

SORINEX

STRENGTH
CAMP



Cal

Saturday, July 25th, 2015
University of California, Berkeley
9:30 a.m.-4:30 p.m.

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FORMAT:

9:30–Mike Blasquez

11:00–Chad Wesley Smith

12:30-1:30 Lunch Roundtable (lunch provided)

1:30–Dr. Quinn Henoch

3:00–David Spitz

4:30–Open Gym and Departure

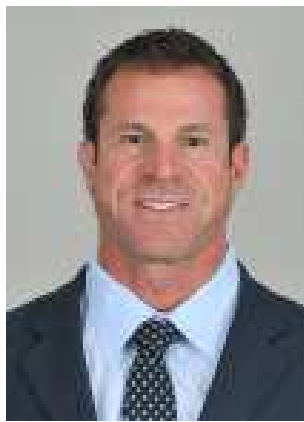
NSCA CEU: 0.5 CREDITS

CSCCa CEU: 2.0 CREDITS

REGISTER: WWW.SORINEX.COM

COST: \$70 (shirt and lunch included)

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MIKE BLASQUEZ

Director of strength and conditioning Mike Blasquez oversees strength and conditioning for 29 sports and manages the department's staff. He also plays a strategic role in linking the specific strength and conditioning programs of several sports, including football, with the overall goals of the department's student-athlete high performance unit.

In addition to training current Cal student-athletes, many former players and local professional athletes work out with Blasquez and his Cal staff during their offseason.

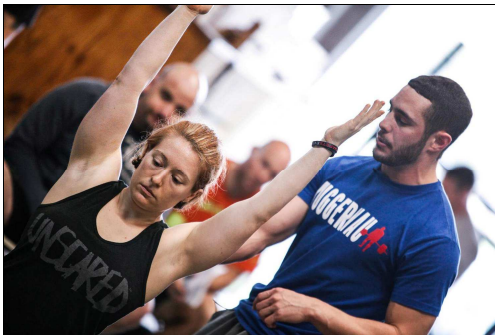
The Bay Area native arrived at Cal in 2003 after spending 11 seasons from 1992-2002 as the head strength and conditioning coach at De La Salle High School in Concord. During his tenure at the local legendary prep football national powerhouse, Blasquez worked alongside head coach Bob Ladouceur to lead the Spartans to a perfect 138-0 record as part of the team's national-record 151-game win streak from 1992-2004. During Blasquez' 11-year stint the Spartans were named national champions six times (1994, 1998-2002), were honored as the top team in California on 10 occasions (1992, 1994-2002) and won North Coast Section titles in each of his 11 seasons. Blasquez coached several future NFL players while at De La Salle, including standouts Jones-Drew and D.J. Williams. During his time with the Spartans, Blasquez was named the Strength and Conditioning Coach of the Year by the Professional Strength and Conditioning Coaches Society in 1998.



CHAD WESLEY SMITH

Chad Wesley Smith is the founder and head physical preparation coach at Juggernaut Training Systems. Chad has a diverse athletic background, winning two national championships in the shot put, setting the American Record in the squat (905 in the 308 class, raw w/ wraps) and winning the 2012 North American Strongman championship, where he earned his pro card. In addition to his athletic exploits, Chad has helped over 50 athletes earn Division 1 athletic scholarships since 2009 and worked with many NFL Players and Olympians. Chad is the author of The Juggernaut Method and The Juggernaut Method 2.0 and The Juggernaut Football Manual.

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DR. QUINN HENOCH

Quinn Henoch has a Doctorate of Physical Therapy from the University of Indianapolis. He is the head of rehabilitation for JuggernautHQ and Darkside Strength. His clinic, Paradigm Performance Therapy, is adjacent to the new Juggernaut gym located in Laguna Niguel, CA. Quinn played football at the Div 1-AA level at Valparaiso University as a defensive back. He has also competed in track and field, Crossfit, and powerlifting. Currently, he trains full time as an Olympic weightlifter, and competed

in the 2014 American Open and has qualified for the 2015 National Championships as a 77kg lifter.



DAVID SPITZ

David Spitz is a Certified Strength and Conditioning Specialist with the NSCA and a Senior Coach with USA Weightlifting. He is the Owner, Founder and Head Coach of California Strength.

In 2006 David started California Strength. Today California Strength is home to one of the most successful and popular Olympic Weightlifting Teams in the Country, producing several of the top competitors in the sport in the last 5 years. Consistently one of the best teams in the country, California Strength boasts numerous Junior and Senior National Champions, Junior and Senior USA Team members as well as American record holders.

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