

Oregon State Clinic

May 10, 2014

NSCA Mission Statement

As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.

GENERAL INFORMATION

Location	Host	CEUs
Oregon State University Sports Performance Center 2737 SW Ralph Miller Lane Corvallis, OR 97331	Bryan Miller, MS, CSCS +1 541-737-8680 bryan.miller@oregonstate.edu	0.6 NSCA 6.0 BOC

TIME	TOPIC	SPEAKER
7:15-8:00am	Check-in & On-site Registration	
8:15-9:15am	University of Oregon Strength and Conditioning Program <i>This presentation will be a very dynamic overview of the U of O's training philosophy.</i>	Jim Radcliffe, MS
9:30-10:30am	Hands on Olympic Weightlifting Teaching Progression and Implementation for the Clean <i>This session will include a hands-on step by step teaching of the clean.</i>	Michael Conroy, MEd, USAW
10:45-11:45AM	Hands on Olympic Weightlifting Teaching Progression and Implementation for the Snatch <i>This session will include a hands-on step by step teaching of the snatch.</i>	Michael Conroy, MEd, USAW
12:00-1:00pm	Lunch (provided)	
1:00-2:00pm	Data Collection and Practical Application of Monitoring <i>We will discuss how to collect useful data and information on athletes as well as how to determine what corrective measures to take with it.</i>	Patrick Ward, MS, CSCS
2:15-3:15pm	Practical Training Applications for Basketball <i>This topic will cover specific program design and sport specific training exercises for basketball.</i>	Brad Scott, MS
3:30-4:30pm	Core Strength and Striking Power <i>This presentation will cover all body weight and strength exercises to develop core strength to improve striking power.</i>	Kyle Holland, MS, CSCS

Please call 800-815-6826 if you require special accommodations. Topics and speakers subject to change without prior notification. This clinic may have hands on sessions. Participants are asked to dress comfortably and only participate within their physical limitations.

REGISTRATION FORM • NSCA OREGON STATE CLINIC • MAY 10, 2014

Register online at: <http://www.nscas.com/Events/State-and-Regional-Events/NSCA-State-and-Regional-Events-List/>

Mail completed registration (with payment) to: NSCA, 1885 Bob Johnson Drive, Colorado Springs, CO 80906 or fax to 719-632-6367

Name _____ Member ID _____

Address _____ Student ID _____

City/State/Zip _____ Phone # _____

Emergency contact and phone # _____ Email _____

Payment Method

Check (payable to the NSCA in U.S. funds only) Visa MasterCard AmEx

Account# _____ Exp. _____

CVC Code _____ Signature _____

Name on Card _____

Total Enclosed \$ _____

Receipt: Mail Email

Clinic Code: 23040

Refund Policy: A 50% refund will be granted on or before April 29, 2014. No refunds will be given after April 29, 2014.

Clinic Fees (check one)	Now thru April 29	On-site
NSCA Member	<input type="checkbox"/> \$60	<input type="checkbox"/> \$90
Student	<input type="checkbox"/> \$25	<input type="checkbox"/> \$40
Non-member	<input type="checkbox"/> \$100	<input type="checkbox"/> \$130



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Colorado Springs, CO 80906

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