

## GENERAL INFO

**WHO:** Jr. High, Club, High School Coaches,  
College Sport & Strength Coaches,  
Athletic Trainers, Physical Therapists,  
Personal Trainers, Fitness Professionals

**WHERE:** Ben Hill Griffin Stadium,  
South End Zone Weight Room

**WHEN:** Friday, Feb. 18, 2011 (6-9 p.m.)  
Saturday, Feb. 19, 2011 (8:30 a.m.-2:30 p.m.)

**COST:** Register - \$80 (Due 2/11/11, lunch included)  
Students Register - \$30  
(MAIL-IN copy of student ID)  
\*Absolutely No Refunds

CSCS / NSCA - CPT = .7 CEUs  
NATA / BOC = 7 CEUs  
CSCCa/SCCC = 4 CEUs

### HOTEL ACCOMODATIONS

Paramount Plaza Hotel & Suites



2900 SW 13th Street  
Gainesville, FL 32608  
Phone: 352.377.4000

Mention the Florida Strength Clinic to receive a special rate

### DIRECTIONS:

From I-75 North or South take exit 387 (St. Rt. 24/  
Newberry Rd.) and turn east off interstate. Go approx.  
four miles to 13th St. and turn right. Hotel is two miles  
on right side of street.



## ITINERARY

### University of Florida Strength and Conditioning 2011 Coaches' Clinic

#### TIME

**Friday**

6-9 pm

**Friday Night Open  
House/Round Table  
Discussion with Florida  
Strength Coaches**

#### TIME

**Saturday**

8:30-9:30 am

#### SPEAKER/TOPIC

**Carlos Alvarez**

*St. Xavier High School*

9:30-10:30 am

**Tony Rolinski**

*University of Notre Dame*

10:30-11:30 am

**Ed Ellis**

*University of Central Florida*

11:30-12:30 pm

**Mike Gittleson**

*Former University of Michigan  
Director of Strength and Conditioning (30 years)*

12:30-1:30 pm

**Scott Holsopple**

*University of Florida*

1:30-2:30 pm

**Matt Herring**

*University of Florida*



## APPLICATION FORM

NAME

STREET ADDRESS

CITY, STATE, ZIP CODE

E-MAIL ADDRESS

SCHOOL, UNIVERSITY, CLUB

PHONE NUMBER

SPORT(S) YOU COACH

#### CLINIC FEES:

**Registration:** \$80 (lunch included)

**Registration Students:** \$30 (Mail in copy of ID)

**\*CASH ONLY day of clinic**

**Make checks or money orders payable to:**

*The University Athletic Association*

\*Photocopies of this application are acceptable

**Register Online (until 2/11/11) at:**

[www.GatorZone.com/camps](http://www.GatorZone.com/camps)

**Send registration to (due 2/11/11):**

Mickey Marotti

Director of Strength and Conditioning

P.O. Box 14485

Gainesville, Florida 32604

**For more information, contact Steven Orris:**

Phone: 352-375-4683 (ext. 4994)

Fax: 352-377-0836

E-Mail: [StevenO@gators.uaa.ufl.edu](mailto:StevenO@gators.uaa.ufl.edu)

**Mickey Marotti, MA, MS, MSCC, CSCS**  
**(West Liberty '87)**

**Director of Strength and Conditioning**

Mickey Marotti joined the Florida staff in January 2005 as the Director of Strength & Conditioning. Prior to his arrival in Gainesville, he served as Director of Strength and Conditioning at the University of Notre Dame for seven years. In his role at Florida, Marotti is responsible for the total development of sport-specific strength and conditioning programs for all 18 varsity sports. He is a member of the Performance Team and is also the chair of the Nutrition Council. In May 2003, Marotti was awarded the highest honor in his field of expertise when he was certified as a Master Strength & Conditioning Coach (MSCC) at the Collegiate Strength & Conditioning Coaches Association's third national conference. The Master Strength & Conditioning Coach title represents professionalism, knowledge, experience, expertise, as well as longevity in the field. Marotti is one of only 36 people in the world to hold this certification.

**UNIVERSITY OF FLORIDA STRENGTH STAFF:**

**Karin Werth, SCCC, USAW, CSCS** (Florida '88)

Assistant Director, Strength & Conditioning

**Matt DeLancey, CSCS USAW** (East Stroudsburg University '98)

Assistant Director, Strength & Conditioning for Olympic Sports

**Paul Chandler, MSE, SCCC** (Harding '03)

Assistant Strength Coach

**Mark Campbell, SCCC & USAW** (Florida '95)

Assistant Strength Coach

**Matt Herring, MED, CSCS, USAW** (Southwest Texas State '94)

Assistant Strength Coach

**Steve Orris, MS, CSCS, USAW** (Florida Atlantic University '00)

Assistant Strength Coach

**Scott Holsopple, NASE** (Penn State '00)

Assistant Director, Strength & Conditioning

**Ron Israel** (Notre Dame '02)

Strength & Conditioning Assistant

**Cheryl Zonkowski** (Florida '04)

Director of Sports Nutrition

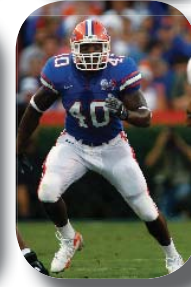
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Mickey Marotti  
Director of Strength and Conditioning  
South End Zone Weight Room  
University Athletic Association, Inc.  
University of Florida  
P.O. Box 14485, Gainesville, FL 32604-2485

# UNIVERSITY OF FLORIDA STRENGTH & CONDITIONING



**SIXTH ANNUAL  
COACHES' CLINIC  
FEBRUARY 18-19, 2011**