



2010 Southeast Regional Clinic

Saturday-Sunday ♦ April 10-11, 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
Holmes Convocation Center Appalachian State University 111 Rivers Street Boone, NC 28608	Paul Moore + 1 828-266-1060 paulmoore33@hotmail.com	1.2 NSCA 12.0 NATA
Directions: http://www.theholmescenter.com/		

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SATURDAY, April 10, 2010 ♦ Speaker, topic, and format subject to change without prior notification.

TIME	TOPIC	SPEAKER
8:00-9:00am	On-site Registration and Check-in	
9:00-10:00am	Leadership Training for Personal Trainers & Strength Coaches	Rodney Gaines, PhD, CSCS
10:00-11:50am	Periodization: A step by Step Approach to Constructing the Annual training Plan to Integrate and Sequence Training Factors	Greg Haff, PhD, CSCS*D, FNSCA
12:00-12:50pm	How Fast Can You Stop (Interactive)	Jeremy Boone
1:00-1:45pm	Lunch (On Your Own)	
1:45-3:45pm	Mechanisms of Hypertrophy-Application to Strength/ Power Training and Sport	Mike Stone, PhD, FNSCA
3:45-4:45pm	The Athletes Mind (Interactive)	Jeremy Boone
5:00-6:00pm	Battling Ropes (Interactive)	Mike Martino, PhD, CSCS Charlie Weingroff, MSPT, CSCS

SUNDAY, April 11, 2010 ♦ Speaker, topic, and format subject to change without prior notification.

8:00-8:50am	On-site Registration and Check-in	
9:00-9:50am	Aquatic Resistance Training: A New Twist to an Old Mode	Travis Triplett, PhD, CSCS*D, FNSCA
10:00-10:50am	Furman University Redshirt Freshman Program	Steve Mannino, MEd, CSCS
11:00-11:50pm	Plyometric Training (Interactive)	Travis Erickson, MS, CSCS*D
12:00-12:50pm	From Recommendation to Application, Putting Sports Nutrition Principles into Play	Paul Moore, MS, CSCS*D, NSCA-CPT*D

Please call 800-815-6826 if you require special accommodations. Participants are asked to dress comfortably and only participate within their physical limitations.

Tactical Strength and Conditioning (TSAC)

The NSCA TSAC program provides resources and education on the specific physical training requirements for the tactical athlete. To learn more about this program, logon to www.nsca-lift.org/tsac.

REGISTRATION FORM ♦ 2010 SOUTHEAST REGIONAL CLINIC ♦ APRIL 10-11, 2010

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.nsca-lift.org/secure/stateclinicreg.asp>

Name _____ Member ID _____ Student ID _____

Address _____ City/State/Zip _____

Phone # _____ Email _____

Emergency contact and phone # _____

Pre-registration available through March 30, 2010

Refund Policy: On or before March 30th - 50% / After March 30th - No refund
Payment Method

Clinic Fees (check one)	Single Day only	On-site	Both Days	On-site
NSCA Member	<input type="checkbox"/> \$60	<input type="checkbox"/> \$80	<input type="checkbox"/> \$85	<input type="checkbox"/> \$100
NSCA Student	<input type="checkbox"/> \$35	<input type="checkbox"/> \$45	<input type="checkbox"/> \$60	<input type="checkbox"/> \$70
Non-member	<input type="checkbox"/> \$80	<input type="checkbox"/> \$95	<input type="checkbox"/> \$100	<input type="checkbox"/> \$125

Check (payable to the NSCA) Visa MasterCard AmEx

Account# _____

Signature _____

Total Enclosed \$ _____ Receipt: Mail Email

Clinic Code 23078



NSCA™

National Strength and Conditioning Association

1885 Bob Johnson Drive

Colorado Springs, CO 80906-4000

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Southeast
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Regional Clinic*

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see inside for more details...