



## Northeast Ohio Strength Clinic

Saturday, March 17, 2018

Roehm Athletic Complex



| LOCATION                | CONTACTS                               | CEU'S        |
|-------------------------|--|--------------|
| Roehm Athletic Facility | Beau Kinnaird, MEd, AT, CSCS           | 0.6 NSCA     |
| 7220 Pleasant Avenue    | bkinnaid@bera.k12.oh.us (440) 570-3919 | 6.0 NATA/BOC |
| Berea, OH 44017         |  | 2.0 CSCCa    |

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|--|
| Dawn Weatherwax, RD, CSSD, LD, AT, CSCS “Team Work! How the Sports Dietician can work alongside the AT, Personal Trainer, and Strength Coach in Maximizing the Athlete’s Performance and Health Goals” |
| Kevin Hollabaugh, MHA, CSCS, USAW, FMSC “House of Speed”   |
| Kevin Powers, MEd, PT, CSCS “Eccentric Activity and Exercise”  |
| Ryan Hart, CSCS, USAW-SPC, MDS-I “Speed and Strength Training for Athletes That Are ‘Spread Thin’”   |
| Brian Lebo CSCS D* “Posterior Chain Training for Strength, Power Production, and Injury Prevention”  |
| Chris Powell, MS, USA-W, CSCS*D “Progressions of Linear Speed Development”   |

Speaker order is subject to change. Dress appropriately for breakout sessions. Additional information is posted on [titansathletics.org](http://titansathletics.org) under the Sports Medicine page and the Berea-Midpark Sports Medicine Facebook page.

### REGISTRATION FORM NORTHEAST OHIO STRENGTH CLINIC

MARCH 17, 2018

Mail completed registration (with check payable to Berea-Midpark Athletic Boosters) to

Berea-Midpark Sports Medicine, Athletic Training Room, 165 East Bagley Rd., Berea, Ohio 44017

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_  
 Phone # \_\_\_\_\_  
 Email \_\_\_\_\_  
 Emergency Contact & Phone \_\_\_\_\_  
 NSCA Member Number \_\_\_\_\_ NATA-BOC \_\_\_\_\_

| Clinic Fees (circle one)                            | Now thru March 12th | After March 12 <sup>th</sup> On-site |
|---|---------------------|--------------------------------------|
| Professional member (AT, CSCS, NSCA-PT)             | \$70                | \$85                                 |
| Students ( with letter)<br>Guests, no CEU's awarded | \$35                | \$35                                 |

Credit Card \_\_\_\_\_ Exp Date \_\_\_\_\_

**REFUND POLICY: ON OR BEFORE 3/15/18 – 50% (\$35)**

**ABSOLUTELY NO REFUND AFTER 3/17/18, if clinic is rescheduled.** Signature \_\_\_\_\_

### Roehm Athletic Facility

The Roehm Athletic Facility is located ~ 15 minutes south of Cleveland on Interstate 71, across the street from Berea-Midpark High School. Take Interstate 71 to Bagley Rd, and head west. The facility is located on the south corner of Pleasant Street and Bagley Road. From the Airport- take Rt 237 south to Front St. turn left onto Bagley Rd.



**NSCA CEU**

APPROVED



**CSCC<sub>a</sub> CEU**

APPROVED

#### Non-Discriminatory Policy

The Northeast Ohio Strength Clinic does not discriminate on the basis of race, color, national origin, religion, gender, disability, military status, sexual orientation, or age. The Northeast Ohio Strength Clinic is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.

#### Conflict of Interest Policy & Procedure

The Northeast Ohio Strength Clinic and its presenters will make public potential and actual conflicts of interest and financial gain associated with any programs, presenters, or providers.



## **NORTHEAST OHIO STRENGTH CLINIC**

**Roehm Athletic Facility**

**Saturday, March 17, 2018**

## Course Objectives

Dawn Weatherwax, RD, CSSD, LD, ATC, CSCS. Founder of Sports Nutrition 2GO

‘Team Work! How the Sports Dietician can work alongside the AT, Personal Trainer, and Strength Coach in Maximizing the Athlete’s Performance and Health Goals.’

1. Learn strategies to preventing long term complications of the female athletic triad, stress fractures, and eating disorders.
2. Review techniques on how to optimize injury recovery, gain lean weight, achieving ideal body composition and maximizing nutrition for athletes overall performance goals.
3. Review other common topics such as anemia, hydration strategies, muscle cramping, electrolyte testing and supplementation.

Kevin Hollabaugh, MHA, CSCS, USAW, FMSC. Owner/Program Director ProForce Sports Performance

“House of Speed”

1. Attendees will learn how to access and define speed
2. Learn how to develop a program for speed development
3. Define and develop max velocity and create acceleration

Kevin Powers, MEd, PT, CSCS, Southwest General Sports Medicine, Physical Therapist

“Eccentric Exercise”

1. Be able to define and recognize different muscle contractions.
2. Attendees will understand the importance of eccentric muscle contractions in injury management and rehabilitation.
3. Learn eccentric properties in creating muscle mass and power development for sport.

Ryan Hart, CSCS, USAW-SPC, MDS-I, Head Strength & Conditioning Coach Pinnacle Sports

“Speed & Strength Training for Athletes that are ‘Spread Thin”

1. Provoke further and deeper thinking on the “why” of current strength and speed programs in the private sector and in school settings.
2. Provide insight into evaluation and understanding of what the athlete’s current “workload”
3. Teach how to blend periodization and randomization of training for speed and strength for athletes that are training and practicing outside your program
4. Understanding programming flexibility based on the needs of the athlete
5. What limits/enables athletes to train for better speed and strength

Brain Lebo, CSCS D\* Founder, Owner, Director Athletic Performance Training Center

“Posterior Chain Training for Strength, Power Production, and Injury Prevention”

1. Clinic attendees will understand how the athletes posterior chain can improve power production
2. How the posterior chain has a direct relation to speed and agility
3. Learn techniques for injury prevention and overall strength development

Chris Powell, MS, USA-W, CSCS D\*, Fitness Manager, Hancock Wellness Center

“Progressions of Linear SPEED Development”

1. Attendees will establish the foundations of speed development
2. Creating and development of warm-up and weight room progressions and running technique
3. Indications and contraindications of over speed and resistance training.

## Clinic Schedule

| Time          | Weight Room                 | Classroom   |
|---------------|-----------------------------|---|
| 7:15-7:55am   | Registration-main hallway   | Coffee  |
| 8:00-8:35am   |                             | Ryan Hart "Speed and Strength Training for Athletes Spread too Thin"            |
| 8:35-9:10am   |                             | Chris Powell "Progressions of Linear Speed Development"                         |
| 9:10-10:10am  | Morning Break Out Session   |   |
| 10:15-11:30am |                             | Dawn Weatherwax "Team Work"   |
| 11:30-12:00pm | LUNCH                       | LUNCH   |
| 12:00-12:35pm |                             | Kevin Powers "Eccentric Activity and Exercise"                                  |
| 12:35-1:10pm  |                             | Kevin Hollabaugh "House of Speed"   |
| 1:10-1:45pm   |                             | Brian Lebo "Posterior Chain Training for Strength, Power and Injury Prevention" |
| 1:50-3:05pm   | Afternoon Break Out Session |   |
| 3:05pm        | Adjournment                 | Certificate Pick Up   |