**DIRECTIONS**

From the Northeast: Take Interstate 80 West to State College/Bellefonte Exit (#164), then take PA Route 26 South to Huntingdon.

From the Northwest: Take Interstate 80 East to Woodland Exit (#225), 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.

**NEW THIS YEAR**

Thursday night check-in will be held in the Kennedy Sports and Recreation Center lobby from 6–11 p.m. Please call 814-641-3604 to arrange late arrivals. Overnight guests are invited to join us for breakfast in Baker Refectory from 7–7:55 a.m.

**REFUND POLICY**

All refund requests MUST be made in writing to: Juniata College, Attention: Doug Smith, Brumbaugh Strength and Fitness Center, 1700 Moore Street, Huntingdon PA, 16652–2196. Full refund less $50 if postmarked by 6/7/08. 50% refund if postmarked by 6/19/08. No refund after 6/20/08.

**20 contact hours**

**20 credit hours**
Who Should Attend?

Clinic Coordinators:
- Niki DeSantis, Dodie Life-Bridge Health and Fitness, Physical Therapist
- Joe Fondale, John Swaldi D.P.T., ATC, CSCS
- Matt Huntsman, and Todd Quinter, Edwards, Matt Huntsman, and Todd Quinter

Clinic Content:
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.

Registration & Check In
Kennedy Sports and Recreation Center Lobby
University Orthopedics, Orthopedic Surgeon
University of Pennsylvania, 7:00 – 8:45 a.m.

PA STATE CLINIC SCHEDULE
FRIDAY, JUNE 27, 2008

Introduction:
Brumbaugh Academic Center
7:45 – 8:00 a.m.

**SESSION #1**

Brumbaugh Academic Center
7:00 – 7:55 a.m.

Sports Training & Fitness, President
Joe Schoeberle, M.S., C.S.C.S.
“Super Speed w/ Super Bands”

Jump Stretch Inc., Owner & Trainer
Dick Hartrell, Band Training

Loyola College, Strength Coordinator
Robert Taylor
“Heart Rate Training and Advanced Conditioning Techniques for Soccer”

University of Kansas, Strength & Conditioning, Associate Director
Andrea Hudy
“Training Jayhawks Men’s and Women’s Basketball”

Lunch
Ellis Hall, Baker Refectory
12:00 – 1:00 p.m.

University Orthopedics, Orthopedic Surgeon
William A. Cyndall, M.D., Ph.D.
“Performance Enhancement Supplements”

Be-More Training, Owner
Dan Cenidota
“Kettlebell Training & Technique”

Brumbaugh Strength and Fitness Center – Hands on Workshops
3:00 – 3:55 p.m.

Jump Stretch Inc., Owner & Trainer
Dick Hartrell, Band Training

Pennsylvania College of Technology; Mayer Sports Training Center, Director
Paul ‘Babe’ Mayer
“Core Training Breakout Session”

Drexel University, Strength & Conditioning
Mike Karlini
“Functional Assessment for Injury Prevention”

University of Pennsylvania, Strength & Conditioning Coordinator
Jim Stej
MMA Thai Kick Boxing for Athletic Teams

Dadami Thai Kick Boxing for Athletic Teams

Loyola College, Strength Coordinator
Robert Taylor
“Russian Kettlebell Workout”

Lunch
Ellis Hall, Baker Refectory
12:00 – 1:00 p.m.

University of Pennsylvania, Strength & Conditioning Coordinator
Jim Stej
“Strongman Training for Athletes”

Loyola College, Strength Coordinator
Robert Taylor
“Kettlebell Training and Advanced Conditioning Techniques for Soccer”

**SESSION #2**

Brumbaugh Academic Center 7:00 – 7:55 a.m.

Temple University, Strength & Conditioning Coordinator
Tony De Cock
“Training for Combating True Fatigue”

Life Bridge Health and Fitness, Physical Therapist
Michael Kelley
“Structural Alignment”

Youngsville High School, Head Football Coach
Tony Tridelio
“Strength Program for High School Multi-Sport Athletes”

Notre Dame University, Department of Physical Education
Darwin Thomas
“Practical Applications for Strength & Power Development”

Sled Training for Speed/Acceleration
Garret Rankin

COOKOUT
CAMPUS LAWN
7:00 p.m.

For more information:
1-814-641-3952 • 1-877-JUNIATA (toll free) ext. 3604

Limited single occupancy rooms are available for an additional $50.

PA STATE CLINIC SCHEDULE
SATURDAY, JUNE 28, 2008

Breakfast
Ellis Hall, Baker Refectory
6:00 – 7:00 a.m.

Brumbaugh Academic Center

Richmond University, Basketball Strength & Conditioning Coordinator
“Auxiliary Lift Progressions”

Ohio University, Strength & Conditioning Coordinator
Joe Fondale

University of Richmond, Head Athletic Trainer
“Athlete Injury Prevention Programs”

University of Central Arkansas, Exercise Science Director
Dr. Willard Peveler

University of Pittsburgh, Basketball Strength & Conditioning Coordinator
“Off Season Strength and Conditioning for Basketball”

West Virginia Wesleyan College, Director of Exercise Science Department
Dr. Andy Bosak

Star Physical Therapy
“Balance Performance Enhancement and Concussion Management”

Lunch
Ellis Hall, Baker Refectory
12:00 – 1:00 p.m.

Pennsylvania College of Technology; Mayer Sports Training Center, Director
Paul ‘Babe’ Mayer

Youngstown State University, Strength & Conditioning Coordinator
Todd Burke

Drexel University, Strength & Conditioning
Mike Rankin – Head Coach

Bearknell University, Strength & Conditioning Coordinator
“Baseball Injury Prevention”

CHECKOUT/CERTIFICATES
5:00 p.m.

JUNIATA COLLEGE PENNSYLVANIA STATE STRENGTH & CONDITIONING CLINIC JUNE 27 & 28, 2008

For Office Use Only

Date: _________________

Name: __________________________ Phone: __________________________
Address: __________________________ Fax: __________________________
City/State/Zip: __________________________ E-Mail: __________________________

Certification:
- Other
- Open to anyone interested in Sports Performance Enhancement
- NSCA–2.0 CPT
- NSCA Certification #: __________________________
- NATA–BOC–2.0 Contact Hours
- NATA–BOC Certification #: __________________________

- PA Act 48/Physical Education Teachers/20 Credit Hours
- Social Security Number: _________________

- Approved by the New Jersey Department of Education for Professional Development

Package Options:
- Overnight Package–$215 (Thursday and Friday Night Lodging) On Campus, Double Occupancy

- 2 Day Package–$175 (No Overnight Lodging) Includes 2 days Registration, 1 Meals, T-Shirt, Clinic Material

1 Day Package–$100 (Registration for Circle one–Friday or Saturday) Includes 1 day Registration, 1 Meals, T-Shirt, Clinic Material

Payment Options:
- Online Registration: http://www.juniata.edu/services/conferences/campscou.html
- Make Checks Payable to JUNIATA COLLEGE. Please enclose this registration form and your check in an envelope to: Juniata College, Attention: Douglas Smith, Brumbaugh Strength and Fitness Center, 1700 Moore Street, Huntingdon, PA 16652-2196

Credit Card:
- Visa
- Master Card
- Discover
- American Express

If you do not plan to attend, please call to cancel. This will allow the space to be opened for another person.

For more information: 1-814-641-3952 • 1-877-JUNIATA (toll free) ext. 3604

For Office Use Only Date: _________________ Reg#: __________________________

Limited single occupancy rooms are available for an additional $50.