



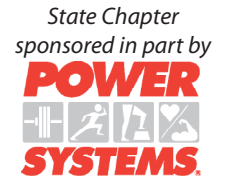
Oklahoma State Clinic

March 3, 2012

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
Oklahoma City University Henry J. Freede Center NW 27th and Florida Ave Oklahoma City, OK 73106	Jack Carter, MS, CSCS,*D, NSCA-CPT,*D +1 405-329-5050 jcarter1221@cox.net	0.8 NSCA 8.0 BOC



TIME	TOPIC	SPEAKER
7:00-8:00am	Check-in and On-site Registration	
8:00-9:10am	Redefining & Training the Core <i>This lecture/hands on session will help participants see the core and its role in training/performance in a way other than just abdominal training.</i>	Jack Carter, MS, CSCS,*D, NSCA-CPT,*D
9:15-10:25am	Breaking Down the Olympic Lifts <i>During this session the components of the Olympic lifts will be discussed, followed by a hands on session to practice.</i>	Jason West, MS, CSCS
10:30-11:40am	Top 10 Stretches Every Trainer Should Know <i>In this lecture the importance of stretching will be discussed, followed by a practical hands on session to apply the information.</i>	Julie Jarrett, NSCA-CPT,*D
11:45-12:30pm	Lunch (provided) Questions & Answers with Morning Presenters	
12:30-1:40pm	Hot Button Topics in Strength & Conditioning <i>Discussion of the hot button topics in our industry with some of the topics to discuss: HITT vs LSD for weight management, sit ups vs planks for core, stretching and double leg squats.</i>	Mike Reed, PhD, CSCS
1:45-2:55pm	How Testing Helps Guide Program Design <i>This lecture/lab will help the participant understand and perform various functional tests to better set goals and design more effective programs for athletes of all ages.</i>	Mark Brown, CSCS
3:00-4:15pm	RFD, What Is It and How Do We Train It? <i>One of the primary factors in superior sports performance is the ability to generate force in a short amount of time, whether to the ground, an object or an opposing player. This presentation will further define, and suggest strategies to improve, Rate of Force Development (RFD) based on the athlete and sport.</i>	Jason Miller, PhD, CSCS
4:15-5:00pm	Questions & Answers with Afternoon Presenters	

Please call 800-815-6826 if you require special accommodations. Topics and speakers subject to change without prior notification. This clinic may have hands on sessions. Participants are asked to dress comfortably and only participate within their physical limitations.



National Strength and Conditioning Association

Bridging the gap between science and application™ • www.nsca-lift.org

REGISTRATION FORM • OKLAHOMA STATE CLINIC • MARCH 3, 2012

Register online at: <http://www.nasca-lift.org/stateclinics/searchclinic.asp>

Mail completed registration (with payment) to: NSCA, 1885 Bob Johnson Drive, Colorado Springs, CO 80906 or fax to 719-632-6367

Name _____ Member ID _____

Address _____ Student ID _____

City/State/Zip _____ Phone # _____

Emergency contact and phone # _____ Email _____

Payment Method

Check (payable to the NSCA in U.S. funds only) Visa MasterCard AmEx

Account# _____ Exp. _____

CVC Code _____ Signature _____

Name on Card _____

Total Enclosed \$ _____

Receipt: Mail Email

Clinic Code: 23039

Clinic Fees (check one)	Now thru Feb 21	On-site
NSCA Member	<input type="checkbox"/> \$50	<input type="checkbox"/> \$70
Student	<input type="checkbox"/> \$30	<input type="checkbox"/> \$50
Non-member	<input type="checkbox"/> \$75	<input type="checkbox"/> \$95

Refund Policy: A 50% refund will be granted on or before February 21, 2012. No refunds will be given after February 21, 2012.



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Saturday, March 3, 2012

see inside for more details...

