

GUEST SPEAKERS

Scott Charland MS, CSCS, SCCC, USAW

Saint Louis University

Director of Strength and Conditioning/
Olympic Sports

Russell DeRosa, MS, CSCS, USAW

Boston College

Director of Strength and Conditioning/
Olympic Sports

Cliff Dooman, MA, CSCS, USAW

US Naval Academy

Director of Strength and Conditioning/
Olympic Sports
Assistant Professor in Physical Education

Rock Gullickson

Saint Louis Rams

Head Strength and Conditioning Coach

Tim Howell, Ed.D, ATC, CSCS

Saint Louis University

Clinical Education Coordinator for
Athletic Training

Jon Torine

Indianapolis Colts

Head Strength and Conditioning Coach



Erick Schork
Strength and Conditioning
Clinic Director
Saint Louis University
Phone: 314-977-7025
3330 Laclede Ave.



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University Hospital
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SLUCare Sports Medicine at Saint Louis University Hospital



SAINT LOUIS
STRENGTH & CONDITIONING
PRESENTS

**STRENGTH
POWER
AND
SPEED**

**2011 COACHING CLINIC
APRIL 16, 2011**

**Chaifetz Arena
Saint Louis
University
Saint Louis, MO**

GENERAL INFORMATION

WHO: Coaches, Strength Coaches, Athletic Trainers, Parents, and Interested Individuals of all Sports.

WHERE: Saint Louis University
Chaifetz Arena
#1 Compton Ave.
Saint Louis, MO 63103

WHEN: **SATURDAY, APRIL 16, 2011**
8:30AM– 4:30 PM

COST: \$55.00 Before 4/16/2011
\$65.00 Day of Clinic

Refunds equal to 50% of registration fee (before 04-01-11). No refunds will be honored on or after 04-01-11.

CEUs: CSCS = .6 NATABOC = 6



Directions and Parking

For directions to **Chaifetz Arena** visit:

www.slubillikens.com

Parking is Available at the:

Olive Compton Garage

CLINIC ITINERARY

<u>TIME</u>	<u>TOPICS</u>
8:15-8:50	REGISTRATION/ CHECK IN CHAIFETZ ARENA ARENA LEVEL/ CLASSROOM
8:50-9:00	Introduction and Welcome Erick Schork
9:00-10:00	Sports Injuries: Mechanisms & Modifications Tim Howell
10:00-11:00	Exercise Options Cliff Dooman
11:00-12:00	System and Progression of Athletic Development at Boston College Russ DeRosa
12:00-1:00	Lunch (on own) View Exhibits
1:00-1:30	Learning Lab Scott Charland
1:30-2:30	Periodization and Methodology Rock Gullickson
2:30-3:30	Training the Complete Athlete Jon Torine
3:30-4:15	Open Forum for Questions/Answers w/ Presenters
4:15-4:30	Raffle & Closing Remarks

Are you interested in helping your athletes enhance speed, power, and agility?

Would you like to incorporate the latest methods into your programs?

The 2011 Coaches Clinic is your chance to learn the theories behind these methods of training, and gain practical experience applying those theories.

Sessions will consist of both classroom and active participation. All sessions will take place in the state of the art Chaifetz Arena.

2011 APPLICATION FORM

NAME

STREET ADDRESS

CITY, STATE, ZIP CODE

HOME PHONE

E-MAIL ADDRESS

SCHOOL, UNIVERSITY, CLUB

CELL/WORK PHONE

NSCA/CSCS # (if Applicable)

NATABOC # (if Applicable)

MO AT License # (if Applicable)

Clinic Fees:

Pre-registration: \$55.00 (Ends April 15, 2011)

Registration: \$65.00 (April 16, 2011)

**Make Checks or Money Orders Payable to:
Erick Schork (Clinic Director)**

****Photocopies of this application are acceptable****

Return form and payment to :

Erick Schork
Strength and Conditioning
Clinic Director
Saint Louis University Phone: 314-977-7025
3330 Laclede Ave. Fax: 937-775-2368
Saint Louis, MO 63103 Email: eschork@slu.edu