

MINNESOTA SPORTS PERFORMANCE CLINIC

MAY 1-2, 2015

Minnesota Sports Performance Clinic

NSCA CEU'S - 1.1 awarded upon proof of attendance

Eric Klein- University of Minnesota - Bierman Field Athletic Building

Pre-Registration Professional: \$100 On-site: \$125

516 15 Ave 15th SE, Minneapolis MN 55455

Pre-Registration Student: \$40 On-site: \$50

REGISTRATION FORM • MINNESOTA SPORT PERFORMANCE CLINIC• MAY 1-2, 2015

Name: _____ NSCA Member ID: _____ Student ID: _____

Address: _____ Email: _____

City/State/Zip: _____ Phone #: _____

Professional: \$100

Student: \$40

Check Enclosed _____

Credit Card: To pay via credit card check here, an email will be sent to you with a payment link

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Friday May 1, 2015

Time	Room 1	Room 2
3:30-4:20	Chris Carroll Bethel University Contributions leading to improved repeat sprint abilities	Emma Beanland Catapult Sports Practical Applications of GPS Utilization in Various Sports
4:30-5:20	Kyle Ochsner Northwestern College The Integration of Athletics and Academics	Dustin Perry University of Minnesota The Integration of Special Exercises for the Skilled Football Athlete
5:30-6:20	Donnie Maib University of Texas Less is More: the Rewards of Recovery and Reperation for Optimal Sports Performance	

Saturday May 2, 2015

Time	Room 1	Room 2
8:00-8:50	Eric Klein University of Minnesota Gopher Football Program Design	Matt Thome Michigan Tech University How Strong is Strong Enough? Adapting Training to Maximize Performance
9:00-9:50	Cal Dietz University of Minnesota Special Training Considerations for Strength, Specificity, and Energy Systems for Year Long Planning	Shea Thompson University of Minnesota Athlete Tracking and Monitoring
10:00-10:50	Joe Warpeha St. Scholastica Building your Bench Press	Scott Hintz Catalyst Sports Medicine Training Multi-Sport Athletes
11:00-11:50	Bryan Mann University of Missouri Velocity Based Training: A Brief Overview	
11:50-1:00	Lunch	
1:00-1:50	Ryan Cidzik Stanford University Neck Testing and Training Method for Contact Sports	
2:00-2:50	Chuck Lobe Florida Atlantic University The Actual Plan" Working with sport coaches requests to your annual plan	Travis Zins St. Cloud State University Incorporating Functional Movement Systems into your training
3:00-3:50	Matt Van Dyke University of Minnesota Biochemical Adaptations to Training	Kristin Zdanczewicz University of Minnesota Practical Recovery Methods for Anaerobic Sports
4:00-4:50	Chad Pearson University of Minnesota Preparing for Your Off-Season: Off-Season Development for College Football	Shawn Sherman The RESET System Optimizing Movement and Joint Dysfunction