



Spartan Strength & Conditioning Clinic

February 12th-13th, 2016

CEUs offered for CSCCa, NSCA (0.8) and NATA(8)

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FOR COMPLETE BIOS, CLICK ON SPEAKERS' PICTURES BELOW.



Ted Lambrinides – Clinic Emcee

Director of Sports Science
Athletic Strength And Power



Wayne L. Westcott

Famed author and professor of Exercise Science
Quincy College (MA)



Justus Galac

Head Strength & Conditioning Coach
NFL's New York Jets



Jay Hooten

Director of Sports Performance for Football
Northwestern University



Dave Lawson

Director of Strength & Conditioning
University of Tennessee



Jim Kielbaso

Director, Total Performance Training Center
Wixom, MI



Jessica Watson

Sports Dietitian
Michigan State University



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We would like to invite you and your staff members to the **9th Annual MSU Strength & Conditioning Clinic**. The clinic is designed to give all coaches a solid foundation in the basic fundamentals affecting performance, from strength training, speed mechanics, agility training and nutrition.

WHEN:

Friday, February 12th - 6-9pm-Complimentary Hands-on workshop with the Spartan Strength Staff!

Saturday, February 13th - 715-800am-Registration & Check-in

**Clinic will run approximately until 300pm.*

WHERE:

Clara Bell Smith Academic Center (adjacent to the Duffy Daugherty Building)

COST:

*\$90 Pre-registered via online registration or mail by Feb 12th (includes video links to all presentations)

*\$30 Pre-registered Students (with valid Student ID presented at check-in)

***ONLINE REGISTRATION:** with payment by credit card please click on this button 

***Please note that there is an additional \$5 processing fee for online registration.**

**CLICK
HERE**

***MAIL-IN REGISTRATION:** please send payment in full (with checks made payable to "Michigan State University") and the completed registration form (below) to:

Spartan Strength Clinic
c/o Mike Vorkapich
Duffy Daugherty Building
771 Chestnut Rd
Michigan State University
East Lansing, MI 48824

FOR MAIL-IN REGISTRATION, PLEASE PRINT INFORMATION BELOW

Name _____

School/Organization _____

E-mail _____

Address _____

City _____ State _____ Zip _____

Daytime Telephone (_____) _____

PLEASE CHECK ONE:

\$90 for those who pre-register via online registration or mail by Feb 12th (includes video links to all clinic presentations)

\$30 for Pre-registered students with valid Student ID presented at check-in



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ITINERARY:

The clinic itinerary will be emailed to preregistered coaches.

WALK-IN REGISTRATION POLICY:

Walk-in registration on the day of the clinic will be accepted for an additional \$10 fee. However, limited space is available. Only cash, money orders or personal checks will be acceptable for payment at this time. **NO CREDIT CARDS ACCEPTED ON THE DAY OF THE CLINIC.**

ACCOMODATIONS:



For reservations, please call the **Courtyard Marriott (517-482-0500)** at 2710 Lake Lansing Rd. Please mention "Spartan Strength Clinic" when making your reservation for a special rate of \$90(+tax). A limited block of rooms is available at this reduced rate. For more hotel information, please click on the Courtyard Marriott Logo to the left.

DIRECTIONS:

From the North (FLINT, MI):

West on I-69 to US-127 (exit 89) South (5.5 miles) to Trowbridge Road exit East (0.5 miles) to Harrison Road; turn left North for approximately 0.5 miles, turn right onto Shaw Lane (Spartan Stadium is located 0.5 miles on the left). Parking will be provided in Spartan Stadium Parking Lot, across from the Clara Bell Smith Academic Center.

From the South (TOLEDO, OH):

US-23 North to I-96 (exit 60B) West, to US-127 (106B) North, to Trowbridge Road exit East (0.5 miles) to Harrison Road; turn left North for approximately 0.5 miles, turn right onto Shaw Lane (Spartan Stadium is located 0.5 miles on the left). Parking will be provided in Spartan Stadium Parking Lot, across from the Clara Bell Smith Academic Center.

From the East (DETROIT, MI):

I-96 West to US-127 (exit 106B) North (3.1 miles) to Trowbridge Road exit East (0.5 miles) to Harrison Road; turn left North for approximately 0.5 miles, turn right onto Shaw Lane (Spartan Stadium is located 0.5 miles on the left). Parking will be provided in Spartan Stadium Parking Lot, across from the Clara Bell Smith Academic Center.

From the West (CHICAGO, IL):

I-94 East to I-69 North, to I-496; turn left East (5 miles) to Trowbridge Road (exit 9) East (0.5 miles) to Harrison Road; turn left North for approximately 0.5 miles, turn right onto Shaw Lane (Spartan Stadium is located 0.5 miles on the left). Parking will be provided in Spartan Stadium Parking Lot, across from the Clara Bell Smith Academic Center.

Please contact Clinic Director, Mike Vorkapich with any questions:

vork@ath.msu.edu or 517-432-1822