

2015 BUC FOOTBALL

STRENGTH AND CONDITIONING CLINIC @ ETSU

SATURDAY, MAY 2ND 2015

**EAST TENNESSEE STATE UNIVERSITY
MOUNTAIN STATE HEALTH ALLIANCE
ATHLETIC CENTER
1081 John Robert Bell DR
Johnson City TN 37614**

**FOR MORE INFO
PLEASE EMAIL Rob Kohlhaus
kohlhausiii@goldmail.etsu.edu
423-439-7455
TENATIVE CLINIC SCHEDULE**

7:00-8:00am..... Registration

8-8:15am..... Coach Torbush

8:15-9:10am..... Lee Morrow

9:15-10:10am..... Dave Lawson

10:15-11:10am..... Al Johnson

11:15-12:10pm..... Heather Mason

12:10-1:00pm..... Lunch

1:00-4:00pm..... Practical (Hands On)



Al Johnson
East Tennessee State
Director of Strength and
Conditioning for Football.
Master Strength Coach

Lee Morrow
East Tennessee State
Current Director of Football
Operations, Former ETSU
Strength and Condition Coach
Master Strength Coach

Dave Lawson
University of Tennessee
Director of Strength and
Conditioning for Football
Master Strength Coach

Heather Mason
Former Vol Assistant AD and Strength
Coach for the Legendary Pat Summitt.
Currently works for Hammer Life
Fitness as a National Strength and
Conditioning Consultant.
Master Strength Coach

Mike Szerszen
University of Tennessee
Associate Director of Strength
and Conditioning for Football



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**NSCA CEU
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CSCCa

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REGISTRATION FORM

Please Print Information Below

Name _____

School _____

E-Mail _____

Address _____

City _____ State _____ Zip _____

Phone # _____

Cost (Please check one):

___ \$50 Pre-Register via mail by April 27th

___ \$30 Students or ETSU Staff

___ \$45 Staff Rates (4+ Coaches)

Note: Walk-in registration on day of clinic will be accepted for an additional \$10 fee. However, limited space is available. Only cash, money orders, or personal checks will be accepted for payment at this time.

REGISTER ONLINE:

https://epay.goldlink.etsu.edu/C20071_ustores/web/store_main.jsp?STOREID=62&SINGLESTO RE=true

OR MAIL IN REGISTRATION

MAKE CHECKS OR MONEY ORDERS PAYABLE

TO: Carl Torbush Football Camps/Clinics

MAIL TO:

Al Johnson

ETSU Athletics

P.O. Box 70707

Johnson City, TN 37614

Speaker Bios

Lee Morrow: East Tennessee State University



Coach Lee Morrow has spent the last 29 years serving the ETSU community as the Buccaneers' head strength and conditioning coach, currently he serves as ETSU's Director of Football Operations. Morrow has been a member of the National Strength and Conditioning Association (1985-2004), and was the director of the state of Tennessee for the NSCA from 1987 to 1989. Morrow began his coaching career at Milligan College, from 1977 to 1981 in roles that included head track and cross country coach, assistant basketball coach, and intramural director. In 2005 was named a Master Strength Coach.

Dave Lawson: University of Tennessee

Dave has been a part of 11 teams that played in bowl games, including the Vols 2015 TaxSlayer Bowl Championship, and four that won conference championships. Currently he is the Director of Strength and Conditioning for Football at the University of Tennessee. He has also coached 24 Strength and Conditioning All-Americans, eight football All-Americans and more than 80 football players either drafted or signed as free agents by the NFL. In 2009, Dave was recognized as a Master Strength and Conditioning Coach, the highest honor presented in the field, by the Collegiate Strength and Conditioning Coaches Association (CSCCA)



Al Johnson: East Tennessee State University



Al has more than 25 years of experience at the high school, collegiate, and professional levels as a strength and conditioning coach. Currently he is the Director of Strength and Conditioning for Football at East Tennessee State University. He is a Master Strength Coach by the CSCCa. His career includes stops with the Baltimore Orioles, Northwestern, West Virginia, and Ohio State where he helped the Buckeyes reach 3 BCS National Championship appearances. A 2003 inductee into the S&C Coaches Hall of Fame, a 2002 National Strength Coach of the Year, a six-time recipient of the BIG EAST S&C Coach of the Year Award. He has coached 118 NFL draft picks, 25 NBA and WNBA draft picks, and 51 MLB draft picks in his career.

Heather Mason: Life Fitness

Heather Mason, currently works as a National Strength and Conditioning Consultant for Hammer Life Fitness. She is a former Assistant Athletic Director and Strength Coach at the University of Tennessee for the legendary Pat Summit where she helped the Lady Vols win 8 -National Championships, She has also had stops at Notre Dame and Cincinnati where she worked under Ohio States Coach Mickey Marotti. In 2009 Heather was named a CSCCa Master Strength Coach by the CSCCa.



Michael Szerszen: University of Tennessee



Mike is the current Associate Strength Coach for football at the University of Tennessee. He has over fifteen years of Division I coaching experience with stops at West Virginia University, United States Military Academy, Eastern Michigan University, and the University of Cincinnati where he was part of two BIG EAST Championship teams. Mike is known for being innovative in Program Design.