**DIRECTIONS**

- **From the Northeast:** Take Interstate 80 West to State College/Bellefonte 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 Philipsburg, 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 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 Greenscde, the PA Route 16 to McConnellburg, 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.
Anyone interested in Performance Enhancement
Sport Coaches • Athletic Administrators • Personal Trainers • Fitness Instructors
1:00 – 1:55 pm
3:00 – 3:55 pm
11:00 – 11:55 am
2:00 – 2:55 pm
6:00 – 7:30 pm
9:00 – 9:55 am
10:00 – 10:55 am
12:00 – 12:55 pm
4:00 – 4:55 pm
JUMP STRETCH INC./Owner & Trainer: Dick Harrell
Bar Training
SESSION #1
John Murray: Advantage Equipment
Robert Palka: Jake’s Leader
LEN TOTTEN: Work/Sports USA
Newark University/Assistant & Conditioning Coordinator: Norm David
The Olympic Life & Technical Events: That One Doesn’t Find in a Book
University of Pittsburgh/Basketball Strength & Conditioning Coordinator: Tim Belt
Pre-Season Conditioning for Basketball
University of Kansas/Head Basketball Strength & Conditioning Coordinator: Andrea Hudy
1:00 – 1:55 pm
BRAUMBAUGH ACADEMIC CENTER — ALUMNI HALL
SESSION #2
Bucknell University/Strength & Conditioning Coordinator: Jerry Shreck
Imparting the Diesel Method
2:00 – 2:55 pm
Pennsylvania College of Technology/Director of Mayer Sports Training Center:
Functional Training for the Young Athlete
Former Cleveland Brown & University of Pittsburgh/Assistant Strength & Conditioning Coordinator:
Buddy Morris
Neuro-Endocrine Response and Consideration when Training the Athlete
4:00 – 4:55 pm
University of Delaware/Basketball Strength & Conditioning Coordinator: Clay McKeen
Developing a Strongman Program for Athletic Teams
5:00 – 5:55 pm
University of Maryland/Baltimore/Strength Coordinator: John Comer
Pennsylvania State University/Wrestling: Eric Childs
Medicine Ball Power Workout for Wrestling
6:30 – 7:30 pm
ELLIS LAWN — COOKOUT
KENNEDY SPORTS AND RECREATION CENTER
SESSION #3
Norwich University/Strength & Conditioning Coordinator: Justin Gostey
Strength & Conditioning Emeritus for Ice Hockey
Haverford College Baseball Strength & Conditioning Coordinator:
Chad Overend
Functional Training for Baseball Players
Pennsylvania College of Technology/Assistant & Conditioning Coordinator: Tom Tridico
Ohio University/Assistant & Conditioning Coordinator: Jon Foulke
4:00 Season Speed and Agility Training for Olympic Sports
University of Pennsylvania/Assistant & Conditioning Coordinator: Tom Martin
Pre-Season Conditioning for Basketball
Robert Morris University/Head Strength & Conditioning Coordinator:
Paul “Babe” Mayer
Shoulder Rehabilitation
ESS DRIVEN — LUNCH
Neuro-Endocrine Response and Consideration when Training the Athlete
2:00 – 2:55 pm
Pennsylvania College of Technology/Technology/Director of Mayer Sports Training Center:
Paul “Babe” Mayer
Functional Training to the Young Athlete
3:00 – 3:55 pm
Ohio University/Assistant & Conditioning Coordinator: Joe Fondale

Package Options:
- 2 Night Lodging Package: Includes 2 Days Registration, 4 Meals, T-Shirt, Clinic Materials.
- 2 Day Conference Package: Includes 2 Days Registration, 4 Meals, T-Shirt, Clinic Materials.
- 3 Day Conference (Fri. at Sat.): Includes 3 Days Registration, 6 Meals, T-Shirt, Clinic Materials.

PENNYSYLVANIA STATE  STRENGTH & CONDITIONING CLINIC REGISTRATION FORM/RECEIPT JUNE 9-10, 2006
(Delate & Return As Soon As Possible)

Name ________________________ Address ________________________
City ________________________ State ________________________ Zip __________
Phone ________________________ Fax ________________________ Email ________________________

Attn: Douglas Smith, Kennedy Sports and Recreation Center, 1700 Moore Street, Huntingdon, Pennsylvania 16652-2196

____ 1 Day Package - $90 (Registration for Friday or Saturday Conference)
____ 2 Day Conference Package: Includes 2 Days Registration, 4 Meals, T-Shirt, Clinic Materials.
____ 2 Nights Lodging Package: Includes Two days Registration, 2 Nights
Lodging, 4 Meals, T-Shirt, Clinic Materials

Package Options:
- Overnight Package - $175 (Thursday and Friday Night Lodging - On Campus, Double Occupancy)
- 2 Day Package - $150 (No Overnight Lodging) Includes Two days Registration, 4 Meals, T-Shirt, Clinic Materials

Payment Options: [ ] Check [ ] Cash [ ] Visa [ ] Master Card [ ] Discover [ ] American Express
For Official Use Only:
Name of Card ________________________ Card Number ________________________
Expiration Date: ________________________ Registration #: ________________________

Refund Policy: Full refund less $25 if requested by 5/22/06. 50% refund if requested by 6/3/06. No refund after 6/27/06. All refund requests MUST be made in writing to Juniata College, Attention: Douglas Smith, Kennedy Sport & Recreation Center, 1700 Moore Street, Huntingdon, Pennsylvania 16652-2196.

Kate Robertson: [ ] Refund Requested

Registration Form
[ ] Include 2 Day Registration, 2 Nights Lodging, 2 Meals, T-Shirt, Clinic Materials
"A Master Class" of Core Strength, Stability, and Performance. A Master Class
"A Master Class" of Core Strength, Stability, and Performance. A Master Class
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"A Master Class" of Core Strength, Stability, and Performance. A Master Class

Make Checks Payable to JUNIATA COLLEGE. Please enclose this registration form and your check in an envelope to:
Juniata College, Attention: Douglas Smith, Kennedy Sport and Recreation Center, 1700 Moore Street, Huntingdon, Pennsylvania 16652-2196
Phone Registration: 1-844-641-3606 or 1-877-JUNIATA ext. 3600; www.services.juniata.edu/conferences
For more information: 1-844-641-3602 or 1-877-JUNIATA ext. 3602; smithd@juniata.edu

Pennsylvania State University/Assistant & Conditioning Coordinator: Tim Belt
Tier System Program Design
awy for Athletes

Who Should Attend?
Anyone interested in Performance Enhancement and Strength & Conditioning

Clinic Assistants: Eric Childs, Niki DeSantis, Matt Hunstman, 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.

Clinic Coordinator: Doug Smith
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