

Strength & Conditioning Clinic

Presented by Rockford Public Schools

Saturday, Jan. 31, 2015

Rock Valley College PE Center

3301 N. Mulford Road, Rockford IL, 61114

Featuring renowned
author, trainer and
Olympic lifter Dan John



Clinic Schedule

8:00-8:30 a.m.—Registration and
Breakfast

8:30 a.m.-Noon – Dan John: Squat,
Hinge, and Olympic Lift Progressions”

Noon-1:00pm – Lunch

1:00-1:50 p.m. – Jason Roe, Carroll
College: “Plyometric Progressions”

2:00-2:50 p.m. – Jason Pullara,
Northwestern University: “How
Athlete Monitoring Can Affect
Training Loads”

3:00-3:50 – Matthew Jacobs,
Northern Illinois University: “Inside
Look at NIU Training”

Cost: \$50 per person for clinic and
lunch; \$60 per person for clinic,
lunch and DVD.

Pre-registration required. Contact
Tyler Fagan

tyler.fagan@rps205.com

815.489.7373

or

Emily Tropp

emily.tropp@rps205.com

815.966.8960

Pay online by going to

<http://tinyurl.com/n5xk6xg>

Name of Donor: Strength &
Conditioning Clinic

Benefit of Donation: Other

Other: Strength & Conditioning Clinic

Name of School: Auburn High School

Then proceed with your payment in-
formation.

