

# GUEST SPEAKERS

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## Scott Charland MS, CSCS, SCCC, USAW

Saint Louis University

Director of Strength and Conditioning/  
Olympic Sports

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## Russell DeRosa, MS, CSCS, USAW

Boston College

Director of Strength and Conditioning/  
Olympic Sports

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## Cliff Dooman, MA, CSCS, USAW

US Naval Academy

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

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## Rock Gullickson

Saint Louis Rams

Head Strength and Conditioning Coach

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## Tim Howell, Ed.D, ATC, CSCS

Saint Louis University

Clinical Education Coordinator for  
Athletic Training

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## Jon Torine

Indianapolis Colts

Head Strength and Conditioning Coach

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

**SLUCare**  
The Physicians of  
Saint Louis University  
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Saint Louis  
University Hospital  
sluhospital.com

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](http://www.slubillikens.com)

Parking is Available at the:

Olive Compton Garage

# CLINIC ITINERARY

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

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