

# 4th ANNUAL BASKETBALL SPECIFIC STRENGTH AND CONDITIONING SYMPOSIUM

**Friday, May 20th and Saturday, May 21nd, 2011.** Join some of the country's top Strength and Conditioning professionals to discuss Basketball Specific training techniques. These presentations and demonstrations will focus on how to train players in high school, college, and NBA.



**Mike Boyle, Mike Boyle Strength and Conditioning**  
“Complete System for Training Basketball Players”

**William Hicks, Syracuse University Football**  
“Developing Size and Strength on Long Limb Athletes”

**Steve Hess, Denver Nuggets**  
“Nuggets Training Program”

**Heather Mason, University of Tennessee Lady Vols**  
“Tennessee Lady Vol Conditioning”

**Michael Srock, James F. Byrnes High School**  
“Explosive Lifting for Speed”

**Dave Richardson, Ohio State University**  
**“Ohio State Off Season Training”**

For more information and to register online go to [www.specificstrength.com](http://www.specificstrength.com).