



NSCA Ohio State Strength and Conditioning Clinic

Saturday, May 24, 2008

GENERAL INFORMATION

Location	Clinic Contact	CEUs
Ohio State University French Field House FF, Bldg 086 460 Woody Hayes Drive Columbus, OH 43210	Lee Anthony Glass +1 614-292-0657 glass.85@osu.edu	0.6 NSCA 6.0 NATA

State Chapters
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TIME	TOPIC	PRESENTER
7:00-8:15am	On-site registration and Check in	
8:15-8:30am	Welcome	NSCA Ohio State Director
8:30-9:20am	Strength and Conditioning in the Private Sector	Adam Kessler, CSCS <i>Owner - Fitness Planning Consultants</i>
9:30-10:20am	Body Composition and its Affects on the Spectrum of Sports	Dawn Weatherwax-Fall, RD/LD, ATC, CSCS <i>President - Sports Nutrition 2 GO</i>
10:30-11:20am	Determining - Sets, Reps, Intensity, Volume	Ethan Reeve <i>Director of Strength and Conditioning - Wake Forest</i>
11:30-12:30pm	Lunch - on your own	
12:30-1:20pm	F.A.S.T. Functional Applied Speed Training for Athletes	Larry Jusdanis, CSCS <i>Owner - Sports Specific Training, Inc.</i>
1:30-2:20pm	Functional Sports Training	Nick Osborne <i>General Manager - Built Solid Strength and Fitness</i>
2:30-3:30pm	Accommodative Resistance/Breaking the Speed Barrier	Louie Simmons <i>Owner - Westside Barbell</i>
3:30-4:30pm	Integrating Stretch Training	Jenn Peters <i>Fitness Coordinator - OSU Rec Sports</i>
4:30pm	Closing Remarks	

REGISTRATION FORM ♦ OHIO STRENGTH AND CONDITIONING CLINIC ♦ MAY 24, 2008

Mail completed registration (with payment) to: NSCA, 1885 Bob Johnson Drive, Colorado Springs, CO 80906
Fax to: +1 719-632-6367 - Or register online at: <http://www.nsca-lift.org/stateclinics/searchclinic.asp>

Name _____
 Member ID _____ Student ID _____
 Address _____
 City/State/Zip _____
 Phone # _____
 Email _____
 Emergency contact and phone # _____

Refund Policy: On or before May 10th - 50%
After May 10th - No refund

Primary Job Responsibility (only check one)

- Physical Therapist Educator
 Athletic Trainer S&C Coach
 Personal Trainer Student
 Sport Coach—specify sport _____
 Other _____

Number of state/provincial clinics previously attended

- 1st 2-3 4-6 7+

Clinic Fees (check one)	Now thru May 10th	On-site
NSCA Member	<input type="checkbox"/> \$50	<input type="checkbox"/> \$75
Student	<input type="checkbox"/> \$25	<input type="checkbox"/> \$75
Non-member	<input type="checkbox"/> \$60	<input type="checkbox"/> \$75

Payment Method

- Check (payable to the NSCA) Visa MasterCard AmEx

Account# _____ Exp. _____

Signature _____

Total Enclosed \$ _____

Receipt: Mail Email

Clinic Code 23038

Tactical Strength and Conditioning (TSAC) - www.nasca-lift.org/tsac

The NSCA supports and disseminates free online resources for our law enforcement, military, firefighters and all tactical professionals. Tactical professionals can view manuals, sign up for monthly newsletters, and download exercise techniques to improve their tactical fitness program.

Upcoming National Event

The 2008 National Conference and Exhibition will be held in Las Vegas, NV, at the Paris Hotel, July 9-12. This conference will be worth 2.0 NSCA CEUs/20 NATA CEUS.

For full event details, check out: www.nasca-lift.org/NatCon2008

NSCA's Performance Training Journal (PTJ) - www.nasca-lift.org/perform

The PTJ is published bi-monthly with informative strength and conditioning topics based on sound research and practical application.

Subscriptions are free of charge and can be set up to send a bi-monthly email reminder right to your computer. So, whether you are a strength and conditioning professional, or a serious weekend warrior, the *NSCA's Performance Training Journal* provides the information you need when you need it.



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