

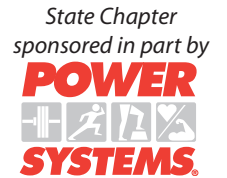


NSCA Southwest Regional Conference

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
Arden Hills Strength & Conditioning 1220 Arden Hills Way Sacramento, CA 95825	Robert Linkul, MS, CSCS,*D, NSCA-CPT,*D +1 916-955-1586 robertlinkul@gmail.com	0.8 NSCA 8.0 BOC

TIME	TOPIC	SPEAKER
6:30-7:30am	Hands-On: Strongman Training for the CPT <i>Strongman exercises like farmer walks, log clean and press and sledge hammer strike have become more common in the fitness profession however few CPTs know the proper protocol to instruct and implement these exercises.</i>	Robert Linkul, MS, CSCS,*D, NSCA-CPT,*D
7:30-8:30am	On-site Registration and Check-in	
8:30-9:20am	Hands-On: Kettlebell Training <i>Hands on workshop designed to teach strength and conditioning with balanced and proper movement using kettlebell exercises. Foundation exercises will be covered. Learn how to use kettlebells properly.</i>	Lauren Brooks Miller
9:30-10:20am	Drawing the Line: Personal Trainer & Physical Therapist <i>This session will assess the CPT and the limit in which they can implement strengthen exercises to assist their clients in areas of weakness without crossing into "rehabilitation" specialty of the physical therapist.</i>	Tony Mikla, DPT, CSCS
10:30-11:20am	Hands-On: Implementing MMA Training <i>MMA training utilizes the high intensity training formation as well as the Olympic lifts and body weight training. These non-traditional training strategies can be implemented with the general public and can produce great results.</i>	Evelio Fleitas
11:30-12:20pm	The Psychology of Communicating with Your Clients <i>An in-depth look at the psychological relationship between a CPT and their client. Strategies will be provided for improving this dynamic, also ways to mentally prepare your clients prior to, during and after their training sessions</i>	GUEST PRESENTER: Mike Wunsch, CSCS, NSCA-CPT
12:20-2:00pm	Lunch Break (on your own)	
1:15-2:00pm	Optional CPT Business: Marketing Strategies	Melissa Strand
2:00-2:50pm	Hands-On: Sandbags & Battle Ropes <i>This will teach basic-to intermediate sandbag and battling ropes movements and progressions, as well as examples of combining them to create effective circuits for fat-burning as well as strength, power and endurance.</i>	Melody Schoenfeld, CSCS
3:00-3:50pm	Powerlifting: Incorporating with the General Public <i>With science as a guide, a step-by-step guide for personal trainers to implement with their clients.</i>	GUEST PRESENTER: Craig Rasmussen, CSCS
4:00-4:50pm	Semi-Private Group Training <i>Practical aspects of semi-private training, including FAQ's, do's and don'ts, tips and logistical set-up. This session will give trainers the tools they need to train semi-privately in groups of 2 or 3 regardless of client ability level.</i>	GUEST PRESENTER: Mike Wunsch, CSCS, NSCA-CPT

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.



REGISTRATION FORM • NSCA SOUTHWEST REGIONAL CONFERENCE • 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: 23075

Clinic Fees (check one)	Now thru Feb 21	On-site
NSCA Member	<input type="checkbox"/> \$80	<input type="checkbox"/> \$120
Student	<input type="checkbox"/> \$40	<input type="checkbox"/> \$60
Non-member	<input type="checkbox"/> \$100	<input type="checkbox"/> \$150

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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**NSCA Southwest
Regional Conference**
Saturday, March 3, 2012
see inside for more details...

