

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.

FULL PAYMENT DUE BY:

May 1, 2012

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).....\$80.00
After May 1st\$25 additional charge

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



Fourth Annual Jag Power Strength & Conditioning Coaches' Clinic May 19, 2012

Featured Speakers

KELLY STARRETT

MobilityWOD.com

DAN DALRYMPLE

New Orleans Saints

DONNIE THOMPSON

World Record Powerlifter

COACHES' SOCIAL: MAY 18TH at 5pm

at



**HOMWOOD
SUITES**

Hilton

Hotel accommodations can be provided through the
Homewood Suites for \$119 a night
Visit JagPower.net for more info or
530 Providence Estate Boulevard Mobile, AL 36695
(251) 634-8664



KELLY STARRETT DPT

Coach Kelly Starrett received his Doctor of Physical therapy in 2007 from Samuel Merritt College in Oakland, California. Before starting his own physical therapy practice at San Francisco CrosSFit, one of the first 50 CrossFit affiliates, he practiced performance-based physical therapy at the world-renowned Stone Clinic. In his current practice, Kelly continues to focus on performance-based Orthopedic Sports Medicine with an emphasis on returning athletes to elite level sport and performance. His clients see exceptional results from his progressive blend of manual physical therapy and strength training. Since 2009, Kelly has been traveling the country teaching his "Movement, Mobility & Maintenance Course" in an effort to spread

his message that good mobility and proper movement are the keys to good performance and that all humans should be able to perform this basic maintenance on themselves.

Kelly's clients have included Olympic gold-medalists, Tour de France cyclists, world-class extreme skiers and X-Games medalists, dancers with Smuin, San Francisco, and Sacramento Ballet Companies, military personnel, and competitive age-division athletes. Kelly has also served as strength and conditioning coach for the Marin Rowing Association high school rowing program where he helped lead the varsity girls to a national title in 2008. He is also proud to have served as strength coach to reigning Olympic gold medalist Erin Cafaro, in preparation for her success in the 2008 Beijing Olympiad and the 2009 World Championships.

Kelly's background as an athlete and coach includes paddling whitewater slalom canoe on the US Canoe and Kayak Teams, and leading the Men's Whitewater Rafting Team to two national titles and competition in two World Championships. In his free time Kelly enjoys spending time with his wife Juliet and two daughters, Georgia and Caroline, surfing, paddling, Olympic lifting, hot-tubbing, and dancing.

DONNIE THOMPSON

Donnie Thompson works for Progressive Sports Physical Therapy in West Columbia, South Carolina. He is the Strength and Mobility Director for the 22 clinics statewide. He insures the implementation of strength in the Physical Therapy programs as well. He works with athletes and patients who opt for no surgery and patients post surgery. Many of the uses in his protocol include weights, Kettlebells, Jumpstretch bands and compression. Plus anything that works!!

Donnie has played football in the Arena Football League for 6 years. After his football career, he built and operated a commercial health club in the Columbia, SC area that he sold and is still operating today. In 1998, Donnie started competitive Powerlifting and has not turned back. He is the first human to ever total 3000lbs! Donnie has 8-all time World Records in Professional Powerlifting. Includes; 3 Bench Press records, 2 Squat records and 3 Total records! His 3000lb Powerlifting total still stands today.

Pavel, Kelly Starrett and Louie Simmons have worked with Donnie personally in the past decade. This led to his SHW victory at the 2005 Arnold Classic WPO Powerlifting Championships and 3 all-time totals in 2008 and 2011. Pavel and Louie were backstage when Donnie pulled the 821lb deadlift for the win at the Arnold in '05. Kelly worked with Donnie one on one prior to his World record squat of 1260lbs and also the 3000lb total in 2011.

Today Donnie has wrapped up his Powerlifting career with the chase and success of the 3000lb total. His knowledge collected over two decades in Mobility and Strength have made it possible for him to continue with the heavy lifting to conquer these lifting goals. Donnie travels to many Universities and High Schools throughout the country teaching and sharing his Powerlifting, Kettlebell training and Mobility work methods and experiences to the football teams and coaches.



Clinic Outline

7:30am-8:00am Register/Check-In
8:00am-8:30am..... Speaker Introductions
8:30am-10:30am..... Kelly Starrett
10:45am-11:45am..... Joey Choron
11:45am-1:15pm..... Lunch at Camille's
1:15pm- 3:15pm..... Donnie Thompson
3:15pm-5:15pm..... Dan Dalrymple
5:15pm-6:00pm..... Q&A Session

**Clinic Will Be Held at the South Alabama
Football Field House**

**COME JOIN US FOR OUR 3rd
ANNUAL "RUMBLE IN THE JUNGLE"
May 3rd, 2012 @7:00PM**

**See the Jags Compete in the Squat,
Bench and Hang Clean and Move**

Visit

JagPower.net

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

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CONTACT JUSTIN SCHWIND

(251) 445-9558

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DAN DALRYMPLE MS, USAW, MSSC

Dan Dalrymple has been a key member of the Saints organization since arriving in 2006. His responsibilities and influence both in the weight room and on the field remain constant throughout the entire year. His routines, focused on building and maintaining strength and stamina, while minimizing injuries have paid dividends for the Saints. Since 2006, New Orleans has put together six winning streaks of three games or more, including a franchise-record 13-game win streak in 2009 and a six-game run in 2010. Ten players have been selected to the Pro Bowl during his tenure, seven for the first time in their careers.

In 2009's Super Bowl XLIV Championship season, evidence of the conditioning of the club was their stamina throughout games, as they outscored opponents 139-48 in the fourth quarter, finishing first in the NFL in both points scored and allowed in the final period. He was named as the recipient of the Cybex Professional Strength and Conditioning Coach of the Year by the Professional Football Strength and Conditioning Coaches Society and the Samson Strength and Conditioning NFL Coach of the Year award from *American Football Monthly*.

Prior to joining the Saints, Dalrymple spent the previous 17 seasons in a similar capacity at Miami University (Ohio), including the last 16 as director of athletic conditioning, a program he built from its foundation. While the football team was a focus of his efforts, Dalrymple and his staff created workout regimens for every athletic program. He was promoted with the additional title of assistant athletic director in 2003.

Dalrymple has been certified by the National Strength & Conditioning Association since 1991 and has been honored as a finalist for the organization's coach of the year in 1995, 1997, 1999, 2003 and 2006. He's one of only two NFL coaches in his field to be certified by the Collegiate Strength & Conditioning Coaches Association as a Master Strength & Conditioning Coach.

Dalrymple has earned two certifications for USAWeightlifting that designate him as qualified to work with athletes in Olympic weightlifting and as a sports performance specialist.

After taking over the supervision of Miami's strength and conditioning program in 1989, the football program posted a 116-72-9 record, had a streak of 12-straight winning seasons and went to bowl games in 2003 and 2004.

For the Saints, Dalrymple couples his intense work ethic and a constant evolution of his approach with a lengthy background in football.

A 1988 graduate of Miami, Dalrymple was a four-year starter (1983-86) as an offensive lineman and was a first-team All-MAC selection his final two seasons, also earning honorable mention All-America accolades. He was one of three captains of the 1986 conference champion team. Dalrymple was later honored as one of five linemen on The *Cincinnati Enquirer's* All-20th Century Miami football team and was elected to the school's Hall of Fame in 2002.

After his college career and attending training camp with the Seattle Seahawks, Dalrymple returned to his alma mater as a student assistant coach in 1987. He served as a graduate assistant the following year before being promoted to offensive line and strength coach in 1989. He was named strength & conditioning coordinator in December of that year.

Dalrymple recently co-authored his first book, "The Athletic Body Puzzle-The Guide For Parents And Coaches", scheduled to be released this summer.

Dalrymple and his wife, Susan, have a daughter, Kylelyn and a son, Daniel.

THE JAG POWER EXPERIENCE.