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COMING OUT DAILY!**

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REGISTER ONLINE TODAY!



**This is a Connolly
Strength Sponsored
Event**

UNIVERSITY OF SOUTH CAROLINA

**Strength and Conditioning Department
Williams-Brice Stadium Football Office
1125 George Rogers Blvd.
Columbia, SC 29208**

**SOUTH CAROLINA
1st ANNUAL
STRENGTH AND
CONDITIONING
CLINIC**

MARCH 7th, 2015



**Williams Brice Stadium
1125 George Rogers Blvd.
Columbia, SC 29208
GATE 12**

REGISTRATION FORM

NAME

STREET ADDRESS

CITY, STATE, ZIP CODE

PHONE NUMBER

EMAIL

OCCUPATION

PAYMENT INFO

MAIL IN

ONLINE

SEND REGISTRATION FORM TO:

Joe Connolly, University of South Carolina
Director of Football Strength & Conditioning
Williams Brice Stadium, Football Office
1125 George Rogers, Blvd.
Columbia, SC 29208

REGISTER ONLINE!

<http://www.gamecocksonline.com/sports/m-footbl/spec-rel/strength.html>

PRE-REGISTRATION ENDS 3/2/15

FOR MORE INFORMATION CONTACT

Angelo James Jr
803-777-7929
jamesang@mail.box.sc.edu

ITINERARY

SATURDAY MARCH 7th, 2015

7:00-8:00 AM Registration/Check In/Breakfast

8:00-8:05 AM Introduction/Clinic Start

8:05-9:05 AM *Billy Anderson- USC
Gamecock Baseball Program*

9:05-10:05 AM *Aurmon Satchell- USC
Gamecock Track and Field Program*

10:05-11:05 AM *Joey Blake- USC
Gamecock Nutrition Program*

11:05-11:50 AM LUNCH BREAK (Provided)

11:50-12:50 PM *Joe Connolly- USC
Gamecock Football Program*

12:50-1:50 PM *Angelo James-USC
Developmental Training Methods*

1:50-2:50 PM *Dan Austin-USC
Gamecock Soccer Program*

2:50-3:50 PM *Jeff Merkt- USC
Gamecock QB Training Program*

SPONSORS

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EXERCISE EQUIPMENT

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PERFORMANCE SPORTS FLOORING

**WE INVITE YOU TO JOIN US ON
MARCH 7TH, 2015 TO TAKE AN INSIDE LOOK AT
OUR STRENGTH AND CONDITIONING
DEPARTMENT AND FACILITY!!!**

GENERAL INFORMATION

Pre Registration Sign Up Fee= \$35.00
(Ends 3/2/15)

Walk-IN Registration Fee= \$50.00

Full check payment made out to: "University of South Carolina."

Walk-In Registration Policy: All walk-in registrants will be allowed pending space available. Seating is limited and walk-ins will be accepted on a first come first serve basis. Only cash money orders or personal checks will be accepted.

For More Information about the clinic Like/
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FEATURED SPEAKER BIOS

**JOE CONNOLLY,
DIRECTOR OF FOOTBALL STRENGTH AND CONDITIONING**

Joe Connolly was named head strength & conditioning coach for the South Carolina football program on January 20, 2012. He is in his fifth year with the program.



**BILLY ANDERSON,
DIRECTOR OF SPORTS PERFORMANCE**

Billy Anderson is the head strength & conditioning coach for Olympic sports at the University of South Carolina. Anderson has served as the strength coach for the baseball program since 2003-04.

