



NSCA North Carolina Annual Strength and Conditioning Clinic

Saturday, February 27, 2010

NSCA Mission Statement

As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.

GENERAL INFORMATION

LOCATION	HOST	CEUs
OrthoCarolina Sports Performance 15825 John J. Delaney Drive Charlotte, NC 28277	Paul Moore +1 828-266-1060 paulmoore33@hotmail.com	0.5 NSCA 5.0 NATA
Directions: http://www.mapquest.com		



TIME	TOPIC	SPEAKERS
8:30-8:55am	Check-in & On-site Registration	
9:00-10:50am	Furman Program Design Off-season Training for High School Football	Steve Mannino, MEd, CSCS Todd Hagler
11:00-11:55am	Shoulder Dysfunction Mastering the Squat - Troubleshooting & Biomechanical Correction	Jeremy Phipps, MS Chris Gabriel, MS, CSCS
12:00-12:55pm	Lunch (on your own)	
1:00-1:55pm	The Clean Complex & the Day After a Game Workout 5 Keys to Speed Development	Bruce Hardin Chip Sigmon, CSCS*D
2:00-3:00pm	Plyometrics for Prehab Analyzing Throwing Mechanics for the Overhead Athlete	Hunter Yard David DeSilva

Please call 800-815-6826 if you require special accommodations. Topics and speakers subject to change without prior notification. This clinic has hands on sessions. Participants are asked to dress comfortably and only participate within their physical limitations.

REGISTRATION FORM • NSCA NC ANNUAL STRENGTH AND CONDITIONING CLINIC • FEBRUARY 27, 2010

Online registration: <http://www.nscalift.org/stateclinics/searchclinic.asp> or mail completed registration (with payment) to:
NSCA, 1885 Bob Johnson Drive, Colorado Springs, CO 80906 or fax to: +1 719-632-6367

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

Clinic Fees (check one)	Now thru Feb. 16th	On-site
NSCA Member	<input type="checkbox"/> \$35	<input type="checkbox"/> \$50
NSCA Student	<input type="checkbox"/> \$25	<input type="checkbox"/> \$40
Non-member	<input type="checkbox"/> \$45	<input type="checkbox"/> \$60

Payment Method Refund Policy: On or before Feb. 16th - 50%/ After Feb. 16th - No refund
 Check (payable to the NSCA) Visa MasterCard AmEx
 Account# _____ Exp. _____
 Signature _____
 Total Enclosed \$ _____ Receipt: Mail Email

Clinic Code 23036

Clinic Speakers

Steve Mannino: MEd, CSCS, USA Track and Field Level 1 Coach, is the Director of Strength and Conditioning at the Furman University Strength and Conditioning Center. He is also the NSCA South Carolina State Director.

Todd Hagler: USA Weightlifting Certified Club Coach and Sports Performance Coach, certified through Bigger, Faster, Stronger, and is currently the Strength and Conditioning Co-ord./Asst. Head Football Coach at A.L. Brown High School.

Jeremy Phipps: MS, PT, is a Rehabilitative Consultant for the Charlotte Eagles, Lady Eagles, Charlotte Soccer Club, and Charlotte 49ers.

Chris Gabriel: MS, CSCS, PT, OCS, his clinical interest areas are in sports and manual therapy.

Bruce Hardin: Head Football Coach at Providence Day High

School. His career includes 27 years of head coaching experience with an overall record of 287-94, 2 state championships, and 3 state runner-ups.

Chip Sigmon: CSCS,*D, is the Manager of Sport Performance at OrthoCarolina. He has been in the physical fitness profession for over 30 years and brings a wealth of experience to sports performance.

Hunter Yard: USA Weightlifting Certified Club Coach and former Assistant Strength and Conditioning Coach UNCC. He is currently a Sports Performance Coach at OrthoCarolina.

David DeSilva: is currently a Sports Performance Coach at OrthoCarolina and deals with analyzing the throwing mechanics of the overhead athlete.



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see inside for more details...