

# 5<sup>th</sup> Annual Strength & Conditioning/ Athletic Development Conference

Friday, July 15, 2011  
4:00 to 7:00 pm

Saturday, July 16, 2011  
8:00 am to 4:00 pm

Gordon Institute for Sports Performance

Presented by:



Register on-line for conference at  
[www.SMARTERTeamTraining.com](http://www.SMARTERTeamTraining.com)

[www.SMARTERTeamTraining.com](http://www.SMARTERTeamTraining.com)



## *Jason Hadeed, BS, CCS*

*Owner/President of Elite Athlete Training Systems, Inc.*

On Friday, February 8, 2008, Jason Hadeed lost his life in a senseless tragedy when he was shot and killed. Jason was a son, father, brother, an incredible strength coach, and a close friend to many of the presenters and participants at this conference. He was a person who dedicated his time to working with youth athletes, helping them become better athletes and better people. His passion for helping young athletes will be his legacy. We must all try to help carry his legacy forward, as we believe this is what he would have wanted.

Coach Hadeed was named as one of the Hundred Top Trainers in America by Men's Journal in December 2004 and 2005. He was a member of the strength & conditioning staff for the Baltimore Ravens, Washington Redskins and the U.S. Olympic Bobsled Team, as well as a consultant for Maryland

State High School Football Coaches Association. He was featured on Fox Sports, ESPN, ABC, Showtime, and The Discovery Channel.

Jason's passion for life was unsurpassed; his untimely death has broken our hearts. We should consider ourselves fortunate to have been part of his life, because men like Jason are few and far between.

We extend our deepest sympathies to his family and friends. Please keep Jason in your prayers and memories. Jason...You will never be forgotten, and will be dearly missed by all that you have touched!

**Anyone who would like to make a donation, a special fund has been set up for Jason's children, Jordan (17), Nikolas (7), and Alexander (6):**

The Jason Hadeed Children's Fund  
6003 Loganwood Drive  
Bethesda, Maryland 20852

**A portion of each registration will be donated to the fund!**

**[www.SMARTERTeamTraining.com](http://www.SMARTERTeamTraining.com)**

The Gordon Institute for Sports Performance is hosting the  
**5th Annual Strength & Conditioning/Athletic Development Conference.**  
**Registration Form**

**Conference Cost?** \$150 per person prior to Friday, April 22, 2011.  
\$175 from April 23 until July 14, and "day of" registration is \$200 either day.  
Undergraduate Students are \$100 and must show current, valid school ID.

Refund Policy: Register on or before Friday, July 1 - 50%. After July 1, there is no refund.

Registration/check-in will be at the Gordon Institute. Check-in will conclude 30 minutes after the start of the first presentation on each day. Payment method for mail-in registration is by check or money order only. Please mail payment prior to July 1, or register at the door where cash will be accepted. Please fill out the requested information below, both the release of liability waiver and media release, make check payable to "SMARTER Team Training", and mail to the address below:

Robert Taylor  
SMARTER Team Training  
1427 Clarkview Road, Suite 300  
Baltimore, MD 21209

For additional information please call Coach Taylor at 410-828-8218  
or email him at [coachtaylor@smarterteamtraining.com](mailto:coachtaylor@smarterteamtraining.com)

**Expected CEU's (approval still pending):** NSCA 1.2, NSPA 12, and BOC 9.0

Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip Code: \_\_\_\_\_

Sport(s) of Emphasis: \_\_\_\_\_

Where do you work/train? \_\_\_\_\_



With regard to knowledge/background, what are your strengths? (Circle all that apply.)

<b>Speed</b>	<b>Endurance</b>	<b>Muscular Strength</b>	<b>Muscular Endurance</b>	<b>Flexibility</b>
<b>Fitness Level</b>	<b>Foot Work</b>	<b>Agility</b>	<b>Other: _____</b>	

With regard to knowledge/background, what are your weaknesses? (Circle all that apply.)

<b>Speed</b>	<b>Endurance</b>	<b>Muscular Strength</b>	<b>Muscular Endurance</b>	<b>Flexibility</b>
<b>Fitness Level</b>	<b>Foot Work</b>	<b>Agility</b>	<b>Other: _____</b>	

# New Robert Taylor DVD from *Championship Productions*



Item #: RD-2954



When you're *SERIOUS* about BECOMING A CHAMPION,  
go to [ChampionshipProductions.com](http://ChampionshipProductions.com)

[www.SMARTERTeamTraining.com](http://www.SMARTERTeamTraining.com)

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**Release of Liability**

SMARTER Team Training and the Gordon Institute are not responsible for any injury to any person suffered while participating in the Strength & Conditioning/ Athletic Development Conference. In consideration of my participation, I hereby release and covenant not to sue SMARTER Team Training, Gordon Institute, employees, agents, representatives, athletic trainers, and all others who are involved from any and all present and future claims for property damage, personal injury, or wrongful death, arising as a result of my participation in the Strength & Conditioning/ Athletic Development Conference. I hereby voluntarily waive any and all claims both present and future that may be made by me, my family, estate, heirs, or assigns. I certify that I have no health conditions which would prevent me from participation in the Strength & Conditioning/ Athletic Development Conference, nor have I been advised by a third party including a physician, that I cannot participate in any event or activity.

I am aware that the Strength & Conditioning/ Athletic Development Conference may involve strenuous activity involving the risk of injury. I understand that speed and resistance training involves certain risks, including, but not limited to, death, serious neck and spinal injuries, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the musculo-skeletal system and serious impairment to other aspects of the body, general health, and well being. I am voluntarily participating in this activity with knowledge of the danger and risks involved and hereby agree to accept any and all inherent risks of personal injury or death.

I further agree to indemnify and hold harmless SMARTER Team Training, Gordon Institute, employees, agents, representatives, athletic trainers, and others involved, from any and all claims, including but not limited to court costs, attorney's fees, not otherwise covered by insurance arising as a result of me engaging in or receiving instruction at the Strength & Conditioning/ Athletic Development Conference or any activities incidental thereto, wherever, whenever, or however the same may occur. I understand that this waiver is intended to be as broad and inclusive as permitted by the laws of Maryland and agree that if any portion is held invalid, the remainder of the waiver for any legal proceeding shall be in Maryland.

\_\_\_\_\_  
Name (Please print or type)

Phone Number: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

\_\_\_\_\_  
Signature

Today's Date: \_\_\_\_\_

\_\_\_\_\_  
Witness Signature

Today's Date: \_\_\_\_\_



The Gordon Institute for Sports Performance is hosting the  
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**Media Release and Hold Harmless Agreement**

I hereby grant permission to SMARTER Team Training, LLC (STT) to videotape, photograph, and/or interview me for use in video productions, promotions, and distribution of videotapes, podcasts, articles, books, and/or DVD's. It is my understanding that this video footage(s), photograph(s), interview(s), or portions thereof may be used for productions, promotions, and distribution of videotapes, podcasts, articles, books, and/or DVD's.

I am fully aware of the risks involved, and hazards connected with the making of this production, and I hereby elect to voluntarily participate in said activity with full knowledge that said activity may be hazardous to me and/or my property. I voluntarily assume full responsibility for any risks of loss, property damage or personal injury, including death, which may be sustained to me, or any loss or damage of property owned by me, as a result of being engaged in such an activity, whether caused by the negligence of STT, its management, partners, agents, contractors, and employees (whether acting within the scope of their employment or not) or otherwise.

I further hereby agree to indemnify and hold harmless the releases from any loss, liability, damage or costs, including court costs and attorney fees, that may occur due to my participation in said activity, whether caused by negligence of releases or otherwise.

In signing this Media Release and Hold Harmless Agreement, I acknowledge and represent that I have read the foregoing Media Release and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed. No oral representations, statements, or inducements, apart from the foregoing written agreement, have been made. I am at least eighteen (18) years of age and fully competent. If under the age of eighteen (18), I as the parent/legal guardian grant permission as stated in the document.

I fully understand and agree to the terms listed above.

**Client Name (Please Print):** \_\_\_\_\_

**Client Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/ Guardian Name (Please Print):** \_\_\_\_\_

**Parent/ Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Witness Name (Please Print):** \_\_\_\_\_

**Witness Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



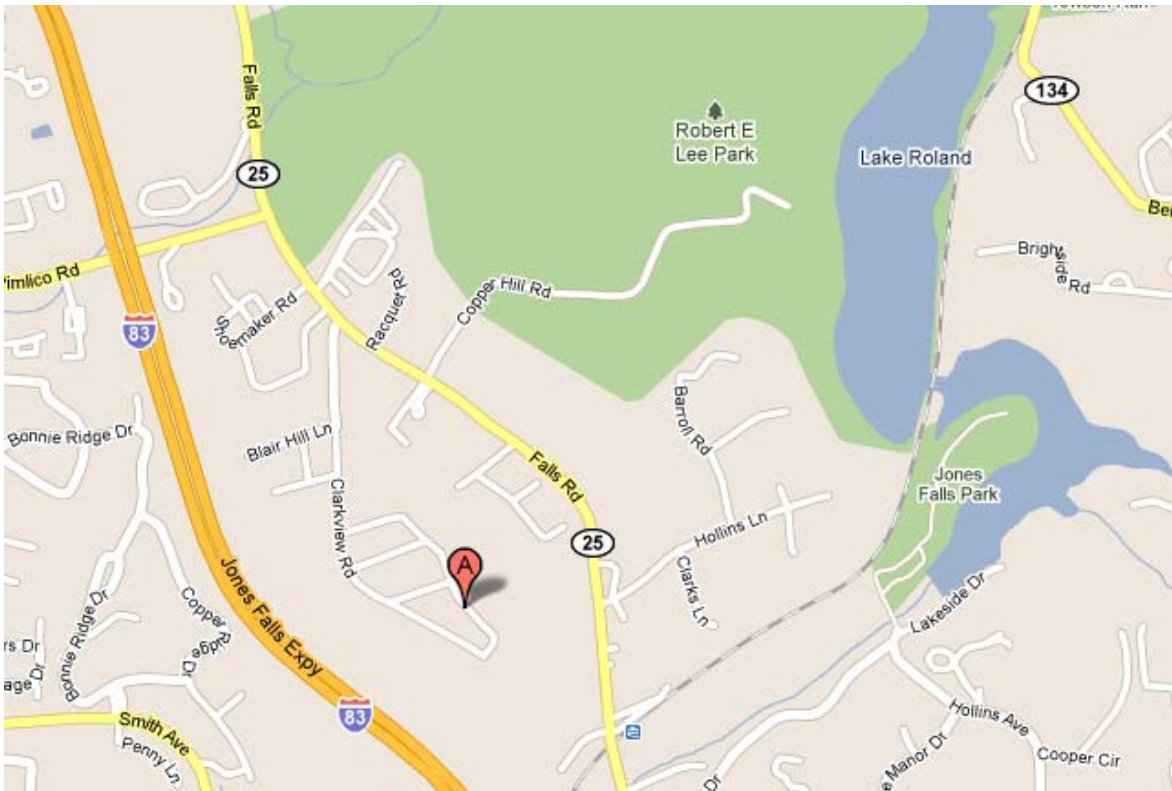
The Gordon Institute for Sports Performance is hosting the  
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**Driving Directions**

For additional directions please visit  
<http://www.smarterteamtraining.com/contact-us/>

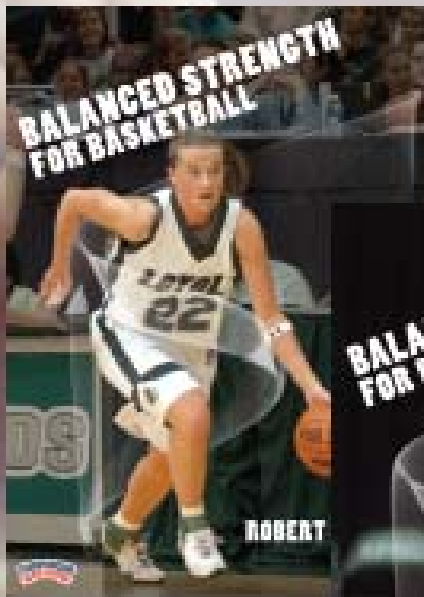
**Gordon Institute for Sports Performance**  
is located off of Falls Road in the Bare Hills Corporate Center:

**1427 Clarkview Road, Suite 300**  
**Baltimore, Maryland 21209**

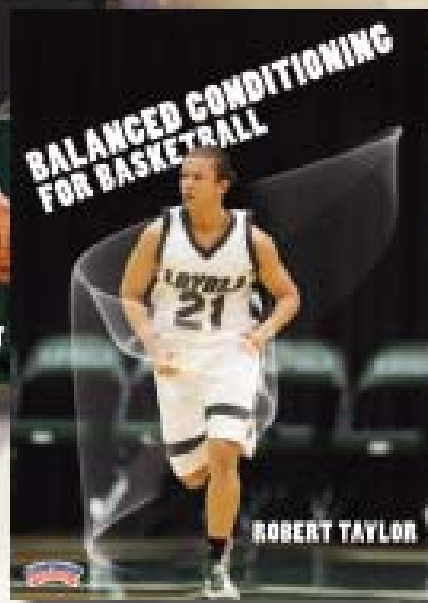
Registration/Check-in at GISP which is located at the “A” on the map below.



# New Robert Taylor DVDs from *Championship Productions*



Item #: BD-2982A



Item #: BD-2982B



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go to [ChampionshipProductions.com](http://ChampionshipProductions.com)

[www.SMARTERTeamTraining.com](http://www.SMARTERTeamTraining.com)

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**Baltimore Hotel Information**

Double Tree Inn at the Colonnade: 410-235-5400

<http://www.doubletree.com/en/dt/hotels/index.jhtml?ctyhocn=BWICUDT>

Burkshire Marriott: 410-324-8105

<http://www.marriott.com/hotels/travel/bwibu-burkshire-marriott-conference-hotel/>

BWI Homewood Suites: 410-684-6100 x2105

<http://homewoodsuites.hilton.com/en/hw/hotels/index.jhtml?ctyhocn=BALBWHW>

Holiday Inn (Timonium Plaza): 410-252-7373

<http://www.ichotelsgroup.com/h/d/sl/1/en/hotel/ballt;jsessionid=JDDNOSDL4F3Z0CTGWANSHPOKM0YBGIY4?requestid=205742>

Cross Keys Inn - Radisson: 410-532-6900

<http://www.radisson.com/baltimoremd>

Sheraton-Towson: 410-321-7400

<http://www.sheratonbaltimorenorth.com/main.html>

The Loyola University Greyhound Strength and Conditioning Department is hosting the  
**4th Annual Strength & Conditioning/Athletic Development Conference.**

### **Speaker bio's, background, and accomplishments**

***Robert Taylor, Jr., SCCC, CSCS\*D, CCS, PES, CES, CSES, NSCA-CPT\*D, NSPA-CPT  
Director of Sports Performance at Gordon Institute for Sports Performance  
Founder and Owner of SMARTER Team Training***



As the Director of Sports Performance at the Gordon Institute, Robert Taylor oversees all aspects of the Sports Performance program at the Baltimore-based performance complex, encompassing the disciplines of Strength & Conditioning, Nutrition, VO2 Max, and Performance Evaluation and Training. Rob is also the founder and owner of SMARTER Team Training. STT has been developed to focus on athlete and team development, performance, and education.

Prior to coming to GISP, Taylor was the Head Strength and Conditioning Coach at Loyola University Maryland for over seven years. Rob was a strength and conditioning consultant for athletes on the Women's Lacrosse World Cup Champion's Team Australia in 2005, and was the Head Strength Coach for Team Australia's 2009 World Cup team which played in the world championship game also. He has worked with professional organizations such as the Anaheim Angels, Tampa Bay Buccaneers, Tampa Bay Mutiny, and San Antonio Silver Stars.

Coach Taylor has also been the Head Strength and Conditioning Coach at UNC Greensboro. He left to pursue a graduate degree in Exercise Physiology from the University of Delaware, while working as an Assistant Strength and Conditioning Coach. Rob has also worked with the athletic department at Cincinnati, Princeton, and Villanova. At each of these institutions he has helped numerous athletes reach their dream of becoming professional athletes. Rob's athletes have gone on to be drafted by the NFL, MLB, NBA, MLS, MLL, and NLL.

Taylor is certified through numerous national and international organizations. He is a Strength and Conditioning Certified Coach through the Collegiate Strength and Conditioning Coaches Association. Rob is recertified with distinction for both the Certified Strength and Conditioning Specialist and Certified Personal Trainer certifications through the National Strength and Conditioning Association. In both 2009 and 2010, Taylor was a finalist for the NSCA College Strength and Conditioning Professional of the Year award. He is also recognized by the National Strength Professionals Association as a Certified Conditioning Specialist and Certified Personal Trainer. Taylor is also the Maryland/DC State Director for the National Association of Speed and Explosion and is a Certified Speed and Explosion Specialist. Rob has also earned the Performance Enhancement Specialist and Corrective Exercise Specialist credentials through the National Academy of Sports Medicine. Taylor has been certified through SPARTA as a Master High Intensity Trainer too. Currently, Rob is preparing for the Certified Sports Nutritionist certification from the International Society of Sports Nutrition.

Coach Taylor has presented various components of the program he has developed at many events around the world. Rob also hosts Baltimore's annual Strength and Conditioning/Athletic Development Conference in July and regional events around the country. Coach Taylor has developed a sport-appropriate training DVD series for Basketball and Soccer through Championship Productions that has received high marks since 2008. Taylor has also been published in the National Strength and Conditioning's Performance Journal, International Soccer Coaches Performance Journal, several magazines, and websites such as STACK.com, InsideLacrosse.com, FullCourt.com and others.

***Mike Gittleston, MS***  
***Former Head Strength and Conditioning Coach for the University of Michigan***



A pioneer in the field, Mike Gittleston spent thirty seasons as the Head Strength and Conditioning Coach for the University of Michigan's football program. He was appointed the athletic department's first strength and conditioning coach in 1978. Gittleston was recognized by the Professional Football Strength and Conditioning Coaches Society as the 2003 National Collegiate Football Strength and Conditioning Coach of the Year.

Gittleston maintained the overall training and conditioning of the football program in one of the finest facilities in the country. He developed a unique and scientific approach to Michigan's conditioning program, tailoring each program to the individual player in order to provide the maximum physical output and the prevention of injuries.

A native of Manchester, N.H., Gittleston earned degrees from the University of New Hampshire (1975) and Plymouth State College (1977). He graduated summa cum laude with a 3.9 grade point average and was named the outstanding physical education student in his class at Plymouth State. Gittleston also lettered in three sports, football, wrestling and track and won the state weightlifting championship.

A Vietnam veteran, he later came to Michigan and completed a master's degree in exercise science (1980) and earned the prestigious Paul Hunsicker Award as an outstanding graduate student at the University.

An adjunct lecturer in Sports Management and Communication for the Division of Kinesiology, Gittleston was honored with the distinction of becoming an "Honorary 'M' Man" in 1997.

***Allan Johnson, MS, MSCC, CSCS, NASE***  
***Founder and President of Champions Edge***



Allan has 25 years of experience at the high school, collegiate, and professional level as a strength and conditioning professional. He coached collegiately at West Virginia and Ohio State University where he helped lead the Buckeyes to the 2002 National Football Championship. He also coached in 17 post-season football and basketball bowl games including Sweet-16 NCAA tournaments and three National Football Championship games.

Johnson was the first strength and conditioning coach in the history of the Baltimore Orioles and one of the 1<sup>st</sup> five in all of MLB. Allan is a 2003 inductee into the Strength and Conditioning Coaches Hall of Fame and was named 2002 National Strength Coach of the Year. He has been recognized six times as the Big East Conference Strength and Conditioning Coach of the Year. Throughout his career Allan has trained NFL, NBA, MLB, NCAA All-Americans, and nationally ranked tennis players.

Allan speaks at national, regional, and local conferences and clinics regarding strength, speed, and conditioning topics as well as motivation, leadership, and team building. Coach Johnson was an extra in the movie, "Dave", with Sigourney Weaver and Kevin Kline. Allan serves as a consultant for: Nike Football Clinics, Gilman Gear, High Performance Nutrition, Training & Conditioning Magazine (Editorial Board), Maxx Football, and Alpha Dog Sports. Allan is certified through the NSCA, CSCCa, and NASE.

**Jason Gallucci, MS, SCCC, CSCS, USAW**  
**Director of Strength and Conditioning at Princeton University**



Coach Gallucci graduated from Penn State with a Bachelor's degree in Exercise and Sports Science and a Master's Degree in Kinesiology/Biomechanics in 2000. As an undergraduate at Penn State, he was a member of the football team including the 1994 team that went 12-0 and won the Rose Bowl. While completing his Master's degree, Coach Gallucci worked as a graduate assistant strength coach for the Penn State Football team and as the head strength coach for the university's club boxing program.

Upon graduation, Coach Gallucci was hired at Princeton as an assistant strength coach and was named head strength coach in 2002. At Princeton, he has had work published in the Journal of Applied Biomechanics and has co-authored a book titled, Training the Female Athlete: Reach for Victory. During his tenure, Princeton has won more league titles than any school in the conference and has become the first non-scholarship school to finish in the top 25 of the Sear's Director's Cup. Currently overseeing a staff that trains 25 varsity sports, he has coached athletes that have gone on to compete in the NFL, MLB, NHL, MLL, as well as the Olympics in various sports. He has had the privilege of speaking at many conferences including the NSCA Sports Specific Conference in Nashville, TN and the Hammer Strength Clinic in Montclair, NJ.

**Jim Kielbaso, MS, CSCS**  
**Director of Total Performance in Wixom, Michigan**



After receiving his Bachelor's Degree in Exercise Science from Michigan State University, Jim headed to Ann Arbor to get a Masters Degree in Kinesiology from the University of Michigan. While in school, Jim worked as an intern in the Strength & Conditioning Program in U-M's Athletic Department. During that time, he also served as the Strength & Conditioning Coach at Holt High School and worked as a personal trainer at the Michigan Athletic Club in East Lansing.

After graduate school, Jim ran an Athletic Republic training center for a year before he was hired as the Head Strength & Conditioning Coach at the University of Detroit Mercy. While at UDM, Jim was a part of numerous league championships and NCAA Tournament appearances in a variety of sports. In addition to coaching responsibilities at the university, he also served as an adjunct faculty member teaching courses in Sports Medicine. After seven years at the university, Jim joined forces with the Total Sports Complex to open the Total Performance Training Center in August 2002.

Jim is the Regional Coordinator for the National Strength & Conditioning Association where he organizes clinics for trainers and coaches and provides support for members of the organization. He has been a featured speaker at clinics and conferences all over the country and has authored articles in numerous publications. Jim is the author of three books - *Speed & Agility Revolution*, *World's Hardest Exercises* and *Weight Loss In Reality* - and was recently contracted by the Michigan High School Athletic Association to develop a strength & conditioning curriculum for their Coaches Advancement Program. He has also produced four training DVD's - *Agility Revolution*, *Sprint Mechanics*, *Manual Resistance Training* (with Tim Wakeham) and *How to Dominate Your Combine* in addition to contributing a chapter to the book *Maximize Your Training*. During his career, Jim has trained thousands of athletes including professional football, basketball and hockey players, Olympic competitors, hundreds of college athletes and too many youth athletes to count. He is proud to be able to bring the training techniques of college and professional athletes to younger athletes looking to reach their potential.

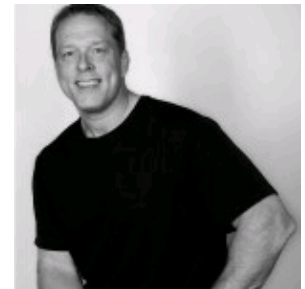
***Nick Tumminello***  
***Founder and Owner of Performance University***

Nick Tumminello is the director of Performance University Speed Strength & Conditioning in Baltimore MD. Nick also serves as the conditioning coach for Team Ground Control MMA. He is a nationally recognized coach and educator who's known for his innovative exercises and smarter approach to strength & conditioning. Nick is the developer of the Core Bar, has authored numerous best-selling DVDs and a regular contributor to Men's Health, Women Health, Men's Fitness and Fight magazine. He has been featured in two NY Times best selling exercise books. For more information go to NickTumminello.com



***Perry Nickelston, DC, FMS, SFMA***  
***Founder and Owner of Stop Chasing Pain***

Dr. Perry Nickelston, DC, SFMA is a chiropractic physician with a primary focus on Performance Enhancement, Corrective Exercise, Metabolic Fitness Nutrition and Movement Assessment. He is an expert in myofascial, orthopedic, medical and trigger point soft tissue therapy combined with deep tissue laser treatment.



Dr. Nickelston is a member of the Board of Directors and Medical Staff Advisor for the American Institute for Medical Laser Application. Dr. Perry teaches healthcare professionals how to successfully use Class IV Deep Tissue Laser Therapy in alleviating pain. Certified and trained as a Functional Movement Specialist (FMS), Selective Functional Movement Assessment Specialist (SFMA) and is the owner of Stop Chasing Pain, LLC, a sports medicine rehabilitation center in Ramsey, NJ.

Dr. Nickelston is a regular columnist for Dynamic Chiropractic Journal and Chiropractic Economics, he writes for industry trade publications in health and fitness. He is a 1997 graduate from Palmer Chiropractic University and a master fitness trainer with over 20 years experience in the health industry. Creator of the Stop Chasing Pain Podcast channel dedicated to educating health and fitness professionals with insight from industry leaders. He is also the inventor of the RRTT Recovery and Regeneration System for performance enhancement and rehabilitation.