



2016 Strength & Conditioning Clinic

Presented by Rockford Public Schools

Saturday, April 9

East High School Fieldhouse | 2929 Charles Street, Rockford IL 61108

Clinic Schedule

7:45-8:00 a.m.—Registration and breakfast

8:00-9:00 a.m.—Lew Porchiazio, Assistant Strength & Conditioning Coach, University of Michigan

9:10-10:10 a.m.— Lindsay Dinkleman and Zach Walrod, Strength & Conditioning Coaches, University of Iowa

10:20-11:20 a.m.— Brad Ohrt, Director of Sports Performance, Northern Illinois University

11:30 a.m.-12 p.m.—Roundtable

12:00-12:30 p.m.— Lunch

12:30-1:30 p.m.—A. Ryan Bracius, Assistant Strength & Conditioning Coach, University of Wisconsin-Whitewater

1:40-2:40 p.m.—Stephen Reich, Assistant Strength & Conditioning Coach, Northwestern University

Clinic guests include Brad Ohrt, pictured right, the Director of Sports Performance at Northern Illinois University.



NSCA CEU Approved Clinic

- \$50 per person for the clinic; \$60 per person for the clinic and a DVD
- Lunch and light breakfast included
- Register online at <https://www.epayillinois.com/Epay/Pay/121048>, or make check payable to Rockford Public Schools and mail to Emily Tropp, 501 7th Street, Fourth Floor, Rockford IL, 61104.

More information:

Tyler Fagan: tyler.fagan@rps205.com

Emily Tropp: emily.tropp@rps205.com; 815-966-8960

