

## General Information

We would like to invite you to the 3rd Annual Mississippi State Strength & Conditioning Clinic. Our clinic has been set up to provide coaches with the information needed to enhance their teams performance both in competition and life.

**Who:** College Sport & Strength Coaches, High School Coaches, Club, JR. High, Athletic Trainers, Personal Trainers, Physical Therapists, Fitness Professionals, & Anyone who is interested in learning more about the field of Strength & Conditioning.

**When:** Friday February 17th, 5:00 pm– 8:00 pm and Saturday February 18th, 7:30 am– 4:00 pm.

**Where:** Palmeiro Center Turf Room and Banquet Hall.

**Cost:** \$100 Pre-registered via mail by February 3rd.  
(Includes clinic registration + 2012 clinic DVD)  
\$75 Pre-registered via mail by February 3rd.  
\$45 Students via mail with copy of student ID

\*Full payment by check made out to “Mississippi State University”

### **Walk-In Registration Policy:**

Walk-in registration on the day of the clinic will be allowed for an additional \$10 fee. Space is limited so walk-ins will be accepted on a first come first serve basis. Only cash, money orders or personal checks will be accepted.

### **facebook**

For More Info Like The Official facebook Page. Just Search “Mississippi State Strength and Conditioning Clinic 2012”

\*CSCS/NSCA-CPT Continuing Education Units .8, Mississippi State University CEU .8 (This will cost an additional \$20 on day of the clinic.)

\*BOC/NATA Continuing Education Units 8



Matt Balis  
Strength & Conditioning  
Holliman Center  
P.O. Box 5327  
Mississippi State, MS 39762



# Mississippi State Strength & Conditioning Clinic February 17th-18th, 2012



## Registration Form

Name

Street Address

City, State, Zip

Home Phone

E-mail Address

School, University, Club

Work Phone

Sport(s) You Coach

Send Registration to: (Due 2/3/11)

Matt Balis, Mississippi State University  
Director of Strength and Conditioning  
Holliman Center  
P.O. Box 5327  
Mississippi State, MS 39762

For More Information Contact:

Lewis Caralla, Mississippi State University  
Assistant Strength and Conditioning Coach  
Phone: 662-325-8582  
E-mail: lcaralla@athletics.msstate.edu

## Sponsors

Rogers, Gatorade, Total Strength and Speed, Rockin Refuel, Alpha Dog Sports, Cybex, Pit Shark, Cappe's, CherryPharm, Rubber Flooring Systems, Power Systems, Iron Grip Barbell, Power Lift, UCS, Gilman Gear

## Itinerary

Time Topics and Speakers

Friday Feb. 17th

5:00-6:00 PM Registration/Check-In  
6:00-7:00 PM Round Table Discussion  
With The Mississippi Strength Staff  
7:00-8:00 PM Chalk Talk

Saturday Feb. 18th

7:30-8:15 AM Registration/Check-In  
8:15-8:30 AM Introduction and Welcome  
Matt Balis  
8:30-9:30 AM **Derrick Moore**  
"The Power of Confidence, Expect to Win"  
9:35-10:35 AM **Mark Asanovich**  
"The Physiology of Strength Training"  
10:40-11:40 AM **Mark Lovat**  
"Functional Off Season Training"  
11:40-1:00 PM Lunch/Sponsor Demos/Vendors  
Lunch Provided By *Cappe's* of Starkville  
1:00-2:00 PM **Matt Balis**  
"Training to be a Champion" (Demo)  
2:05-3:05 PM **Aaron Hillmann**  
"Physical Prep for the College Football Player"  
3:10-4:10 PM **Mark Beach**  
"Making the Most of What You Have,  
The High School Strength Coach"

## Hotel Accommodations

**Hilton Garden Inn:**

- (662) 615-9664, 975 Highway 12 East, Starkville, MS
- \$109 A Night if Registered Before January 27th

**Holiday Inn of Starkville:**

- (662) 324-0076, 110 Highway 12 West, Starkville, MS
- \$95 a Night Mention the Mississippi State Strength Clinic

**Comfort Suites**

- (662) 324-9595, 801 Russell St, Starkville MS
- \$119 a Night

**Hampton Inn**

- (662) 324-1333, 700 Highway 12, Starkville MS
- \$129 a Night

## Speaker Bios

**Matt Balis, Mississippi State University, Director of Strength and Conditioning**

Matt Balis is in his 3rd year at Mississippi State University serving as the Director of Strength and Conditioning overseeing all Bulldog sports strength programs.

**Derrick Moore, Georgia Tech, Team Chaplain.**

Derrick Moore is currently a professional motivational speaker, author and team chaplain at Georgia Tech. Mr. Moore also works extensively with Tech's FCA.

**Mark Asanovich, Veteran NFL Strength Coach**

Mark Asanovich has over 20 years experience at the NFL level as a Head Strength Coach with the Tampa Bay Bucs, Jacksonville Jaguars. Coach Asanovich has also worked with the Minnesota Vikings, Baltimore Ravens and UFL's Hartford Colonials

**Aaron Hillmann, University of Michigan, Asst. Strength Coach**

Aaron Hillman is in his first year as an Asst. Strength Coach at The University of Michigan. Prior to Michigan Coach Hillman was the Head Strength Coach at Bowling Green University for 10 years overseeing all 18 sports.

**Mark Lovat, Green Bay Packers, Head Strength Coach**

Mark Lovat has worked with the Green Bay Packers for 14 years in multiple capacities as a strength coach. Coach Lovat was promoted to Head Strength Coach Prior to the 2010 Championship season. During his time in Green Bay he has worked with numerous All Pros and Future Hall of Famers.

**Mark Beach, Hernando High School, Brooksville, FL**

Mark Beach is currently the offensive coordinator, offensive line coach, and strength and conditioning coach at Hernando High School in Brooksville, FL. Prior to Hernando High School Coach Beach spent time in both the college and professional strength ranks.

## Directions

**From Highway 12:**

Take the College View exit and head toward campus. Take your first left on to Coliseum Blvd. Make a U-turn at the 4 way stop and take your first right into the Palmeiro Center.

**From Highway 182:**

Turn onto George Perry Blvd. toward campus and take your first right on to Lakeview Dr. Follow Lakeview Dr. and take a right immediately past the baseball field.

**From Highway 82/25:**

Take Hwy 25 to Hwy 12 East. Take the College View exit and head toward campus. Take your first left on to Coliseum Blvd. Make a U-turn at the 4 way stop and take your first right into the Palmeiro Center.