



# Ohio State Strength and Conditioning Clinic

Saturday, May 22, 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
OSU - French Field House 460 Woody Hayes Drive Columbus, OH 43210	Lee Anthony Glass +1 614-292-0657 glass.85@osu.edu	0.6 NSCA 6.0 NATA
Directions: <a href="http://www.osu.edu/map/building.php?building=086">http://www.osu.edu/map/building.php?building=086</a>		

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TIME	TOPIC	SPEAKERS
7:00-8:15am	Check-in and On-site Registration	
8:15-8:25am	Opening Remarks	
8:30-9:20am	Sports Nutrition Topics	Michele Macedonio, MS, RD
9:30-10:20am	In-season Training: An Often Overlooked Training Phase	Bob Lemieux, MS
10:30-11:20am	Blueprint for Motivating and Developing Mental Toughness with Your Athletes	Allan Johnson, MS
11:30-12:30pm	Lunch (on your own) & From the Field Session	
12:30-1:20pm	Proper Weightlifting Technique	Mark Cannella
1:30-2:20pm	Developing the Freshman Athlete	Carlo Alvarez
2:30-3:20pm	Small Group Training and Equipment Needs	Bill & Caity Henniger
3:30-3:45pm	From the Field Sessions	The Ohio State University Strength and Conditioning Olympic Sport Staff
3:45pm	Closing Remarks	

*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.*

## REGISTRATION FORM ♦ OHIO STATE CLINIC ♦ MAY 22, 2010

Online registration: <http://www.nscs-lift.org/stateclinics/searchclinic.asp> or mail completed registration (with payment) to:  
NSCA, 1885 Bob Johnson Drive, Colorado Springs, CO 80906

Name \_\_\_\_\_

Member ID \_\_\_\_\_ Student ID \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

Emergency contact and phone # \_\_\_\_\_

Clinic Fees (check one)	Now thru May 12th	On-site
NSCA Member	<input type="checkbox"/> \$60	<input type="checkbox"/> \$85
NSCA Student	<input type="checkbox"/> \$25	<input type="checkbox"/> \$85
Non-member	<input type="checkbox"/> \$70	<input type="checkbox"/> \$85

Payment Method **Refund Policy:** On or before May 12th - 50%/After May 12th - No refund

Check (*payable to the NSCA*)  Visa  MasterCard  AmEx

Account# \_\_\_\_\_ Exp. \_\_\_\_\_

Signature \_\_\_\_\_

Print Signature \_\_\_\_\_

Clinic Code 23038

Total Enclosed \$ \_\_\_\_\_

Receipt:  Mail  Email

National Strength and Conditioning Association

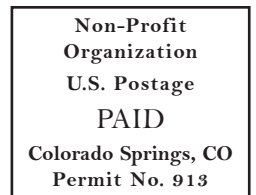
DATE	LOCATION	NSCA COACHING PERFORMANCE
5/23/2010	Ohio State University, Columbus	Fly Solo Camp *

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.

**The Flight Manual must be completed before coaches are allowed to attend the Fly Solo Camp.**

Download the manual here: <http://www.nsca-lift.org/Fly%20Solo%20Program/coachesmanual.shtml>

\*Attendance not included in cost of Ohio Clinic registration. If you are planning on attending both the Ohio Clinic and Fly Solo Camp, register on-site for the reduced clinic rate of \$35/NSCA Members, \$15/Students, or \$45/Non-members. Pre-registration must be done for the Fly Solo Camp online in order to receive this rate for the Ohio Strength and Conditioning Clinic. For more information about Fly Solo: <http://www.nsca-lift.org/Fly%20Solo%20Program/flyolocamp.shtml>



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*see inside for more details...*