

GUEST SPEAKERS

Dr. Jason Bennett, Ph.D, PT, SCS, ATC

Saint Louis University

Assistant Professor

Department of Physical Therapy and

Athletic Training

Rusty Burney CSCS, SCCC, USAW1

University of Missouri

Director of Olympic Sports Performance

Rock Gullickson

Saint Louis Rams

Head Strength and Conditioning Coach

Jenni Hamlin RDN, LD, HFS

Saint Louis University

Director of Sports Nutrition

Clete McLeod, MA, CSCS

Southern Illinois University

Head Strength Coach

Justin Thacker,

MS, RD, HFS, CES, USAW, CSCS

Founder of The Lab Gym



S2A ATHLETICS, LLC

PRESENTS

STRENGTH POWER AND SPEED

2014 COACHING CLINIC
MAY 3

HOSTED BY
THE

SAINT LOUIS



B I L L I K E N S

Chaifetz Arena

Saint Louis

University

Saint Louis, MO

SLUCare Sports Medicine at Saint Louis University Hospital

SLUCare
The Physicians of
Saint Louis University
(314) 977-4440 or (866) 977-4440

Saint Louis
University Hospital
sluhospital.com



GENERAL INFORMATION

WHO: Coaches, Strength Coaches, Athletic Trainers, Parents, and Interested Individuals of all Sports.

WHERE: Saint Louis University
Chaifetz Arena
#1 Compton Ave.
Saint Louis, MO 63103

WHEN: **SATURDAY, May 3, 2014**
8:30AM- 4:30 PM

COST: \$65.00 Before 5/3/2014
\$75.00 Day of Clinic

Refunds equal to 50% of registration fee (before 04-30-14). No refunds will be honored on or after 04-30-14.

CEUs: CSCS = .6 NATABOC = 6 CSCCa = 3



Directions and Parking

For directions to **Chaifetz Arena** visit:

www.slubillikens.com

Parking is Available at the:

Olive Compton Garage

OR

Fred Weber Lot

CLINIC ITINERARY

TIME

TOPICS

- 8:15-8:50 **REGISTRATION/ CHECK IN**
CHAIFETZ ARENA
ARENA LEVEL/ CLASSROOM
- 8:50-9:00 **Introduction and Welcome**
Erick Schork
- 9:00-10:00 **ABC Progression**
Justin Thacker
- 10:00-11:00 **Insights to Training & Coaching**
Rock Gullickson
- 11:00-12:00 **Monitoring Fatigue in Athletes**
Rusty Burney
- 12:00-1:00 **Lunch (on own)**
View Exhibits
- 1:00-2:00 **Movement Performance: Implications on the Collegiate Athlete**
Dr. Jason Bennett
- 2:00-3:00 **Nutrition: Collaborating with Sports Performance**
Jenni Hamlin
- 3:00-4:00 **Advanced Training Strategies**
Clete McLeod
- 4:00-4:15 **Open Forum for Questions/Answers w/ Presenters**
- 4:15-4:30 **Raffle & Closing Remarks**

Are you interested in helping your athletes enhance speed, power, and agility?

Would you like to incorporate the latest methods into your programs?

The 2014 Coaches Clinic is your chance to learn the theories behind these methods of training, and gain practical experience applying those theories.

Sessions will consist of both classroom and active participation. All sessions will take place in the state of the art Chaifetz Arena.

2014 APPLICATION FORM

NAME

STREET ADDRESS

CITY, STATE, ZIP CODE

HOME PHONE

E-MAIL ADDRESS

SCHOOL, UNIVERSITY, CLUB

CELL/WORK PHONE

NSCA/CSCS # (if Applicable)

NATABOC # (if Applicable)

MO AT License # (if Applicable)

Clinic Fees:

Pre-registration: \$65.00 (Ends May 2, 2014)

Registration: \$75.00 (May 3, 2014)

Make Checks or Money Orders Payable to:

S2A Athletics, LLC



DISCOVER Accepted on-site

EXPLORE ONLINE AT:

www.slubillikens.com/sportperformance

Return form and payment to :

Erick Schork

Sports Performance

Clinic Director

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