motivational and Other Areas	Kathryn Russell, MS, CSCS*D
6:30-7:00pm	Wrap-up and Evaluation	
7:00-8:00pm	Meet the Presenters - Social Hour	

REGISTRATION FORM ♦ 2010 MID-ATLANTIC REGIONAL CONFERENCE ♦ MARCH 20, 2010 ♦ CLINIC CODE 23081

Mail completed registration (with payment) to: NSCA, 1885 Bob Johnson Drive, Colorado Springs, CO 80906

Fax to: +1 719-632-6367 - Or register online at: <https://www.nasca-lift.org/secure/stateclinicreg.asp>

Name _____ Member ID _____ Student ID _____

Address _____ City/State/Zip _____

Phone # _____ Email _____

Emergency contact and phone # _____

Clinic Fees (check one)	Before March 9th	Onsite
NSCA Member	<input type="checkbox"/> \$75	<input type="checkbox"/> \$80
NSCA Student	<input type="checkbox"/> \$65	<input type="checkbox"/> \$70
Non-member	<input type="checkbox"/> \$90	<input type="checkbox"/> \$100

Payment Method

Refund Policy: On or before March 9th - 50% / After March 9th - No refund

Check (*payable to the NSCA*) Visa MasterCard AmEx

Account# _____ Exp. _____

Signature _____

Total Enclosed \$ _____ Receipt: Mail Email

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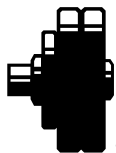


NSCA™

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**NSCA Mid-Atlantic
Regional Conference**

March 20, 2010

see inside for more details...