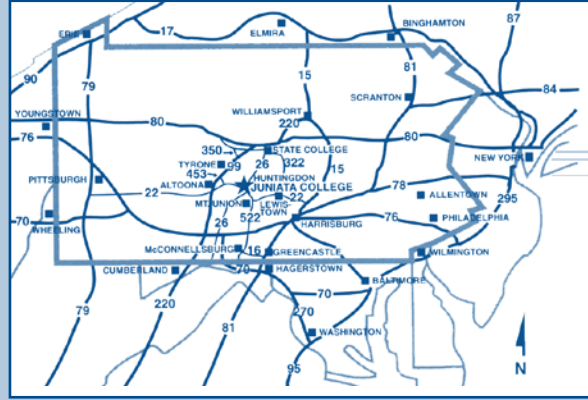


DIRECTIONS



From the Northeast: Take Interstate 80 West to State College/Bellefont Exit (#161), then take PA Route 26 South to Huntingdon.

From the Northwest: Take Interstate 80 East to Woodland Exit (#123), follow US Route 322 to Phillipsburg, then take PA Route 350 to Interstate 99 South to Tyrone, then take PA Route 453 to Water Street, and US Route 22 East to Huntingdon.

From the East: Take Interstate 76 (PA Turnpike) to Harrisburg Exit (#247), or take US Route 22/78 West to Harrisburg. Then follow signs to Lewistown on US Interstate 283 North and 81 South to US Route 322 West to Lewistown, then take US Route 22 West to Huntingdon.

From the West: Take US Route 22 East, or Take US Interstate 76 (PA Turnpike) East to Bedford Exit (#146), follow US Interstate 99 North to US Route 22 East to Huntingdon.

From the South: Take US Interstate 70 West to Hagerstown, US Interstate 81 North to Greencastle, the PA Route 16 to McConnellsburg, US Route 522 North to Mount Union. Then take US Route 22 West to Huntingdon.

Plane: The University Park (State College) airport offers commercial air travel service to the region.

Train: Amtrak Train serves Huntingdon twice daily from the East and the West. Call 1-800-872-7245 for further information.



Strickler's Beverage



JUNIATA COLLEGE



**7th
ANNUAL**

PENNSYLVANIA STATE STRENGTH & CONDITIONING CLINIC

June 9 & 10, 2006

All Sports & All Components of Performance Enhancement

**Professional Development & Continuing Education
Units Awarded by:**

National Strength & Conditioning Association



BOC- National Athletic Trainers Association



Pennsylvania Board of Education / Act 48



New Jersey Board of Education Professional Development

JUNIATA COLLEGE
Brumbaugh Strength & Fitness Center
1700 Moore Street
Huntingdon, PA 16652

Non-profit Org.
U.S. Postage Paid
Huntingdon, PA
Permit No. 39



CLINIC COORDINATOR

Doug Smith

Clinic Assistants: Eric Childs, Niki DeSantis, Matt Huntsman, Mike Adams, Lorelei Kubiak, and Ted Quinter.

Clinic Contents: Presentations of subject matter dealing with overall strength program design, exercise mechanics, sport specific speed and agility training, functional sport specific strength, injury rehabilitation and program adaptation, sport specific flexibility, development of core strength, and implementation or non-traditional modes of functional strength training.

Who Should Attend?

Anyone interested in Performance Enhancement and Strength & Conditioning

*Strength & Conditioning Coaches • Athletic Trainers • Physical Therapists
Sport Coaches • Athletic Administrators • Personal Trainers • Fitness Instructors
Athletes interested in Sport Specific Strength & Conditioning*

**PA State CLINIC SCHEDULE
FRIDAY, JUNE 9, 2006**

7:00 – 8:45 am	Kennedy Sports+Recreation Center/Lobby: Registration & Check In	
BRUMBAUGH ACADEMIC CENTER		
7:45 – 8:00 am	NSCA Pennsylvania State Clinic Director, Juniata College Strength & Fitness Coach: Doug Smith, Introductions	
BRUMBAUGH ACADEMIC CENTER – ALUMNI HALL		
8:00 – 8:55 am	University of Pennsylvania/Strength Coach: Jim Steel <i>Developing a Strongman Program for Athletic Teams</i>	
9:00 – 9:55 am	Robert Morris University/Head Strength & Conditioning Coordinator: Tom Myslinski <i>The Curve of Readiness on Athletic Preparation</i>	
10:00 – 10:55 am	University of Pennsylvania/Assistant Strength & Conditioning Coach: Matt Devine <i>The Olympic Lifts & Technical Issues That One Doesn't Find in a Book</i>	
11:00 – 11:55 am	University of Pittsburgh/Basketball Strength & Conditioning Coordinator: Tim Beltz <i>Pre-Season Conditioning for Basketball</i>	
12:00 – 12:55 pm	University of Kansas/Head Basketball Strength & Conditioning Coordinato: Andrea Hudy <i>Overview of Kansas Basketball</i>	
1:00 – 1:55 pm	BAKER REFECTORY – LUNCH	
BRUMBAUGH ACADEMIC CENTER – ALUMNI HALL		
2:00 – 2:55 pm	Pennsylvania College of Technology/Director of Mayer Sports Training Center: Paul "Babe" Mayer <i>Functional Training for the Young Athlete</i>	
3:00 – 3:55 pm	Ohio University/Assistant Strength & Conditioning Coach: Joe Fondale <i>Off Season Speed and Agility Training for Olympic Sports</i>	
4:00 – 4:55 pm	Former Cleveland Browns & University of Pittsburgh Strength Coordinator: Buddy Morris <i>Neuro-Endocrine Response and Considerations when Training the Athlete</i>	
5:00 – 5:55 pm	University of Orthopedic/Sports Physician: Dr. Andrew Tyndall <i>Shoulder Rehabilitation</i>	
6:00 – 7:30 pm	ELLIS LAWN – COOKOUT	
KENNEDY SPORTS AND RECREATION CENTER		
EXHIBITIONS & DEMONSTRATIONS and HANDS ON WORKSHOPS (60 Minute Sessions) 7:30 – 9:30 pm		
John Murray: Advantage Equipment	Robert Palka: Jacobs Ladder	Leo Totten: WerkSan Sports USA
SESSION #1	SESSION #2	SESSION #3
Jump Stretch Inc./Owner & Trainer: Dick Hartzell <i>Band Training</i>	Diesel Crew Corning New York: Jim Smith & Jedd Johnson <i>Implementing the Diesel Method Into your Strength Program</i>	Norwick University/Strength & Conditioning Coordinator: Justin Goolay <i>Strength & Conditioning Exercises for Ice Hockey</i>
Strength & Conditioning Coordinator: TyRonne Turner <i>Sports Specific Training for Football</i>	Haverford College Baseball Strength & Conditioning Coordinator: Chris Osmond <i>Functional Training for Baseball Players Using Medicine Balls</i>	Bucknell University/Strength & Conditioning Coordinator: Jerry Shreck <i>Junk Yard Lifts/Thinking Outside the Box</i>
Titusville High School/Teacher & Strength Coordinator: Tony Tridico <i>Jump Drills for Women Volleyball</i>	Pennsylvania College of Technology Director of Mayer Sports Training Center: Paul "Babe" Mayer <i>Functional Training for the Young Athlete/Range of Motion</i>	Ohio University/Assistant Strength & Conditioning Coach: Joe Fondale <i>Speed Training for Olympic Sports</i>
University Maryland Baltimore/Strength Coordinator: Fred Cantor <i>Jump Drills for Women Volleyball</i>	Pennsylvania State University/Wrestling: Eric Childs <i>Medicine Ball Power Workout for Volleyball</i>	Personal Trainer/H.S. Strength Coach Allegheny High School: Lorelei Kubiak <i>Pre-Stretch Band Training Routine</i>

**PA State CLINIC SCHEDULE
SATURDAY, JUNE 10, 2006**

6:00 – 7:00 am	ELLIS DINING HALL – BREAKFAST
BRUMBAUGH ACADEMIC CENTER – ALUMNI HALL	
7:00 – 7:55 am	Verge Power Yoga The Balanced Athlete: Cara Bradley & Johnny Gillespie <i>Yoga for Athletes</i>
8:00 – 8:55 am	United States International Weightlifting Coach – East Coast Gold: Leo Totten <i>Evaluation of Safe & Effective Technique for Platform Lifts</i>
9:00 – 9:55 am	University of Pittsburgh/Football Strength & Conditioning Coordinator: Mike Kent <i>Plyometric Program for Football</i>
10:00 – 10:55 am	Syracuse University/Football Strength Coordinator: William Hicks <i>Syracuse University Summer Conditioning Program</i>
11:00 – 11:55 am	University of Buffalo/Head Strength & Conditioning Coach: Cheyenne Pietri <i>Tier System Program Design</i>
12:00 – 12:55 pm	Richmond University/Basketball Strength & Conditioning Coordinator: Jay DeMayo <i>Max. Effort Training</i>
1:00 – 1:55 pm	ELLIS DINING HALL – LUNCH
BRUMBAUGH ACADEMIC CENTER – ALUMNI HALL	
2:00 – 2:55 pm	Notre Dame University/Physical Education Faculty: Darin Thomas <i>Training the Multi-Sport High School Athlete</i>
3:00 – 3:55 pm	Bucknell University/Strength and Conditioning Coordinator: Jerry Shreck <i>Bucknell University Basketball Strength Training</i>
4:00 – 4:55 pm	US Naval Academy/Strength and Conditioning Staff: Cliff Dooman <i>Naval Academy Density Training</i>

PACKAGE OPTIONS

2 Nights Lodging Package: Includes Room, 2 Days Registration, 4 Meals, T-Shirt, Clinic Materials.
2 Day Conference Package: Includes 2 Days Registration, 4 Meals, T-Shirt, Clinic Materials.
1 Day Conference/Fri. or Sat.: Includes 1 Day Registration, 2 Meals, T-Shirt, Clinic Materials.
Meals Provided: Friday – Lunch & Cookout; Saturday – Breakfast & Lunch

REFUND POLICY

Full refund less \$25 if postmarked by 5/22/06. 50% refund if postmarked by 5/23/06 – 6/2/06. No refund after 6/2/06. All refund requests MUST be made in writing to: Juniata College, Attention: Douglas Smith, Kennedy Sports+Recreation Center, 1700 Moore Street, Huntingdon, Pennsylvania 16652-2196.

**PENNSYLVANIA STATE STRENGTH & CONDITIONING CLINIC
REGISTRATION FORM/RECEIPT JUNE 9&10, 2006
(Detach & Return As Soon As Possible)**

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Fax _____ Email _____
____ Other – Open to anyone interested in Sports Performance Enhancement
____ NSCA – CEU's 2.0 NSCA Certification#: _____
____ BOC – NCSA/Contact Hours 20 BOC – NATA Certification#: _____
____ PA Act 48/Physical Education Teachers/Credit Hours 20
School _____ Social Security #: _____
____ Approved by the New Jersey Department of Education for Professional Development

Package Options:

____ Overnight Package – \$175 (Thursday and Friday Night Lodging - On Campus, Double Occupancy) Includes Two days Registration, 2 Nights Lodging, 4 Meals, T-Shirt, Clinic Material
____ 2 Day Package – \$150 (No Overnight Lodging) Includes Two days Registration, 4 Meals, T-Shirt, Clinic Material
____ 1 Day Package – \$90 (Registration for Friday or Saturday Conference) Includes One day Registration, 2 Meals, T-Shirt, Clinic Material
Roommate Preference: _____

Where: Juniata College, Huntingdon, PA • **When:** June 9 & 10, 2006

Payment Options: Check Cash Visa Master Card Discover American Express

Name of Card: _____ For Official Use Only:

Card Number: _____ Date: _____

Expiration Date: _____ Registration #: _____

Make Checks Payable to JUNIATA COLLEGE. Please enclose this registration form and your check in an envelope to:
Juniata College, Attention: Douglas Smith, Kennedy Sports and Recreation Center, 1700 Moore Street, Huntingdon, Pennsylvania 16652-2196
Phone Registration Call Sherry 1-814-641-3606 • 1-877-JUNIATA ext. 3606 • www.services.juniata.edu/conferences
For more information: 1-814-641-3502 • 1-877-JUNIATA ext. 3502 • smithd@juniata.edu