



Vermont Sports Performance Clinic

Friday - Saturday, June 4th - 5th, 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
University of Vermont 97 Spear Street Burlington, VT 05405	Scott Caulfield, CSCS,*D + 1 802-272-4816 canjump@hotmail.com	1.0 NSCA 10.0 NATA

State Chapters
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FRIDAY, June 4, 2010 ♦ *Speaker, topic, and format subject to change without prior notification.*

TIME	TOPIC	SPEAKER
5:30-6:00pm	On-site Registration and Check-in	
6:00-7:00pm	Coaching Speed Versus Fitness	Declan Connolly, PhD
	This session will evaluate the components of speed and acceleration and how they must be addressed to make an individual faster as opposed to fitter.	
7:00-8:00pm	Building Power & Speed Through Your Off Season Cycles	Jason Loscazlo, MS, CSCS
	Specific discussion about the focus during each phase of the off-season program for Boston College Football, as well as what is done to develop each focus of that phase.	
8:00-9:00pm	Round Table Discussion with Strength Coaches	Jason Loscazlo, Liane Blyn, Scott Caulfield, Declan Connolly

SATURDAY, June 5, 2010 ♦ *Speaker, topic, and format subject to change without prior notification.*

8:30-9:00am	On-site Registration and Check-in	
9:00-10:00am	Training with Odd Implements	Liane Blyn, MS, CSCS
	Training with odd implements is a great way to strengthen an athlete's core AND train one's energy system using a combo of medleys w/sled dragging and other tools, as well as building mental toughness.	
10:00-12:00pm	Corrective Strategies	Anthony DiLuglio
	In this session you will learn the foundation of Authentic Strength, known as Vintage Progressions, and how, through these steps, you can transform the health, resilience, and physical fitness of your athletes.	
12:00-12:55pm	Lunch (on your own)	
1:00-2:00pm	Systemizing Your Agility Drills & Training	John Ciani, MS
	By looking at your agility drills as a 1,2, or 3 dimensional concept, you will be able to thoroughly progress your athletes without missing critical steps in between.	
2:00-3:00pm	Strength Development From Beginner to Advanced	Kaitlin Sweeney, MS, CSCS
	This presentation will provide you information on how to successfully progress beginner, intermediate, and advanced level athletes within the same training program.	
3:00-4:00pm	Energy System Development Including Heart Rate Monitored Training	Victor A. Brown, MS, CSCS, NSCA-CPT
	This topic will cover effective methods for cardiovascular training, also a brief overview of fatigue.	
4:00-5:00pm	Developing Interns in Your Program	Maureen Khairallah, MS, CSCS, NSCA-CPT
	This presentation will teach you how to develop interns into successful strength & conditioning coaches.	

Please call 800-815-6826 if you require special accommodations. Participants are asked to dress comfortably and only participate within their physical limitations.

National Strength and Conditioning Association

REGISTRATION FORM ♦ VERMONT SPORTS PERFORMANCE CLINIC ♦ JUNE 4-5, 2010

Mail completed registration (with payment) to: NSCA, 1885 Bob Johnson Drive, Colorado Springs, CO 80906

Fax to: +1 719-632-6367 - Or register online at: <https://www.nasca-lift.org/secure/stateclinicreg.asp>

Name _____ Member ID _____ Student ID _____

Address _____ City/State/Zip _____

Phone # _____ Email _____

Emergency contact and phone # _____

Pre-registration available through May 25, 2010

Refund Policy: On or before May 25th - 50% / After May 25th - No refund

Clinic Fees (check one)	Single Day only	On-site	Both Days	On-site
NSCA Member	<input type="checkbox"/> \$60	<input type="checkbox"/> \$80	<input type="checkbox"/> \$75	<input type="checkbox"/> \$100
NSCA Student	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40	<input type="checkbox"/> \$50	<input type="checkbox"/> \$60
Non-member	<input type="checkbox"/> \$75	<input type="checkbox"/> \$95	<input type="checkbox"/> \$100	<input type="checkbox"/> \$120

Payment Method

Check (payable to the NSCA) Visa MasterCard AmEx

Account# _____

Signature _____

Total Enclosed \$ _____ Receipt: Mail Email

Clinic Code 23049



NSCA™

National Strength and Conditioning Association
1885 Bob Johnson Drive
Colorado Springs, CO 80906-4000

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Organization
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Colorado Springs, CO
Permit No. 913



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Vermont

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see inside for more details...