



# NSCA Ohio State Strength and Conditioning Clinic

May 21, 2011

## 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
Ohio State University - French Field House 460 Woody Hayes Drive Columbus, OH 43210	Lee Anthony Glass, CSCS +1 614-292-0657 glass.85@osu.edu	00 NSCA 00 BOC



TIME	TOPIC	SPEAKER
7:00-8:15am	Check-in and On-site Registration	
8:15-8:25am	Welcome - Introduction: State Director	Lee Anthony Glass, CSCS
8:30-9:20am	Fuel Up! Using Current Trends in Nutrition to Enhance Performance <i>The most up to date nutritional strategies used with today's athletes.</i>	Dawn Weatherwax-Fall, RD/LD,CSCS
9:30-10:20am	Non-traditional Training Trends to Enhance Performance <i>The latest traditional and non-traditional training methods from program design to the latest training aids.</i>	Roger LaPointe, MS
10:30-11:20	Training the Head, Neck and Trapezius to Improve Performance and Reduce Sub-concussive Forces in Sports <i>Hottest topic in sports today: head and neck injuries and how to train athletes to prevent the severity of these injuries.</i>	Mike Gittleson, MS
11:30-12:30pm	Lunch (on your own) From the Field Session	
12:30-1:20pm	Physical Preparation for All Levels of Football <i>Most common training methods used to get your football players prepared to play.</i>	Buddy Morris
1:30-2:20pm	The Pathway to Peak Performance: A Systemic Approach to Fitness and Sport Performance Training <i>Systemic method to design programs for football players as well as other sports.</i>	Kent Johnston
2:30-3:20pm	Strength Coach Rule Number One: Do No Harm <i>This will cover a topic commonly overlooked by strength coaches; how not to harm your athletes in the weightroom.</i>	Anthony Donskov, MSc, CSCS
3:30-3:45pm	From the Field Session / Closing Remarks	OSU S & C Olympic Sport Staff

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.

**WATCH THE OHIO STATE BUCKEYES TRAIN**  
(Questions and Answers)  
Friday, May 20th  
3:00pm - 6:00pm



National Strength and Conditioning Association  
Bridging the gap between science and application™ • [www.nscs-lift.org](http://www.nscs-lift.org)

# REGISTRATION FORM • NSCA OHIO STATE STRENGTH AND CONDITIONING CLINIC • MAY 21, 2011

Register online at: <http://www.nscs-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: 23038**

Clinic Fees (check one)	Now thru May 11	On-site
NSCA Member	<input type="checkbox"/> \$60	<input type="checkbox"/> \$75
Student	<input type="checkbox"/> \$25	<input type="checkbox"/> \$75
Non-member	<input type="checkbox"/> \$70	<input type="checkbox"/> \$75

Refund Policy: A 50% refund will be granted on or before May 11, 2011. No refunds will be given after May 11, 2011.



Non-Profit Organization  
U.S. Postage  
**PAID**  
Colo Springs, CO  
Permit No. 913



**NSCA Ohio State  
Strength and Conditioning Clinic**  
Saturday, May 21, 2011  
*see inside for more details...*

