



2007 Maryland State NSCA Conference

June 2, 2007

State Chapters
sponsored in part by



Strength and Conditioning for the High School and League Coach

Clinic Date

Saturday, June 2, 2007

Clinic Location

Montgomery Community College
Rockville Campus - Main Gym
51 Mannakee Street
Rockville, MD 20850

Clinic Contact

Dr. Steven Horwitz
+1 301-622-9000
drsteve@youcanbenefit.com

Continuing Education Units (CEUs)

0.7 - NSCA
7.0 - NATA

Mail registration form (w/pay- ment) to:

NSCA
1885 Bob Johnson Drive
Colorado Springs, CO 80906

Fax registration to:

+1 719-632-6367

Refund Policy

On or before May 19th - 50%
After May 19th - No refund

Time	Topic	Speaker
7:30-8:25am	On-site Registration	
8:25-8:30am	Welcome	Steven Horwitz, DC, CCSP, CSCS, USAW
8:30-9:30am	Olympic/Conjugate Hybrid Strength Training	Jason Riddell, MS, SCCC, CSCS, USAW
9:30-10:30am	Non-traditional Exercises in Strength Training	Fred Cantor, MEd, CSCS,*D
10:40-11:40am	Dynamic Warm-up and Body Weight Exercises	Todd Hamer, MS
11:40-12:10pm	Fueling the Beast! Sports Diet and Nutrition	Steven Horwitz, DC, CCSP, CSCS, USAW
12:10-12:40pm	Implementing a High School Strength and Conditioning Program	Jim Roney, MEd, CSCS, USAW, USATF
12:40-2:00pm	Lunch	
2:00-3:00pm	Heart Rate Training and Condi- tioning	Robert Taylor, Jr., CSCS, CCS, CSES, NSCA-CPT
3:00-4:00pm	Teaching Proper Mechanics for Agility and Balance	Jesse Webber, MS, CSCS, USAW
4:00-5:00pm	General Speed Development for All Athletes	Rett Warren, CSCS, USATF Level 1 Coach, USAW
<i>Please call 800-815-6826 if you require special accommodations.</i>		

REGISTRATION FORM - 2007 Maryland State Conference - June 2, 2007

Name _____

NSCA Member ID: _____ Student ID: _____

Address _____

City _____ State _____ Zip _____

Phone # _____

Email _____

Emergency contact and phone # _____

Clinic Code - 23023

Opt me in to receive email
State News

If you are a member of the NSCA,
NATA, MATA, MAHPERD, or cur-
rent High School or League Coach,
please only pay the 'Member' regis-
tration fees.

Payment Method

Check (payable to the NSCA) Visa MasterCard American Express

Account # _____ Exp. Date _____

Signature _____

Total Enclosed \$ _____

Receipt: Mail Email

Clinic Fees (check one)	Now thru May 19	On-site
Member	<input type="checkbox"/> \$50	<input type="checkbox"/> \$75
Student	<input type="checkbox"/> \$30	<input type="checkbox"/> \$50
Non-member	<input type="checkbox"/> \$60	<input type="checkbox"/> \$90



National Strength and Conditioning Association

Bridging the gap between science and application

Speaker Bios

Speaker bibliographies can be viewed online at: www.MarylandStrength.com.

Directions

From the north - take I-270 South to Exit 6, Route 28, W. Montgomery Ave./Rockville. Then take Exit 6A, Route 28 East. Turn left at the first traffic light onto Nelson Street. Go to first traffic light at Mannakee Street; turn left. The campus is 1-1/2 blocks on the left.

From the south - take I-495 to Exit 35, I-270 North/Frederick. Exit on 6A, Route 28, W. Montgomery Ave./Rockville (1/4 mile north of Montrose Road exit). Follow Montgomery College sign through traffic light (road becomes Nelson Street). Go to the first traffic light at Mannakee Street; turn left. The campus is 1-1/2 blocks on the left.

Who Should Attend

- *League Coaches
- *Personal Trainers
- *Health Care Professionals
- *Physical Education Teachers
- *Strength and Conditioning Coaches
- *Middle School & High School Coaches
- *Elite Athletes

- *And anyone interested in learning about strength and conditioning for high school age athletes



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Colorado Springs, CO 80906-4000



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see inside for more details...



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