

## DIRECTIONS

### FROM THE NORTH (FLINT, MI)

West on I-69 to US-127 (exit 89) South (5.5 miles) to Trowbridge Road exit East (0.5 miles) to Harrison Road; turn left North for approximately 0.5 miles, turn right onto Shaw Lane (Spartan Stadium is located 0.5 miles on the left). Parking will be provided in Spartan Stadium Parking Lot, across from the Clara Bell Smith Academic Center.

### FROM THE SOUTH (TOLEDO, OH)

US-23 North to I-96 (exit 60B) West, to US-127 (106B) North, to Trowbridge Road exit East (0.5 miles) to Harrison Road; turn left North for approximately 0.5 miles, turn right onto Shaw Lane (Spartan Stadium is located 0.5 miles on the left). Parking will be provided in Spartan Stadium Parking Lot, across from the Clara Bell Smith Academic Center.

### FROM THE EAST (DETROIT, MI)

I-96 West to US-127 (exit 106B) North (3.1 miles) to Trowbridge Road exit East (0.5 miles) to Harrison Road; turn left North for approximately 0.5 miles, turn right onto Shaw Lane (Spartan Stadium is located 0.5 miles on the left). Parking will be provided in Spartan Stadium Parking Lot, across from the Clara Bell Smith Academic Center.

### FROM THE WEST (CHICAGO, IL)

I-94 East to I-69 North, to I-496; turn left East (5 miles) to Trowbridge Road (exit 9) East (0.5 miles) to Harrison Road; turn left North for approximately 0.5 miles, turn right onto Shaw Lane (Spartan Stadium is located 0.5 miles on the left). Parking will be provided in Spartan Stadium Parking Lot, across from the Clara Bell Smith Academic Center.

## ACCOMODATIONS

Call the **Kellogg Center** on the MSU campus for a special rate. Please mention "strength clinic" when making your reservation. A limited block of rooms is available at a reduced rate.



Reservations:  
1-800-875-5090  
MSU Campus  
East Lansing, MI 48824

## GENERAL INFORMATION

We would like to invite you and your fellow coaches to the **4th Annual MSU Strength & Conditioning Clinic**. The clinic is designed to give all coaches, a solid foundation in the basic fundamentals of strength training, speed mechanics and agility training.

### WHEN:

**\*Friday, February 11th, 2011 - FREE SESSION!!!**

**\*No registration for Friday 6-8pm**

**\*Saturday, February 12th, 2011.**

**\*Registration & Check-in @ 645-730am**

**\*Clinic will run approximately until 330pm.**

### WHERE:

Clara Bell Smith Academic Center  
(adjacent to the Duffy Daugherty Building)

### COST:

**\*\$100 Pre-registered via mail by Feb 10th  
(includes clinic registration + 2011 clinic DVD)**

**\*\$80 Pre-registered via mail by Feb 10th  
(clinic registration only)**

**\*Full payment by check made payable to  
"Michigan State University"**

**\*CEUs offered by the CSCCa, NSCA and NATA.**

### ITINERARY:

The clinic itinerary will be emailed to preregistered coaches.

### WALK-IN REGISTRATION POLICY:

Walk-in registration on the day of the clinic will be accepted for an additional \$10 fee. However, limited space is available. Only cash, money orders or personal checks will be acceptable for payment at this time. **NO CREDIT CARDS ACCEPTED.**

For further information, please contact:  
Mike Vorkapich by phone: 517-432-1822  
or via email: [vork@ath.msu.edu](mailto:vork@ath.msu.edu)

## Michigan State University Strength & Conditioning Clinic February 11th-12th, 2011



CEUs offered for CSCCa, NSCA and NATA



# REGISTRATION FORM

## PLEASE PRINT INFORMATION BELOW

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Daytime Telephone (\_\_\_\_) \_\_\_\_\_

School \_\_\_\_\_

### COST (Please check one):

\$100 Pre-registered via mail by Feb 10th

☐ (includes clinic registration + 2011 clinic DVD)

\$80 Pre-registered via mail by Feb 10th

☐ (clinic registration only)

Send completed form with payment in full to:

(Please make checks payable to:

Michigan State University)

MSU Strength Clinic  
c/o Mike Vorkapich  
Duffy Daugherty Building  
Michigan State University  
East Lansing, MI 48824

**NOTE:** Walk-in registration on the day of the clinic will be accepted for an additional \$10 fee. However, limited space is available. Only cash, money

# CLINIC SPEAKERS



**Dr. Ken Leistner**—Returning as our Master of Ceremonies, is chiropractor and iron game legend, Dr. Ken Leistner. Known for his extremely intense training sessions, "Dr. Ken" eats and sleeps physical training. Just a few years ago, this 63 year-old eccentric training machine barbell squatted 407 lbs. for an unbelievable 23...yes, that's 23... perfectly executed repetitions!! And, when he's not squatting or hoisting large objects like say, an engine block, he may be training kids and youth from his neighborhood...or a long list of collegiate and professional athletes. In addition to being an entertaining clinic speaker, he has been published in "Physical Development", "4.1.1. Newsletter", "Hard Training", "Iron Man", "Muscular Development", "Muscle And Fitness", "Strength And Health", "Powerlifting-USA" and his own, "The Steel Tip Newsletter". With a background in collegiate football and track, Dr. Ken spent seven years intermittently working for Nautilus creator Arthur Jones, in addition to working with Dr. Ellington Darden, Kim Wood, Dan Riley and many others.



**Kim Wood** – a pioneer in the iron game, started weight training as a youngster to become a better wrestler and football player. Kim was a running back at the University of Wisconsin in the sixties...long before the fancy weight rooms and training complexes known to today's players. Later, Kim worked for Arthur Jones, the legendary designer of the Nautilus machines. In 1975, Kim became one of the first strength coaches in professional football, when he was hired by Paul Brown of the Cincinnati Bengals. During that time, he was also one of the three principals who created the now, world famous, Hammer Strength machines. He retired from the Bengals after 28 years with the team and was lucky enough to experience two Super Bowls along the way.



**Bob Rogucki** is in his 3<sup>rd</sup> year as the Ravens' head strength & conditioning coach. Rogucki is a 36-year coaching veteran, who has 20 years experience in the NFL. Old school philosophies and hard work prevail in the weight room, but Rogucki makes his program competitive, challenging and fun for the players. Prior to stints as an assistant strength coach with the Philadelphia Eagles and Jacksonville Jaguars, Rogucki spent 14 seasons as the head strength coach for the Arizona Cardinals. Before making the jump to the NFL, Rogucki coached at the collegiate level, making stops at Penn State, Weber State and Army. After earning a bachelor's degree from Glenville (WV) State University in 1975, Rogucki embarked on his coaching career at the high school level in Ohio, Pennsylvania and West Virginia.



**Mike Gittleson**, a pioneer in the field of strength & conditioning, and current consultant with Rogers Athletic, spent 30 years as the strength coach for the University of Michigan. Appointed the athletic department's first strength coach in 1978, Mike played a big part in the success of the Wolverines' football program, which included a National Championship in 1980, 14 Big Ten titles, 12 Rose Bowl appearances, 49 First-team All-Americans and 23 NFL 1st-Round Draft picks. He was recognized by the Professional Football Strength & Conditioning Coaches Society as the 2003 National Collegiate Football Strength & Conditioning Coach of the Year. Gittleson earned degrees from New Hampshire and Plymouth State College, while lettering in football, wrestling and track and win the state weightlifting championship. A Vietnam vet, he later came to Michigan and completed a master's degree in exercise science. An adjunct lecturer in Sports Management, Gittleson was honored with the distinction of an "Honorary M Man".



**Ray "Rock" Oliver**, a former strength coach with the University of Kentucky and Cincinnati Bengals, is in his first season as the director of strength & conditioning for the UK football team. Oliver's history includes terms in football and basketball on the collegiate and professional levels. He spent the last six seasons as the associate strength & conditioning coach with the Cincinnati Bengals and has been the head strength coach with the Tampa Bay Buccaneers and the New Jersey Nets of the National Basketball Association. On the collegiate level, Oliver has been the strength & conditioning coach with football and/or basketball teams at Kansas, Pittsburgh, UK, South Carolina and Memphis. He was previously at UK from 1989-92, working with the Wildcat basketball team. A native of Cincinnati, Oliver was a defensive back at Ohio State in 1980-81 before transferring to the University of Cincinnati. While sitting out the '82 season as a transfer, he became interested in strength training under then-UC Coach Mike Gottfried. When Gottfried moved to the University of Kansas in 1983, Oliver transferred to Kansas and began working as a strength & conditioning coach while completing his degree.



**Ted Lambrinides**, a long-time fitness professional with a broad range of experience in the field, is in his first season as an assistant strength and conditioning coach at Kentucky. He will work mainly with the football team. Lambrinides, did his undergraduate studies in business marketing and graduate studies in coaching and exercise science at The Ohio State University, where he began his career as a student assistant and graduate assistant strength and conditioning coach. After OSU, Lambrinides worked as director of education for two fitness companies, Nautilus Midwest and Hammer Strength Corporation. In 2001, Lambrinides began his own enterprise as owner and president of High Performance Training, Inc. His business has expanded to three training centers in the Cincinnati/Northern Kentucky area. He has been involved extensively in helping potential NFL players train for the league combine and other evaluation events. Lambrinides, a member of the NCAA Speakers Bureau, has been a consultant and guest speaker for a variety of topics, including strength training, conditioning and sports nutrition. His clients have featured teams across the NFL, NBA and NCAA. Since 1991, Lambrinides also has been a lecturer and coordinator of the exercise science program at Thomas More College in Crestview Hills, Ky.



**Rick Court** is in his 2<sup>nd</sup> season as the Toledo Rockets' director of football strength & conditioning. Rick's high energy has been an important element in the across-the-board improvement in strength and fitness of Toledo's football players. Prior to his appointment at UT, Court spent six years on the strength & conditioning staff at Bowling Green. In September of 2008, he was promoted from assistant director of strength & conditioning to head strength & conditioning coach for the Falcons. Court is a 2002 graduate of Michigan State, where he played baseball and received a bachelor's degree in kinesiology. Rick also earned a master's degree in sports administration from Eastern Kentucky in 2003. Court was an intern in the strength & conditioning program at Michigan State in 2001 and 2002, working with the hockey, basketball and football teams. He also did an internship in strength training with the Detroit Tigers.



**Christine Bradd** - As the Coordinator for the Division of Sports and Cardiovascular Nutrition and the SNAPP program, Christine oversees the sports nutrition needs of the MSU athletes including nutrition education, counseling, training tables, body composition analysis, and supplement evaluation as well as co-instructs a nutrition course and research. After receiving her bachelor's degree from University of Central Arkansas, Christine began her career as the assistant strength & conditioning coach at The University of Louisiana at Monroe. Upon completion of her master's degree in exercise science from UL-M, Christine was named the head strength & conditioning coach at North Carolina A&T State University, leading year-round training for all teams – including football. Christine is a Registered Dietitian (RD) with the American Dietetic Association (ADA). A two-time All-American Powerlifter in college, Christine is also certified through the Collegiate Strength and Conditioning Coaches association (CSCCA), the National Strength and Conditioning Association (NSCA), USA Track & Field and USA Weightlifting.

In addition to the featured speakers,  
Ken Mannie and the Spartan Strength & Conditioning Staff  
will be on-hand to facilitate the clinic.

# POWER LIFT®



# MICHIGAN STATE<sup>®</sup>

## CLINIC ITINERARY:

Friday, February 11, 2011

600-800pm – Ken Mannie & Dr. Ken Leistner – “Tips From the Trenches”

Saturday, February 12, 2011

730am - Welcome - Ken Mannie

735am - Dr. Ken Leistner -*Clinic Emcee*

745-840am – Christine Bradd – Spartan Nutrition Program

845-940am – Rick Court – Toledo Rocket Inseason Strength Program

945-1040am – Mike Gittleson – *Training the Hips – Weight Room Demo*

1045-1140am – Bob Rogucki – Upper Body Training – Weight Room Demo

1140-1210 - Lunch (*Hobie's Box Lunch Provided by Rogers Athletic*)

1215-130pm – Rock Oliver & Ted Lambrinides – UK Speed & Agility Training Demo

135-230pm – Kim Wood – Old School Strength - Demo

230-300pm - Comments from Dr. Ken

300pm – Q&A, clinic wrap-up

*\*Coaches will remain on hand for informal conversation/answer questions.*

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**800.872.1543**

