

# North Carolina Winter Strength and Conditioning Clinic

Saturday, January 30, 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.

State Chapters sponsored in part



### GENERAL INFORMATION

LOCATION	HOST	CEUs
Guilford College / Bryan Jr. Auditorium 5800 West Friendly Avenue Greensboro, NC 27410	Paul Moore +1 828-266-1060 paulmoore33@hotmail.com	0.5 NSCA 5.0 NATA
Directions: <a href="http://www.mapquest.com">http://www.mapquest.com</a>		

TIME	TOPIC	SPEAKERS
8:30-8:55am	Check-in & On-site Registration	
9:00-9:50am	Physical Activity Motivation with Focus on Injured Participants	Lavon Williams, PhD Craig Eilbacher, MS
10:00-10:30am	Sled Training 101: Part 1	Michael Darling, CSCS,*D, NSCA-CPT,*D
10:30-11:30am	Measurement Concepts & Skills for Coaches	Kathy Tritschler, EdD, CSCS
11:30-12:00pm	Sled Training 101: Part 2	Michael Darling, CSCS,*D, NSCA-CPT,*D
12:00-12:50pm	Legal Concerns for Strength & Conditioning Practitioners	Robert Malekoff, EdD
1:00-1:50pm	Advanced Glute/Ham Training	Michael Darling, CSCS,*D, NSCA-CPT,*D Chris Gotwald, MS, CSCS, NSCA-CPT

*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.*

## REGISTRATION FORM • NSCA NC STRENGTH AND CONDITIONING CLINIC • JANUARY 30, 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 Jan. 19th	On-Site
NSCA Member	<input type="checkbox"/> \$35	<input type="checkbox"/> \$50
NSCA Student	<input type="checkbox"/> \$25	<input type="checkbox"/> \$40
Non-member	<input type="checkbox"/> \$45	<input type="checkbox"/> \$60

Payment Method Refund Policy: On or before Jan. 19th - 50% / After Jan. 19th - No refund

Check (payable to the NSCA)  Visa  MasterCard  AmEx

Account# \_\_\_\_\_ Exp. \_\_\_\_\_

Signature \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

Receipt:  Mail  Email

Clinic Code 23036

## Clinic Speakers

Lavon Williams: PhD, is an Associate Professor in the Department of Sport Studies at Guilford College where she teaches a variety of exercise and sport science courses including sport and exercise psychology, motor learning, and research methods.

Craig Eilbacher: MS, is a visiting instructor and Program Coordinator of Sports Medicine Education in the Sport Studies Department at Guilford College. He is currently pursuing an EdD degree from the University of North Carolina at Greensboro in Exercise and Sport Science.

Michael Darling: CSCS,\*D, NSCA-CPT,\*D, is a fitness instructor at Appalachian Regional Healthcare System's Wellness Center in Boone, NC, where he enjoys instructing a diverse population of members.

Kathy Tritschler: EdD, CSCS, is a Full Professor in the Department of Sport Studies at Guilford College. She also serves as the Coordinator of the Health Fitness track within the Exercise and Sport Sciences major.

Robert Malekoff: EdD, is an Assistant Professor of Sport Studies at Guilford College, where he directs the Sport Management program. He has served on numerous national sport committees and has written, spoken and consulted extensively on the role of sport in higher education.

Chris Gotwald: MS, CSCS, NSCA-CPT, is a fitness leader at the Appalachian Regional Healthcare System Wellness Center where he works with a wide range of clients.



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*see inside for more details...*