



3rd Annual Central Ohio Strength & Conditioning Clinic

NSCA CEU APPROVED



Saturday, April 18, 2009

8:00am until 5:30pm

Located in Room 219 in the Burton Morgan Center on the Campus of Denison University

Clinic Manual & Refreshments Included

**NATA CEUs = 6.0
NSCA CEUs = 0.6**

Send Registration Form to:

Denison University Athletics
c/o Strength & Conditioning Clinic
Box 810—Physical Education Center
Granville, OH 43023

Phone: (740) 587-5463

Fax: (740) 587-6362

E-mail: wattsm@denison.edu

www.denison.edu/athletics/strength.html

TIME	TOPIC	SPEAKER
7:00-8:00am	Pre-Registration	
8:00-8:15am	Opening Remarks & Introductions	Mark Watts, MS, M.Ed, CSCS, USAW-SPC, NASM-PES, SCCC
8:15-8:40am	Stress Fractures in the High School Athlete: Prevention and Risk Factors	Travis Timmons, PT, MATs Fitness Matters
8:45-9:10am	How to Make Money in the Strength & Conditioning Business in the Private Sector	Adam Kessler, CSCS, USAW-SPC Fitness Planning Consultants
9:15-9:40am	Shoulder Functional Strength Training - Thinking Outside the Box and Staying on a Budget	Kurt Wilson, MA, ATC, CSCS Ohio Northern University
9:45-10:10am	Program Design for All Running Sports	Tom Palumbo, CSCS, USAW, SCCC The Ohio State University
10:15-10:40am	Muscle Activation: An Alternative Approach To Correcting Muscle Imbalances, Improving Range Of Motion And Enhancing Performance	Andrew O'Neil, M.Ed., MATs, CSCS Fitness Matters
10:45-11:10am	The Big 3 for Football	Rick Danison II, CSCS, USAW Cincinnati Bengals
11:15-11:40am	Screening, Evaluating, & Testing Athletes Transitioning from Subjective to Objective	Jack Hatem & Mark Watts Denison University

LUNCH ON YOUR OWN

1:15-1:40pm	Westside Meets Olympic Lifting: What Applies and What Doesn't	Travis Mash Gray Chiropractic & Sports Associates
1:45-2:10pm	Preventing Arm Injuries in Throwing Athletes	Charlie Smith, MS, NASM-PES Andrew Busch, NASM-PES Elite Performance
2:45-3:10pm	Denison University Strength & Conditioning: Tour of Athletic Facilities	Denison University Strength & Conditioning Interns
3:15-3:40pm	Dynamic Warm-Up for All Athletes	Clint Cox, NSCA-CPT, NESTA-SAQ Total Athletic Development
3:45-4:10pm	Strongman Training for Athletic Development	Lee Montgomery, NASM-CPT, IFA Total Athletic Development
4:30-5:30pm	Injury Prevention for the Female Athlete	Mark Watts & Derek Fry Denison University/ MedCentral Health Systems

3rd ANNUAL CENTRAL OHIO STRENGTH & CONDITIONING CLINIC REGISTRATION FORM

Name _____			Primary Job Responsibility _____		
Address _____			Name of Institution _____		
City _____	State _____	Zip _____	Cost for 1st Coach \$50 by April 1st _____		
Phone _____			E-Mail _____		
E-Mail _____			Each Additional Coach \$25 by April 1st _____		
E-Mail _____			Total # of Coaches Attending: _____		
Make Checks payable to Denison University			Method of Payment <input type="checkbox"/> Cash or Money Order		
			<input type="checkbox"/> Check		
			On Site registration: \$65 (\$35 for additional coaches)		

Free Admission with Student ID

3rd Annual Central Ohio Strength & Conditioning Coaches Clinic

Speaker Biographies



Andrew Busch was a full-scholarship athlete at Eastern Michigan University before transferring to Ohio Wesleyan University where he received his B.A in Physical Education. He is a certified Performance Enhancement Specialist (PES) through the National Academy of Sports Medicine (NASM) and joined the training staff at Elite Performance in 2004. After playing three seasons with the San Francisco Giants organization from 2004-2007, Andrew has helped protect and prepare baseball player's arms from little league to the professional ranks to improve their performance and decrease the risk of injury. In addition to working with Elite Performance, Andrew also teaches in the Sports & Exercise Studies program at Columbus State Community College. He is also a personal trainer for LifeTime Fitness in Dublin, Ohio.



Clint Cox is the Director of Training at Total Athletic Development. Clint has had the good fortune to work with athletes of all walks of life, including professional athletes (NFL, NHL, AFL, PGA, PGA), College Athletes, High School and Junior High Athletes. Clint is certified and an active member of the National Strength and Conditioning Association (NSCA) with over 10 years of experience in the fitness industry. Clint was a multi-sport athlete in High School and went on to play football at The University of Toledo.



Rick Danison serves as a strength and conditioning assistant for the Cincinnati Bengals Football Club. Danison received his BA at Ohio Northern University in 2007 and will complete his Masters of Science in Exercise Science/coaching Education at Ohio University this Spring. While at OU, Danison has also served as an Assistant Strength and Conditioning Coach. During his undergraduate career, Danison assisted as a Linebackers Coach, worked as an apprentice under Joe Gentry Olympic Sprint Coaches, and contributed as a Strength and Conditioning coordinator for the ONU football team.



Derek Fry is an assistant to an orthopedic physician at Med Central in Mansfield, OH. Derek graduated from Denison University with a BS in Athletic Training and is working toward his CSCS and ATC this year. Fry has worked as a personal trainer in Chicago, IL and a Fit Specialist at Road Runner Sports in Columbus, OH and continues to work with athletes of all ages as a Sports Performance Coach. Derek has been a funded athlete for USA Bobsled/ Skeleton Team and is an accomplished Olympic lifter and qualified for the Junior Session of the Olympic Trials in 2004.



Adam Kessler is the President of Fitness Planning Consultants, Inc., a private training company that helps people safely and permanently lose weight. In 2003, the company opened a facility to help athletes improve their speed and strength, called Sports Conditioning Specialists. They have expanded to two locations, one in Gahanna and one in Dublin. While serving as the head strength coach at Columbus Academy, the high school captured state titles in Field Hockey and Football, a state runner-up in Baseball, and an individual wrestling state champion. In the future, the company is expanding into the field of nutrition and corporate wellness.



Travis Mash has been strength training for over 21 years and has been working with athletes on their strength, speed and athletic performance for over 12 years and the general public for 15 years. Travis has worked with athletes and non-athletes of all levels from NFL and Olympic Hopefuls to twelve year olds just starting out to a seventy year old senior seeking increased mobility. He has experience working with athletes in several sports including but not limited to: football, basketball, swimming, track and field, mixed martial arts, Tae Kwon Do, baseball, lacrosse, water polo, Olympic Weightlifting, powerlifting, volleyball, cross country, triathlons, wrestling, bobsledding, and many more.



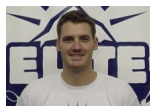
Lee Montgomery first began working in the fitness industry in 2000. Since that time, he has worked with a wide variety of clients, goals and programs utilizing a practical, multi-faceted approach to fitness. Lee also plans to add the NSCA-Tactical Strength and Conditioning (TSAC) Coach designation as well as the NSCA-CSCS in the next year. He also still enjoys competing, training and coaching in combat sports.



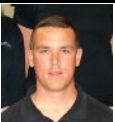
Andrew O'Neil has been working in the fitness industry for over 10 years. He received his Bachelor's Degree in Exercise Science from The Ohio State University in 2000 and his Master's Degree in Clinical Exercise Physiology from The University of Georgia in 2002. Andrew is also a Certified Muscle Activation Techniques Specialist (2006) and a Certified Strength and Conditioning Specialist (2002). Andrew has worked with high school, college, professional, and Olympic athletes in the areas of sports performance and late stage rehab. Andrew currently works as a personal trainer and MAT specialist at the Fitness Matters Studio in Linworth.



Tom Palumbo is in his 6th year as a Strength and Conditioning Coach for The Ohio State Buckeyes. Tom comes from the Pittsburgh Pirates organization where he served as a Minor League Conditioning coach for the 2001 season. His team, the Williamsport Crosscutters won the NY/Penn League championship. From 1999-2001 Tom was the Assistant Strength and Conditioning coach at the University of Georgia. While earning his master's degree in Physical Education and Sport Studies, Tom was a graduate assistant for the P.E. department and a volunteer Strength and Conditioning Coach at UGA.



Charlie Smith graduated from Ohio Wesleyan University in 2004, receiving his BA in Physical Education, Sports Management concentration. Smith joined Elite Performance Enhancement Programs in 2004, and has since trained many amateur, collegiate, and professional athletes. He has been involved with the development and implementation of the strength and conditioning program for Otterbein College's football team, as well as the Westerville South High School boys' basketball team, Westerville North High School boys' and girls' swimming and diving teams, and Thomas Worthington High School baseball team. In 2006, he finished his Master of Science degree from California University of Pennsylvania in Exercise Science and Health Promotion: Performance Enhancement and Injury Prevention track. Smith also earned his Performance Enhancement Specialist certification from the National Academy of Sports Medicine in 2006. In 2007, he purchased Elite Performance & the company now sees over 400 athletes a year. Smith was hired as the strength & conditioning coach at Centerburg High School in the 2007-2008 school year & currently works with all the sports programs on strength & speed development & injury prevention.



Travis Timmons graduated from The Ohio State University School of Physical Therapy in the fall of 1998 and he is working toward completion of his Doctorate in Physical Therapy. Since graduating, his passion has been in the areas of orthopedic rehabilitation, sport performance and injury prevention. He has owned Fitness Matters Inc., located in Worthington Ohio, since 2000 where they focus on solutions and programming for individuals that want to improve their performance, prevent injury or live without pain. A focus on proper form, progression, muscle balance and joint range of motion, as well as appropriateness of exercises chosen are all parameters that he and his team assess when looking to design and implement a strength and wellness program.



Mark Watts is the Director of Strength & Conditioning, Physical Education Instructor and Practicum Supervisor at Denison University in Granville, Ohio. He has a Masters Degree in Exercise Science & Health Promotion from California University of PA and a Masters in Elementary Education from Clarion University of PA. Coach Watts has been working with athletes in over 20 different sports at the Middle School, High School, and the Division I, II & III levels for the last 10 years as a strength & conditioning coach. Prior to Denison, Watts coached athletes at The United States Military Academy at West Point, The University of Tulsa, Allegheny College & Clarion University. Watts has been a professional speaker at 6 different clinics and conferences. Watts is certified by the National Strength & Conditioning Association, USA Weightlifting, the National Academy of Sports Medicine and the Collegiate Strength & Conditioning Coaches Association.



Kurt Wilson began in August of 1999 at Ohio Northern University. He is a 1997 graduate of Manchester College (N. Manchester, IN) with a B.S. degree in Health and Physical Education. He earned his M.A. degree in Athletic Training at Western Michigan University (Kalamazoo, MI) in 1999. While at Western Michigan, Kurt served as a graduate assistant athletic trainer for the Bronco football and baseball teams. He is also a certified strength and conditioning specialist as recognized by the National Strength & Conditioning Association.



Jack Hatem has been a member of the Denison University football coaching staff for four seasons, serving the last two of those as the team's defensive coordinator. In 1999, Hatem was named the Division V Ohio High School Co-Coach of the Year after guiding New Albany High School to a 9-1 record and their best season since 1966. He also received the award in 1993 as the head coach at Fisher Catholic in Lancaster, Ohio. In 1990, as an assistant at Bishop Watterson, he helped the team to a state championship. He will continue to serve as the assistant strength and conditioning coach and instructor for activities courses in the department of physical education. He earned his bachelor's degree from Rio Grande College and received his master's degree in Physical Education from Ohio University.

More info available at:

www.denison.edu/athletics/strength.html

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