

TENTATIVE SCHEDULE

7:00-8:15AM

REGISTRATION / VISIT EQUIPMENT EXHIBITORS

(COFFEE / JUICE / DONUTS PROVIDED)

8:20-8:30AM

**OPENING REMARKS— PAT FITZGERALD, HEAD FOOTBALL
COACH NORTHWESTERN UNIVERSITY**

8:30-9:45AM

**JAY HOOTEN, CSCC, DIRECTOR OF FOOTBALL
PERFORMANCE, NORTHWESTERN UNIVERSITY,
“PROGRAM DESIGN: 10 WAYS TO IMPROVE YOUR
PERFORMANCE PROGRAM”**

9:55-11:10AM

**JEFF FRIDAY, CSCS, ASSISTANT STRENGTH AND
CONDITIONING COACH, CINCINNATI BENGALS FOOTBALL
“STRENGTH TRAINING PROGRAM DESIGN FOR RESULTS”**

11:10-11:40AM

COACHES ROUNDTABLE— Q & A W/ FEATURED SPEAKERS

11:40AM-12:30PM

**LUNCH PROVIDED / VISIT EQUIPMENT EXHIBITORS
BOOTHS**

12:30-1:45PM

**DAVE LAWSON, MSCC, DIRECTOR OF STRENGTH AND
CONDITIONING, UNIVERSITY OF TENNESSEE,
“THE TENNESSEE PROGRAM”**

1:55-3:10PM

**TOMMY CHRISTIAN, CSCS, TC BOOST, CO-OWNER TC
BOOST, DIRECTOR OF TRAINING OF HIGH SCHOOL,
COLLEGE, PROFESSIONAL ATHLETES, NORTHBROOK, IL
WWW.TCBOOST.COM, “SPEED DEVELOPMENT TRAINING:
BRIDGING THE GAP FROM POWER TO PERFORMANCE”**

3:10PM

**WRAP-UP / CLOSING REMARKS— ALLAN JOHNSON,
ASSISTANT DIRECTOR OF FOOTBALL PERFORMANCE,
NORTHWESTERN UNIVERSITY**

**HANDS ON TRAINING AND DEMONSTRATIONS
INCLUDED WITH EACH PRESENTATION**

CEU CERTIFICATES DISTRIBUTED

CLINIC SPONSORS



EVANSTON, IL

2014 NORTHWESTERN UNIVERSITY HAMMER STRENGTH CLINIC



**SATURDAY
APRIL 26 TH, 2014**

CLINIC INFORMATION

WHO:

- JR. HIGH, CLUB, HIGH SCHOOL COACHES
- COLLEGE SPORT & STRENGTH COACHES,
- ATHLETIC TRAINERS / PHYSICAL THERAPISTS
- PERSONAL TRAINERS / FITNESS PROFESSIONALS

WHERE:

NORTHWESTERN UNIVERSITY
JOHN C. NICOLET FOOTBALL CENTER
2707 ASHLAND AVE.
EVANSTON, IL 60208

WHEN:

SATURDAY APRIL 26, 2014 (7:00-3:10PM)

COST:

- \$55 EARLY / REGISTRATION - BY APRIL 22, 2014
COACHES / STAFF
- \$65 - REGISTRATION - DAY OF CLINIC
COACHES / SATFF
- \$30 - STUDENTS UNDERGRAD / GRADUATE

HOTEL ACCOMMODATIONS:

Best Western University Plaza
1501 Sherman Avenue
Evanston, IL 60201
[847-491-6400](tel:847-491-6400)

1.5 Miles from Clinic Location

Mention: Northwestern Hammer Strength Clinic &
Receive Clinic Rate of \$119/Night
Price include Free Wifi/Complimentary Breakfast
**Special Rate Available Until April 16th
Hotel Contact: Kit Musgrove- Director of Sales

CLINIC INFORMATION

2014 NORTHWESTERN FOOTBALL PERFORMANCE STAFF

- JAY HOOTEN, CSCC, DIRECTOR OF FOOTBALL
PERFORMANCE
- AL JOHNSON, MSCC, ASSISTANT DIRECTOR OF
FOOTBALL PERFORMANCE
- TROY SUTTON, CSCS, USAW, ASSISTANT
DIRECTOR OF FOOTBALL PERFORMANCE
- MATT FLANNERY, CSCS, USAW, GRADUATE
ASSISTANT FOR FOOTBALL PERFORMANCE
- JOE OROZCO, CSCS, PROFESSIONAL INTERN FOR
FOOTBALL PERFORMANCE



CLINIC DIRECTOR: AL JOHNSON

PHONE: 847-491-4465

EMAIL: ALLAN.JOHNSON@NORTHWESTERN.EDU

REGISTRATION INFO.

PLEASE REGISTER ONLINE AT:

PATFITZGERALDFOOTBALLCAMP.COM

OR

REGISTER THE DAY OF THE CLINIC

INCLUDED IN YOUR REGISTRATION TO MAXIMIZE
YOU CLINIC EXPERIENCE

- LUNCH
- UP TO 10 CEUs FROM THE CSCCa
- OFFICIAL HAMMER STRENGTH CLINICS T-SHIRT
- HAMMER STRENGTH CLINICS DRAWSTRING
BACKPACK
- MEETING MATERIALS & SPONSORS INFO.
- .8 CEUs FROM THE NSCA

