

CLINIC REGISTRATION

Attendance Fees include: refreshments, meet-and greet of speakers, and free product samples.

Attendees will have the opportunity purchase a DVD of the clinic.

February 28, 2015

Full Cost for 1 Participant.....\$100.00
Full Cost for 2 Participants of same school..... \$90.00
Full Cost for 3 or more Participants of same school...\$80.00
Full Cost for 1 Student (Copy of Student ID).....\$50.00
Group of 10+.....\$Group Rate

Walk-ups Welcome!!!

Cash or check.

Make Checks Payable to:

JagPower Strength & Conditioning Coaches' Clinic

Mail to:

Justin Schwind
Head Strength and Conditioning Coach
University of South Alabama
Football Field House
591 Joseph E. Gottfried Dr.
Mobile, AL 36688

Coach's Name _____

Street Address _____

City _____ State _____ Zip _____

Coach's Email _____

Home Phone Number _____

Cell Phone Number _____

Work Phone Number _____

Name of school/business affiliated with _____

University of South Alabama
Football Fieldhouse
591 Joseph E. Gottfried Dr.
Mobile, AL 36688



Sixth Annual Jag Power Strength & Conditioning Coaches' Clinic February 28, 2015

Featured Speakers

NICK WINKELMAN

Director of Education / NFL Combine Preparation

EXOS (formerly Athletes Performance)

JON NORTH

Founder / Weightlifter

The Attitude Nation

KEITH SWIFT

Assistant Strength Coach

University of South Alabama



NICK WINKELMAN

Nick is the Director of Education at EXOS where he oversees all mentorship education courses and is a full-time strength and conditioning coach. Nick's many responsibilities are highlighted by his oversight of NFL Combine Prep.

He also works with Tactical Athletes, Firefighters and many other sports. Nick had the opportunity to work with the Oregon State Baseball Team that won the 2006 College World Series and was the Strength Coach for the Pittsburgh Pirates Rookie League team in Bradenton, Florida. During his time in Florida, Nick also trained under Aaron Mattes, developer of (AIS) Active Isolated Stretching Technique.

Nick received his master's degree in strength and conditioning from Edith Cowan University and is completing his doctorate degree at Rocky Mountain University of Health Professions. He is an internationally recognized speaker on all topics pertaining to human performance, and has publications through the NSCA and UKSCA with an upcoming chapter on assessing athletic qualities. He is certified through the NSCA, USAW and the USATF.



Clinic Outline

8:00am-8:30am Register/Check-In
8:30am-11:30am Nick Winkelman
11:30am-1:00pm Lunch at Camille's
1:00pm- 2:00pm Keith Swift
2:00pm-4:00pm Jon North
4:00pm-5:00pm Q&A Session
Clinic Will Be Held at the South Alabama
Football Field House

Visit

JagPower.net

for more details, videos from past
events, and to register for the clinic

SPONSORSHIP OPPORTUNITIES AVAILABLE

CONTACT JUSTIN SCHWIND
(251) 445-9558



KEITH SWIFT

Swift comes to South Alabama from Stillman College where he created the first strength and conditioning program in the school's history. While in Tuscaloosa, his work helped produce multiple athletes of the year in the Southern Intercollegiate Athletic Conference, as well as all-region and ALL-SIAC performers.

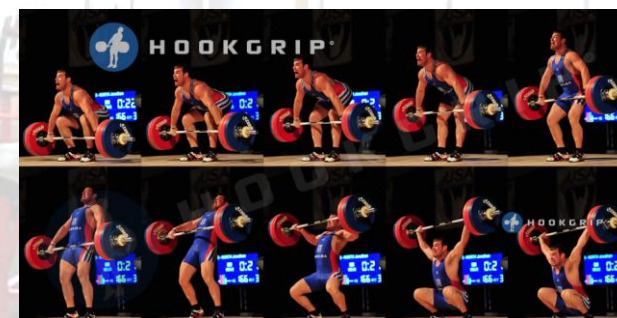
He implemented year-round strength and conditioning programs for twelve sports at the Division II school and also taught an undergraduate course in weight training. The Tigers won several SIAC championships during his tenure from 2011-2014 and a national title. Swift spent the previous two years with the Seattle Mariners organization working with the AA affiliate West Tennessee Diamond Jaxx of the Southern League. During this time he also worked with the Parisi Speed School. A four-year letterwinner on the Tennessee Tech football team, Swift earned a degree in exercise science. He served as a student assistant strength coach and worked with the football, men's and women's basketball, baseball, softball, and women's soccer programs. The Jackson, Tennessee native is certified through the National Strength and Conditioning Association as a Registered Strength Coach and a Certified Strength and Conditioning Specialist. He is also a Certified College Strength Coach through the Collegiate Strength and Conditioning Coaches Association and a Sports Performance Coach through USA Weightlifting.



JON NORTH

North is a professional athlete who competes in the sport of weightlifting. He is the 2012 American Open Championship Winner, a 2011 National Champion, a 2010, 2011 and 2013 Pan American team member, and a two time Arnold Championship winner. He has been competing in the sport of weightlifting for 8 years, and is rapidly growing in strength and success.

The Attitude Nation Inc., formerly Jon North Attitude, was established in 2011 in tribute to Jon North's ever growing popular attitude, his approach to weightlifting, and what it means to be an athlete. Jon founded The Attitude Nation with his wife Jessica North, who is also a competitive athlete in weightlifting. They have trained, competed, and coached seminars all around the world with some of the best athletes and coaches in the sport over the past 8 years. His goal is to spread the Attitude Nation mentality to all athletes, as well as provide a motivating, inspiring and unique place to learn



**COME LEARN FROM
THE BEST.**

THE JAG POWER EXPERIENCE.