



NSCA New Jersey State Clinic

May 14, 2011

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
South Jersey Healthcare Fitness Connection 1430 W Sherman Ave Vineland, NJ 08360	Rick Howard, CSCS, *D +1 215-400-4190 rihoward@philasd.org	Bruce Wilson +1 856-696-3924 wilsonb@sjhs.com
		0.8 NSCA 8.0 BOC



TIME	TOPIC	SPEAKER
8:00-8:30am	On-site Registration and Check-in	
8:30-9:45am	Training for Hypertrophy Through Performance-Based Programs <i>This presentation will focus on using performance-based program design to influence hypertrophy for athletes and bodybuilders and delineate the training differences for each group.</i>	Kyle Newell, MS, CSCS
9:45-11:00am	Functional Strength Through Strongman Event Training <i>The new standard for functional strength. Strongman event analyses and hands on demonstrations.</i>	Arthur Boss
11:00-11:10am	Break	
11:10-12:25pm	High School Weight Training Level 1 <i>The basic school wide non-linear, periodized program. L.I.T. - Less Intense Training Model application is explored. Neuromuscular adaptations are addressed.</i>	James McFarland Jr, MA Ed, CSCS, *D
12:25-1:25	Lunch (provided) / NJ Advisory Board Meeting	
1:25-2:40pm	Sports Psychology: How to Succeed Through Influence <i>This lecture will discuss personal theory, as well as factual psychological practices, which help to elevate an athlete's (or client's) performance.</i>	Ryan Mallett
2:40-3:55	Tactical Training Approach <i>Strength training and conditioning for any sport carries a distinct set of goals and challenges that a strength and conditioning coach must champion in order to build belief and unity into the program. Shaun will share his unique approach to building a successful performance program - addressing demand analysis, injury prevention, periodization, lifestyle, and fueling tactics. The strategies shared in this presentation have been used to train many elite athletes as well as Special Operation Forces worldwide.</i>	Shaun Huls, CSCS
3:55-4:45pm	Effective Program Design & Training Methods for Incoming High School Athletes (Summer Training) & High School Athletes <i>How to organize high school strength and conditioning programs for incoming freshman and sophomore (8th & 9th graders) as well as juniors and seniors. Specific attention will be given to choosing the most effective exercises and training methods for high school athletes, crating a system that builds accountability and responsibility along with fast gains in strength, speed/power, conditioning, mental toughness and injury reduction.</i>	Zach Even-Esh

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

REGISTRATION FORM • NSCA NEW JERSEY STATE CLINIC • MAY 14, 2011

Register online at: <http://www.nasca-lift.org/stateclinics/searchclinic.asp>

Mail completed registration (with payment) to: NSCA, 1885 Bob Johnson Drive, Colorado Springs, CO 80906 or fax to 719-632-6367

Name _____ Member ID _____

Address _____ Student ID _____

City/State/Zip _____ Phone # _____

Emergency contact and phone # _____ Email _____

Payment Method

Check (payable to the NSCA in U.S. funds only) Visa MasterCard AmEx

Account# _____ Exp. _____

CVC Code _____ Signature _____

Name on Card _____

Total Enclosed \$ _____

Receipt: Mail Email

Clinic Code: 23033

Clinic Fees (check one)	Now thru May 3rd	On-site
NSCA Member	<input type="checkbox"/> \$65	<input type="checkbox"/> \$75
Student	<input type="checkbox"/> \$35	<input type="checkbox"/> \$45
Non-member	<input type="checkbox"/> \$85	<input type="checkbox"/> \$95

Refund Policy: A 50% refund will be granted on or before May 3, 2011. No refunds will be given after May 3, 2011




NSCA™
National Strength & Conditioning Assoc.
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Colorado Springs, CO 80906

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New Jersey

**NSCA New Jersey
State Clinic**
Saturday, May 14, 2011
see inside for more details...

