



2nd Annual Pennsylvania State Strength and Conditioning Conference

Saturday, April 10, 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
Warren Area High School 345 East Fifth Avenue Warren, PA 16365	Anthony Tridico +1 814-827-2715 ext. 1138 atridico@gorockets.org	0.6 NSCA 6.0 NATA

State Chapters sponsored in part by



TIME	TOPIC	SPEAKERS
6:30-7:45am	Check-in and On-site Registration	
8:00-9:00am	Program Design: "The Buckwell Way"	Jerry Schreck - Bucknell University Head Collegiate Strength & Conditioning Coordinator
9:00-10:00am	Deceleration Drills, Landing Mechanics, and Squat/Deadlift Technique	Todd Berkey, MEd, CSCS - Youngstown State University Head Athletic Trainer
10:00-11:00am	Platform Lifts: Teaching Progression, Warm-ups, Critiques, Assistant Lifts, and Alternative Exercise Options	Doug Smith, CSCS,*D, NSCA-CPT - Juniata College Head Strength & Conditioning Coordinator
11:00-12:30pm	Lunch - on you own	
12:30-1:30pm	High School Fitness: Teaching, Training, and the Game of School Politics	Patrick Cognitore, CSCS, NSCA-CPT - State College Area High School - Fitness Center Supervisor
1:30-2:30pm	Flex-Band Training	Lorelei Kubiak, MS, CSCS - West Allegheny School District - Strength and Conditioning Coach
2:30-3:30pm	Winning the Battles: 101 Ways to Use Sleds and Ropes in Training	Jeremy Hoy, MS - Finish First Sports Performance Performance Director
3:30pm	CEU Certificates Hand-outs	

REGISTRATION FORM ♦ PENNSYLVANIA STATE CONFERENCE ♦ APRIL 10, 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 Mar. 25th	On-site	Payment Method
NSCA Member	<input type="checkbox"/> \$40	<input type="checkbox"/> \$60	Refund Policy: On or before Mar. 25th - 50%/After Mar. 25th - No refund <input type="checkbox"/> Check (<i>payable to the NSCA</i>) <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> AmEx Account# _____ Exp. _____ Signature _____ Total Enclosed \$ _____
NSCA Student	<input type="checkbox"/> \$30	<input type="checkbox"/> \$60	
Non-member	<input type="checkbox"/> \$50	<input type="checkbox"/> \$60	

Clinic Code 23041

Receipt: Mail Email

Fly Solo Program

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.

Coaches are required to study the Flight Manual material thoroughly before they are allowed to attend the Fly Solo Camp. They need to be prepared to answer questions and demonstrate their experience level in the hands on Fly Solo Camp.

Log on today for more information: <http://www.nscs-lift.org/Fly%20Solo%20Program/default.shtml>

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.



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see inside for more details...

