

2018 JEFF CONNORS'

STRENGTH AND CONDITIONING CLINIC

SATURDAY, FEBRUARY 17, 2018

MURPHY CENTER (HARVEY HALL)
at EAST CAROLINA UNIVERSITY

REGISTER ONLINE:

JEFFCONNORSSTRENGTHCLINICS.COM

CLINIC SCHEDULE

7:00 am	Registration
8:00 am	Brandon Golden
9:00 am	Jeff Connors
10:00 am	Vinnie Calautti
11:00 am	Tobias Jacobi
Noon	Lunch/Round Table
1-4:00 pm	Hands-on Demos

SPEAKERS



Brandon Golden

*Assistant Strength and Conditioning Coach at East Carolina University
2015 USA Baseball Collegiate National Team Strength and Conditioning Coach.*



Jeff Connors

*Head Strength and Conditioning Coach at East Carolina University
2017 Strength and Conditioning Coach of the Year.*



Vinnie Calautti

Assistant Strength and Conditioning Coach at East Carolina University



Tobias Jacobi

*Strength and Conditioning Coach at Spring Rock Christian School
Published Writer and 2017 NHSCA High School Strength. Coach of the Year*

CEU'S PROVIDED BY:

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REGISTRATION FORM

PLEASE PRINT INFORMATION BELOW

Name _____
School _____
E-mail _____
Address _____
City _____ State _____ Zip _____
Phone # _____
T-Shirt Size: _____

Cost (Please check one):
____ \$75 Pre-Registered via mail by February 17th

NOTE: 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.

REGISTER ONLINE:

JEFFCONNORSSTRENGTHCLINICS.COM

OR MAIL IN REGISTRATION

MAKE CHECKS OR MONEY ORDERS PAYABLE TO:

Pirate Tough, Inc.

SEND TO:

ATTN: JEFF CONNORS

4093 COUNTRYDOWN DRIVE

GREENVILLE, NC 27834

SPEAKER BIOS

Brandon Golden "Strength and Conditioning for Baseball at Any Level"

Coach Golden is in his second year as an assistant at ECU, a position he began on January 3, 2017. He is responsible for designing and implementing yearly individualized programs for Pirate Baseball, which includes various workouts for starting pitchers, relievers, and back of the bullpen guys. Similarly, he overseas specific training for everyday position players, ensuring performance and health improved throughout the season. Prior to ECU, he was at Charleston Southern University. During the Summer of 2015, he worked with the Collegiate National Team of USA Baseball. At ECU Coach Golden also works with Men's Tennis, Women's Soccer and both Men's and Women's Cross Country. He has a graduate degree from St. John's with a concentration in Sport's Management. He holds certifications from the CSCCa-SCCC, NSCA-CSCS, and USAW-Sports Performance Coach.

Jeff Connors "Advanced Strategies in Strength Training Design"

Coach Connors enters his seventh year of his second tour of duty as Assistant Athletics Director for Strength and Conditioning at East Carolina University. He returns to Pirate Nation after spending ten years at UNC-Chapel Hill where he also held an Assistant Athletic Directors role, in charge of the Strength and Conditioning program. In all, Connors' efforts helped produce eight bowl appearances, four post-season victories, 16 NFL Draft selections and representation in two final top 25 polls (9/1991, 23/1995). Connors has been honored as a Master Strength and Conditioning Coach by the Collegiate Strength and Conditioning Association. In 2013, he authored his first book – **Strength Coach, A Call To Serve** – which not only chronicles his illustrious career, but outlines a distinctive philosophy he has created during his calling in the profession. Before accepting the East Carolina position prior to the 1991 campaign, Connors was the Head Strength and Conditioning Coach at Bucknell from 1987 to 1990. He is a frequently requested speaker asked to present his strength and conditioning program and philosophies to clinics and conferences across the country. He was a competitive power lifter who won four state titles in powerlifting and held a ranking as high as fourth nationally. Connors holds Level 1 certification in Olympic Weight Lifting by the USW and has numerous articles published in Wrestling USA, NSCA Journal, Training Conditioning Magazine and Bigger Faster Stronger Journal.

Vinnie Calautti "Developmental Program of a Basketball Athlete"

Coach Calautti joined ECU as an Assistant Strength and Conditioning Coach prior to the start of the 2017-2018 school year and works directly with Men's and Women's Basketball as well as Lacrosse. Before coming aboard, the ECU coaching staff, Calautti spent four seasons as an Assistant Strength and Conditioning Coach at Boston University where he worked with Men's Basketball, Men's Soccer, and Men's and Women's Tennis. With the assistance of Calautti's training methods, BU captured the 2014 Patriot League regular season Men's Basketball and Men's Soccer Championships. Prior to BU, Calautti served as a strength coach at Mike Boyle Strength and Conditioning where he implemented sports performance programs for high school and collegiate athletes. During the summer of 2013 he was a strength coach at the USA Women's Developmental Camp where he directed teams through a customized two-day strength program and conducted a seminar of the importance of strength training, injury prevention and nutrition. Calautti holds certifications from the NSCA-CSCS and the CSCCa-SCCC.

Tobias Jacobi "Training the High School Multi-Sport Athlete"

Coach Jacobi is in the role of Strength and Conditioning Coach at Strong Rock Christian School. Prior to his four-year tenure at Strong Rock, Coach Jacobi spent fifteen years in college athletics at the following Universities: East Carolina University, Charleston Southern University, Kent State University, Western Carolina University, Elon University, University of North Carolina Chapel Hill, and Cumberland University. He holds the CSCS and RSCC from the NSCA, along with certifications from United States Weightlifting Association, Titlist Performance Institute, and the United States Track and Field Association. In 2017 Coach Jacobi was recognized as the NHSSCA High School Strength and Conditioning Coach of the Year.

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