

DRIVING DIRECTIONS

610 East Loop to Hwy 225 East exit. Proceed east on Hwy 225 to Beltway 8 South exit. Turn right (south) on Beltway feeder road to San Augustine. Turn left (east) on San Augustine to Texas Avenue (school is on corner). Turn right (south) towards stadium.

From I-45 South take Beltway 8 North (Exit 31). Turn right (north) on Beltway 8 to San Augustine. Turn right (east) to Texas Avenue (school is on corner). Turn right (south) towards stadium

HOTEL ACCOMODATIONS



201 WEST X STREET, DEER PARK, TX 77536
281-479-9888



1401 Center St Deer Park TX 77536
281-476-1900

CLINIC SPONSORS



GENERAL INFORMATION

We would like to invite you and your fellow coaches to the inaugural Deer Park Strength and Conditioning Clinic for Coaches. The clinic is designed to give all sport coaches a solid resource for all of their strength, speed, and agility training.

WHEN: Saturday, February 26th, 2011

WHERE: Deer Park High School
Deer Park, TX

*Registration 7:00 - 8:15

COST: \$55 Pre-Registered (By Feb 11th)
\$65 after Feb 11th

Payments can be made via mail or on-line. Checks made payable Deer Park Strength & Conditioning

ON LINE REGISTRATION CAN BE DONE @
www.dpstrength.com

CSCS / NSCA-CPT Continuing Education Units - TBD

BOC Continuing Education Hours - TBD

*Speakers are subject to change

FOR MORE INFORMATION

Doug Bull (832) 668-7243 ext 5
dbull@dpisd.org

DEER PARK STRENGTH AND CONDITIONING CLINIC 2011



**SATURDAY
FEBRUARY 26TH, 2011**

**VARIETY OF SPORTS TRAINING
DISCUSSED BY AN INCREDIBLE
LINE UP OF SPEAKERS
HELD AT DEER PARK HIGH
SCHOOL
DEER PARK TEXAS**

SCHEDULE

7:30 - 8:15:

Registration / Check - In

8:15 - 8:30:

Introduction & Welcome

Doug Bull - Deer Park Strength & Conditioning Coordinator.

8:30 - 9:20

Dealing with High School Strength and Conditioning Issues

Robbie Yellott

9:30 - 10:20

Off-Season 4th Quarter Program
University of Alabama

10:30 - 11:20

Training from the Ground Up
Cedric Smith

11:30 - 1:00

Lunch (Provided) / Sponsors / Facility Tour

1:00 - 1:50

Training the Female Athlete
Raychelle Ellsworth

2:00 - 2:50

Lessons Learned from a Legend—
Gayle Hatch
Jeff Earls

3:00 - 3:50

Fueling the Athlete
Amy Goodson

3:50 - 4:00

Closing Remarks
Doug Bull

GUEST SPEAKERS

Robbie Yellott—Zachary High School

Coach Yellott is in his third year as Director of Strength and Conditioning at Zachary High School. Yellott coordinates all strength and conditioning activities for all sport at the high school. Prior to joining Zachary High School, Yellott served as a graduate assistant strength and conditioning coach at LSU where he was a part of the 2007 National Championship Tiger Football coaching staff. Along with the football program, and he was also responsible for developing and implementing strength and conditioning programs for the LSU baseball pitchers as well as serving as head swimming and diving strength coach. Prior to his stint at LSU, Yellott also served as Intern Strength Coach at Texas Christian University, where he worked with the Football, basketball, baseball, track and field and tennis teams.

Ryan Davis—University of Alabama

Coach Davis is in his 1st year as the assistant strength and conditioning coach for football at the University of Alabama, under the direction of Scott Cochran. Ryan is also responsible for training the womens volleyball, tennis, and rowing teams at Alabama. Prior to arriving in Tuscaloosa he served as the assistant development coach at the University of Louisville, and the University of West Florida where he assisted in the programming and implementation of year round training protocols for all of WFA's sports. Coach Davis is the 2010 award winner of the CSCCa's John Stuckey Award awarded for outstanding performance on the practical portion of the CSCCa. Before coming to UWF, Davis worked as a conditioning coordinator for men's and women's basketball at Rowan University in Glassboro, New Jersey. After his first year at UWF, Davis completed his strength and conditioning internship with the University of Alabama.

Cedric Smith—The Houston Texans

Cedric Smith is currently in his 1st year as the Head Strength and Conditioning coach for the Houston Texans. Before coming to Houston, he held the same roll for past three years with the Kansas City Chiefs. Coach Smith is from Enterprise, AL and attended the University of Florida where he was fullback for the Gator football team. He was drafted in the 5th round out of college and spent six years in the NFL with the Minnesota Vikings, New Orleans Saints, Washington Redskins, and the Arizona Cardinals.

Raychelle Ellsworth—Texas A&M University

One of the most highly regarded female strength and conditioning coaches in the nation, Raychelle Ellsworth serves as the assistant strength and conditioning coach at Texas A&M University. Before returning to her alma mater, where she was a standout on the volleyball team as a student, she was the assistant strength and conditioning coach at the University of Washington from 1995-96.

Jeff Earls—University of Texas

Coach Jeff Earls is currently is the assistant strength and conditioning coach at the University of Texas where he works with football, baseball, volleyball, men's golf and women's tennis. Prior to arriving in Austin, Jeff was an assistant at the Center for Athletic Performance Elite where he worked under legendary coach Gayle Hatch. Before joining CAP Elite, Jeff was an assistant strength coach at Louisiana State University where he oversaw all aspects of training for the men's basketball team under the supervision of Tommy Moffit. He has coached a total of eight national champion AAU Jr. Olympic Weightlifters while working with Coach Hatch Coach. Coach Earls holds two master's degrees in different fields of kinesiology from Georgia Southern and the University of Texas, and a bachelor's degree from LSU.

Amy Goodson—TCU / Ben Hogan Sports Inst.

Amy is the sports dietitian at Ben Hogan Sports Therapy Institute where she works with athletes of all levels, serves as a media dietitian and speaks to sports teams as well as at a variety of nutrition, athletic training and coaching conferences. She is the sports dietitian for Texas Christian University. In addition she serves as the registered dietitian for the Executive Health Program and is the nutrition media spokesperson for Texas Health Harris Methodist Hospital Fort Worth. Amy works on performance nutrition with golfers from high school to those playing professionally on the PGA Tour® and is also the consulting sports dietitian for the Texas Rangers Major League Baseball team and the Dallas Stars National Hockey League.

REGISTRATION FORM

Name

Street Address

City, State, Zip

Home Phone

E-Mail Address

School, University, Club

Work Phone

Sport(s) You Coach

Clinic Fees:

Registration: \$55

Late Registration: \$65 (after Feb 11th)

Make checks / Money Orders Payable to:

Deer Park Strength and Conditioning

Send Registration to:

Doug Bull

District Strength & Conditioning Coord.

Deer Park High School

710 W. San Augustine

Deer Park, TX 77536