

# REGISTRATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Contact Phone: \_\_\_\_\_

Email: \_\_\_\_\_

School or Organization: \_\_\_\_\_

## Clinic Fees:

\_\_\_ \$35 Student Early Registration (Must have Student ID present at the door)

\_\_\_ \$ 55 Early Registration

\_\_\_ Pay at the door (\$45 Students and \$65 Regular Admittance)

Checks payable to:

**Eastern Illinois University**

Please send a check for early registration along with completed form to:

**Eric Cash**

**Eastern Illinois University  
600 Lincoln University  
Charleston, IL 61920**

For additional information please contact Eric Cash at [encash@eiu.edu](mailto:encash@eiu.edu)

Eastern Illinois University  
Strength and Conditioning  
600 Lincoln Ave.  
O'Brien Stadium  
Charleston, IL 61920



# PANTHER STRENGTH TRAINING

**Strength & Conditioning Clinic  
Saturday May 14, 2011  
8:00am-4:00pm**

## CLINIC ITENERARY

8:00-8:50	Registration
8:50-9:00	Introduction
9:00-9:50	SIU Football <b>Jared Nessland</b>
10:00-10:50	Squat & Clean Progression <b>EIU Strength Staff</b>
11:00-11:50	Kettlebells and the high school athlete <b>Pat Duncan</b>
11:50-12:55	FCA Lunch
1:00-1:50	EIU Football <b>Eric Cash</b>
2:00-2:50	ISU Football <b>Jim Lathrop</b>
3:00-3:50	Training the Multi Sport Athlete <b>James Di Nasso</b>
3:00-4:00	Q&A w/ presenters

**NSCA CEU's—0.8**  
**CSCCA CEU's—2.5**

## SPONSORS



## SPEAKERS

**Eric Cash**  
Head Strength & Conditioning Coach  
Eastern Illinois University

**James Di Nasso**  
Strength Coach  
Owner-The Body Club

**Pat Duncan**  
Strength Coach  
Marshall High School

**Jim Lathrop**  
Director of Strength & Conditioning  
Illinois State University

**Jared Nessland**  
Head Strength & Conditioning Coach  
Southern Illinois University

**EIU Strength Staff**

## GENERAL INFO

Topics will include:

- Football—In-Season/Off-Season
- Annual Plan Design
- Kettle bell Training
- Training the Multi-Sport Athlete
- Plyometrics
- Tier Program Design