

NJSCA/NJSCO STRENGTH & CONDITIONING COACHES CLINIC

Sponsored by the New Jersey Scholastic Coaches Association (NJSCA) & the New Jersey Strength Coaches Organization (NJSCO)

Monday, March 22, 2010
8:15 a.m. – 2:00 p.m.

NJSIAA Administrative Building
1161 Route 130 North
Robbinsville, New Jersey

Agenda

8:15am -9:00am	Registration
9:00am - 9:10am	Intro: Jack DuBois, NJSIAA/NJSCA Tim Welsh, CSCS, Shawnee High School President of New Jersey Strength Coaches Organization & Director of Strength Clinic
9:10am - 9:55am	Training the Female Athlete John Kalinowski, Exercise Science Coordinator, Mercer Community College
9:55am - 10:00am	Break (Visit the Vendors)
10:00am - 10:45am	Lateral Agility Drills for the High School Athlete Steve Leo, Parissi Speed School
10:45am – 10:50am	Break (Visit the Vendors)
10:50am - 11:35am	Nutrition Concerns and Concepts for the High School Athlete Dr. Charles B. Simone, MD
11:35am - 11:40am	Break (Visit the vendors)
11:40am – 12:05pm	Role of the High School Strength Coach and a shared vision Richard Gray, Hammer Strength/Life Fitness
12:05pm – 12:10pm	Break
12:10pm – 1:15pm	Alternative Equipment for Training John McKenna, Notre Dame High School Athletic Performance Director Jason Brown, Pam MacElere, Kettle Bell Athletics
1:15pm	Break, Round Table Discussion, Visit the Vendors

Cancellations will be posted on the NJSIAA website: www.njsiaa.org (T) 609-259-2776 (FAX) 609-259-3047
5 Credit Hours of Professional Development/NJSIAA Provider #895

Name(s) _____ School _____
_____ Email Address _____
Address _____

Please Circle One:

- \$50.00 2009 – 2010 NJSCA / NJSCO members
- \$70.00 Non NJSCA / NJSCO Members
- \$70.00 Includes 2009 – 2010 NJSCO membership
- \$80.00 Includes 2009 – 2010 NJSCA membership
- \$100.00 Includes 2009 – 2010 NJSCA and NJSCO membership
(Athletic Trainers are not eligible for NJSCO membership)

****REGISTRATIONS MUST BE POSTMARKED OR FAXED BY FEBRUARY 19, 2010. On-site registration will be available the day of the event for an additional \$25.00 per attendee. All on-site registrations must be accompanied by check, money order, purchase order, or letter from the school principal guaranteeing payment. All Registrations postmarked after the above date will be considered on-site registration and the \$25.00 on-site fee will apply. Registration payments are non-refundable. Thank you.**

Please make check payable and return with registration to: NJSIAA , P.O. Box 487, Robbinsville, NJ 08691
Attn: Strength & Conditioning Clinic

_____ Attending @ \$ _____ Check enclosed \$ _____ PO enclosed \$ _____ updated 2/24/10