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WINNING IS IN SIGHT
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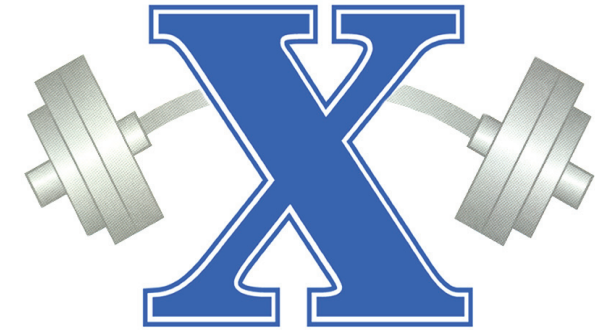
Directions

From I-75 North or South, take Exit 9 (Paddock Rd.). Turn left on Paddock Rd. Go under the railway overpass, turn left onto North Bend Rd. Take North Bend Rd. about 2 miles to the top of the hill, St. Xavier will be on your right.

Strength & Conditioning Clinic
St. Xavier High School
600 W. North Bend Rd.
Cincinnati, OH 45224

ST. XAVIER

3RD ANNUAL FOOTBALL STRENGTH AND CONDITIONING CLINIC



SATURDAY, MAY 8, 2010

ST. XAVIER HIGH SCHOOL
600 W. NORTH BEND RD.
CINCINNATI, OH 45224
(513) 761-7815 x. 323

presented by:

Cincinnati BellSM
right here. for you.

Registration Form

Please Print Information Below

First Name	Last Name
Address	
City	
State	ZIP
Email	
Daytime Telephone #	
Evening Telephone #	
School, University, Club	
Sport(s) you coach	

Clinic Fees

Pre-Registration	\$75 (by 4/24/10)
Late Registration	\$95 At the door
Staff Rate Discount	\$135 (up to 3 coaches)
Students	\$25 (mail in copy of ID)

Fee includes lunch and seminar notes

*** Absolutely No Refunds***

CSCS / NSCA – CPT = **.7CEUs**

NATA / BOC = **7CEUs**

Make checks or money orders payable to:

[St. Xavier High School](#)

Register online at:

www.CarloAlvarez.com/STXFootballClinic

Send Registration to:

Carlo Alvarez
Strength and Conditioning
600 W. North Bend Rd.
Cincinnati, OH 45224

For more information contact Carlo Alvarez

Phone: 513.761.7815 x323

Email: calvarez@stxavier.org

Clinic Agenda

7:00 am - 8:00 am	Registration / Check In
8:05 am - 8:20 am	Dr. Ken Leistner
8:25 am - 9:20 am	Mike Gordon & Chris Giordullo
9:25 am - 10:20 am	Joe Kenn
10:25 am - 11:20 am	Michael Szerszen
11:25 am - 12:15 pm	Lunch Provided / Sponsor Demos / Vendors
12:20 pm - 1:40 pm	Dawn Weatherwax
1:45 pm - 2:40 pm	Mike Shibinski
2:45 pm - 3:40 pm	Carlo Alvarez
3:45 pm - 4:40 pm	Lee Taft
4:45 pm - 5:00 pm	Closing Remarks

Guest Speakers

Dr. Ken Leistner

- An American strength training writer, personal trainer, chiropractor and strength consultant for the NFL.
- Founder of the Iron Island Gym in Long Island
- Former columnist for Powerlifting USA from 1979 to 2000

Joe Kenn

- The owner of Big House Power
- Former Director of Athletic Development at the University of Louisville
- Kenn was named the College Strength and Conditioning Professional of the Year in 2002 and has been a finalist for the award four times during his career

Mike Shibinski

- Current strength coach at Cincinnati Princeton High School
- Played college football for the Butler University (Indianapolis) Bulldogs
- Graduate assistant strength coach for The Ohio State University while completing his Master's Degree in the strength training and conditioning of athletes

Dawn Weatherwax

- The owner of Sports Nutrition 2 Go
- An official Speaker for the Gatorade Sports Science Institute
- An active member of the American Dietetic Association (ADA)

Mike Szerszen

- Assistant football strength coach at the University of Cincinnati
- Head strength & conditioning coach at Eastern Michigan for 3 years
- As a volunteer strength and conditioning coach at West Virginia University he earned his master's degree in athletic coaching education

Carlo Alvarez

- Is in his sixth season as the Strength and Conditioning Coordinator at St. Xavier High School, the home of Ohio's Division I Football State Champions in 2005 and 2007

Mike Gordon

- Head Athletic Trainers at St. Xavier High School
- Has worked at the professional football and baseball level with the NFL Cincinnati Bengals and MLB Cincinnati Reds
- A graduate of the University of Cincinnati Sports Medicine Program

Lee Taft

- Lee is co-owner of Sports Speed, Etc., Inc. and President of Lee Taft Speed Academy, Inc.
- Lee serves as Executive Vice President for the International Youth Conditioning Association (IYCA), the premier international authority with respect to athletic development and young athlete-based conditioning

Join us and we'll teach you and your staff how to design your entire summer nutrition, pre-hab, speed, agility, strength, power and conditioning program.

Here is a sample of what you'll learn...

- *How to Organize your Program from Day One*
- **Building a Relationship with Athletic Trainers**
- *Limiting Injuries and Down Time*
- **Integrating your Freshmen Athletes**
- *What Exercises not to do with Freshmen*
- **Teaching Team Speed and Explosiveness**
- *Creating a Summer Training Philosophy*
- **The Right Nutrients to Maximize Gains**
- *Creating the Right Mindset for Summer*
- **8-Week Summer Program Template**

For Whom:

Jr. High, Club, High School Coaches, College Sport and Strength Coaches, Athletic Trainers, Physical Therapist, Personal Trainers and Fitness Professionals

Where:

St. X Performance Center and Weight Room

When:

Saturday, May 8, 2010

Hotel Accommodations

Millennium Hotel - Cincinnati
Mention St. X Clinic for special rate



150 West 5th Street
Cincinnati, OH
513.352.2120