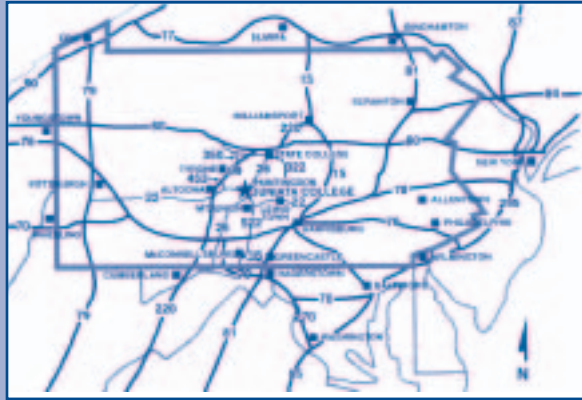


DIRECTIONS



From the Northeast: Take Interstate 80 West to State College/Bellefont Exit (#161), then take PA Route 26 South to Huntingdon.

From the Northwest: Take Interstate 80 East to Woodland Exit (#123), follow US Route 322 to Phillipsburg, then take PA Route 350 to Interstate 99 South to Tyrone, then take PA Route 453 to Water Street, and US Route 22 East to Huntingdon.

From the East: Take Interstate 76 (PA Turnpike) to Harrisburg Exit (#247), or take US Route 22/78 West to Harrisburg. Then follow signs to Lewistown on US Interstate 283 North and 81 South to US Route 322 West to Lewistown, then take US Route 22 West to Huntingdon.

From the West: Take US Route 22 East, or Take US Interstate 76 (PA Turnpike) East to Bedford Exit (#146), follow US Interstate 99 North to US Route 22 East to Huntingdon.

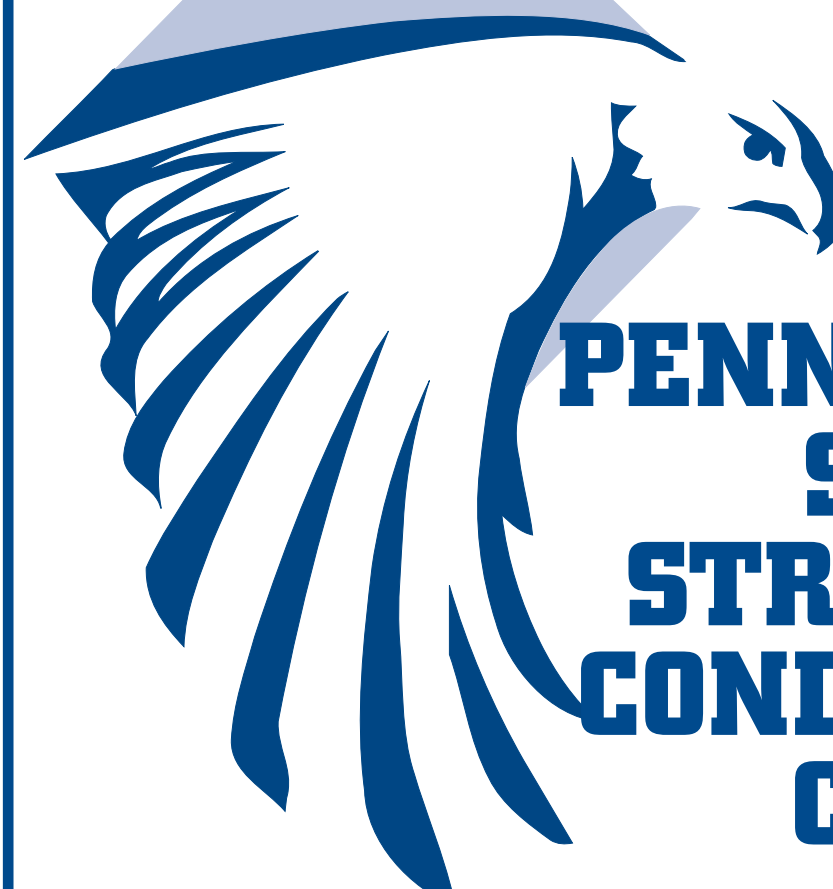
From the South: Take US Interstate 70 West to Hagerstown, US Interstate 81 North to Greencastle, the PA Route 16 to McConnellsburg, US Route 522 North to Mount Union. Then take US Route 22 West to Huntingdon.

Plane: The University Park (State College) airport offers commercial air travel service to the region.

Train: Amtrak Train serves Huntingdon twice daily from the East and the West. Call 1-800-872-7245 for further information.



JUNIATA COLLEGE



**6th
ANNUAL**

PENNSYLVANIA STATE STRENGTH & CONDITIONING CLINIC

June 10 & 11, 2005

All Sports & All Components of Performance Enhancement

**Professional Development & Continuing Education
Units Awarded by:**

National Strength & Conditioning Association

BOC- National Athletic Trainers Association

Pennsylvania Board of Education / Act 48

New Jersey Board of Education Professional Development

Huntingdon, PA 16652
1700 Moore Street
Brumbaugh Strength & Fitness Center
JUNIATA
COLLEGE



Who Should Attend?

Anyone interested in Performance Enhancement and Strength & Conditioning

*Strength & Conditioning Coaches • Athletic Trainers • Physical Therapists
Sport Coaches • Athletic Administrators • Personal Trainers • Fitness Instructors
Athletes interested in Sport Specific Strength & Conditioning*



CLINIC COORDINATOR

Doug Smith

Clinic Assistants: Eric Childs, Niki DeSantis, Brian Divelbliss, Matt Huntsman, Bill Klika III, Mike Adams, Lorelei Kubiak, and Fred Wall.

Clinic Contents: Presentations of subject matter dealing with overall strength program design, exercise mechanics, sport specific speed and agility training, functional sport specific strength, injury rehabilitation and program adaptation, sport specific flexibility, development of core strength, and implementation or non-traditional modes of functional strength training.

PA State CLINIC SCHEDULE

FRIDAY, JUNE 10, 2005

6:30 – 7:45 am Kennedy Sports+Recreation Center/Lobby: Registration & Check In

BRUMBAUGH ACADEMIC CENTER

7:50 – 8:00 am **Introductions:** Doug Smith, NSCA Pennsylvania State Clinic Director, Juniata College Strength & Fitness Coach

8:00 – 8:55 am **Concurrent Sessions (choose one)**

TRACK 1 - ALUMNI HALL

Band Training: Dick Hartzell, Jump Stretch Inc., Owner & Trainer

TRACK 2 - A202

How to Develop a Successful Weight Management Program: Lee H. Igel, B.S., Ed.M, NYU & Exer-Psych Lifestyle Management

9:00 – 9:55 am **Concurrent Sessions (choose one)**

Evaluation & Functional Rehabilitation of the Lower-back; Integrated Core Training: Andrew Tyndall, M.D., Ph. D., *Neural Surgeon at University Orthopedics*

New Innovations in Strength and Conditioning Equipment: John Murray, B.S., M.S., *Owner Advantage Sport & Fitness, Inc.*

10:00 – 10:55 am **Concurrent Sessions (choose one)**

Teaching Progression of the Olympic Snatch: Leo Totten, B.S., M.S., *USA Weightlifting/International Strength Coach*

Psychological Approach to Weight Loss: Shannon Maher, B.S., *NSCA-CPT Fitness & Lifestyle Consultant*

11:00 – 11:55 pm **Concurrent Sessions (choose one)**

Strength Training for Lacrosse: Hal Luther, B.S. M.S., *Syracuse University Strength Coach*

Sports Supplements: Timothy A. McKnight, M.D., *Director Physical Therapy & Sports Rehabilitation Center, Twin City Hospital*

12:00 – 12:55 pm **BAKER REFECTORY – LUNCH**

1:00 – 1:55 pm **ALUMNI HALL**

Syracuse University Strength Training for Football: William Hicks, B.S., C.S.C.S., *Syracuse University Football Strength Coordinator*

2:00 – 2:55 pm **ALUMNI HALL**

Marine Corps Martial Arts Training for Athletic Performance: Cliff Dooman, B.S., M.S., C.S.C.S., *US Naval Academy Strength Coach*

KENNEDY SPORTS+RECREATION CENTER

Hands on Workshops 3:00 – 6:00 pm

Multi-Directional Movement Training for Sports:

Darin Thomas, B.S., M.S., C.S.C.S. - *University of Richmond/Strength Coordinator & William Klika III, B.S., M.S., C.S.C.S. - Fairleigh Dickinson University Strength Coordinator*

Integrated Core Training: Babe Mayer, B.S., M.Ed. - *Pennsylvania College of Technology - Penn State Associate Professor; Director of Mayer Sports Training Center*

Teaching Progression of the Olympic Snatch: Leo Totten, B.S., M.S. - *USA Weightlifting International Strength Coach*

Integrated Movement Exercises & Flexibility for Wrestling: Eric Childs, B.S., M.S., C.S.C.S. - *Pennsylvania State University Wrestling Strength Coach*

Strength Training for Women Volleyball: Fred Cantor, B.S., M.Ed., C.S.C.S. - *University Maryland Baltimore Strength Coordinator*

Speed Development Workout: TyRonne Turner, B.S., C.S.C.S. - *Howard University Strength & Conditioning Coordinator*

Grip Training: the Forgotten Element of Functional Training:

James Smith, B.S., C.S.C.S. - *Sports Performance Trainer & Jedd Johnson, B.S., C.S.C.S. - Sports Performance Trainer*

Training for Ice Hockey: Justin Goulet, B.S., C.S.C.S. - *Norwich University*

Functional Warm-up & Flexibility for Pitchers: Tye Levy - *Juniata College Baseball Pitching Coach*

Training for Combine Testing: Joe Fondale, B.S., M.S., C.S.C.S. - *Velocity Performance*

Movement Drills for Soccer: Jay DeMayo, B.S., M.S., C.S.C.S. - *University of Richmond Strength Coach*

Kickboxing: Lorelei Kubiak, M.S., C.S.C.S. - *Sports Performance Trainer*

6:00 – 7:30 pm

ELLIS LAWN – COOKOUT

7:30 – 9:00 pm

FITNESS CENTER – OPEN WORKOUT



Strickler's Beverage



PA State CLINIC SCHEDULE

SATURDAY, JUNE 11, 2005

6:00 – 7:30 am

FITNESS CENTER – OPEN WORKOUT

7:00 – 7:55 am

BAKER REFECTORY – BREAKFAST & ROOM KEY RETURN

BRUMBAUGH ACADEMIC CENTER

8:00 – 8:55 am

Concurrent Sessions (choose one)

TRACK 1- ALUMNI HALL

Training for Combine Testing: Joe Fondale, B.S., M.S., C.S.C.S., *Velocity Performance*

TRACK 2 - A202

Program Design for the Multiple Sport Athletes: Tony Tridico, B.S., C.S.C.S., *Titusville High School Teacher & Strength Coordinator*

9:00 – 9:55 am

Concurrent Sessions (choose one)

Training for Soccer: Jay DeMayo, B.S., M.S., C.S.C.S., *University of Richmond Strength Coach*

Training for Ice Hockey: Justin Goulet, B.S., C.S.C.S., *Norwich University*

10:00 – 10:55 am

Concurrent Sessions (choose one)

Junk Yard Lifts/Thinking Outside the Box: Jerry Shreck, B.S. A.T.C., C.S.C.S., *Bucknell University Strength & Conditioning Coordinator*

Designing a Periodized Strength Program: Fred Cantor, B.S., M.Ed., C.S.C.S., *University Maryland Baltimore Strength Coordinator*

11:00 – 11:55 pm

Concurrent Sessions (choose one)

University of Pittsburgh Strength Training for Basketball: Tim Beltz, B.S., M.S., C.S.C.S., *University of Pittsburgh Basketball Strength Coordinator*

Exercise Induced Asthma: Gene Rubinosky, B.S., M.S., C.S.C.S., *University of Pittsburgh Wrestling Strength Coach*

12:00 – 12:55 pm

BAKER REFECTORY – LUNCH

BRUMBAUGH ACADEMIC CENTER - ALUMNI HALL

1:00 – 1:55 pm

Training Functional Speed for Football: Mike Kent, B.S., M.S., *University of Pittsburgh Football Strength Coordinator*

2:00 – 2:55 pm

Integrated Core Training: Babe Mayer, B.S., M.Ed., *Pennsylvania College of Technology Penn State Associate Professor, Dir. Mayer Sports Training Center*

3:00 – 3:55 pm

Hip and Posterior Chain Development: Todd Burkey, B.S., M.S., A.C.T., C.S.C.S., *Youngstown University Strength Coordinator*

5:00 pm

CHECKOUT & CERTIFICATIONS

CHOICE OF PACKAGES

2 Nights Lodging Package: Includes Room, 2 Days Registration, 4 Meals, Clinic Materials.

2 Day Conference Package: Includes 2 Days Registration, 4 Meals, Clinic Materials.

1 Day Conference/Fri. or Sat.: Includes 1 Day Registration, 2 Meals, Clinic Materials.

Meals Provided: Friday - Lunch & Cookout; Saturday - Breakfast & Lunch

REFUND POLICY

Full refund less \$25 if postmarked by 5/23/05. 50% refund if postmarked by 5/24/05 – 6/3/05. No refund after 6/4/05. All refund requests MUST be made in writing to: Juniata College, Attention: Douglas Smith, Kennedy Sports+Recreation Center, 1700 Moore Street, Huntingdon, Pennsylvania 16652-2196.

REGISTRATION FORM/RECEIPT

(Detach & Return As Soon As Possible)

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____ Email _____

Certification (PA Act 48 Contact in advance for needed certification material):

____ Other – Open to anyone interested in Sports Performance Enhancement

____ NSCA 1.8 CEU's ____ BOC 18 Contact Hours ____ PA Act 48 18 Credit Hours for Physical Education Teachers

____ Approved by the New Jersey Department of Education for Professional Development

Package Options:

____ Overnight Package – \$175 (Thursday and Friday Night Lodging) Includes Two days Registration, 4 Meals, Clinic Material, 2 Nights Lodging

____ 2 Day Package – \$150 (No Overnight Lodging) Includes Two days Registration, 4 Meals, Clinic Material

____ 1 Day Package – \$90 (Registration for Friday or Saturday Conference) Includes One day Registration, 2 Meals, Clinic Material

Where: Juniata College, Huntingdon, PA • **When:** June 10 & 11, 2005

Make Checks Payable to JUNIATA COLLEGE. Please enclose this registration form and your check in an envelope to: Juniata College, Attention: Douglas Smith, Kennedy Sports+Recreation Center, 1700 Moore Street, Huntingdon, Pennsylvania 16652-2196

For more information: 1-814-641-3502 • 1-877-JUNIATA • smithd@juniata.edu