



# 5th Annual Central Ohio Strength & Conditioning Clinic

Friday, May 4th, 2012

4:00pm-10:00pm

Saturday, May 5th, 2012

8:00am-5:30pm

Held in the Lecture Hall  
of the  
Burton D. Morgan  
Conference Center on the  
Campus of  
Denison University



**Clinic Notes &  
Refreshments  
Included**



**NATA CEUs =  
pending  
NSCA CEUs =  
pending**

## FRIDAY, MAY 4th—EVENING SESSIONS

TIME	TOPIC	SPEAKER
3:00-3:45pm	Registration	
3:45-4:00pm	Opening Remarks & Introductions	Mark Watts
4:00-4:45pm	The Mash Elite Bridging of Weightlifting, Powerlifting, & Everything In-Between	Travis Mash, USAW, CPT Mash Elite Performance
4:45-5:30pm	Establishing Motor Control for Treatment and Prevention of Joint Injury	Brian Hartz, PhD, ATC Head Athletic Trainer Denison University
5:30-6:15pm	Sports Specific Training	Andy Katzenmoyer Katzenmoyer Performance
6:15-7:45pm	ACL Reconstruction, Rehabilitation, & Return to Sports	B. Rodney Comisar, MD Grant Sports Medicine & Orthopedic Associates Mike Johnston, PT, CSCS American Strongman Corporation
7:45-8:30pm	Why Weight? Strength Training for Adolescents Now!	Marcus Kinney, MS, CSCS, CSCC Doctoral Candidate/ Teaching Assistant West Virginia University
8:30-9:15pm	The Business of Fitness: Finding your Niche in the Industry	Cat Black-Holman, AKC/WKC, USAW Ohio Fit Club
9:15-10:00pm	Incorporating Olympic Lift Variations & Their Alternatives to Beginners	Mark Watts, M.Ed, MS, CSCS, USAW, PES, SCCC, RSCC Jordan Houghton & Matt Peitsmeyer, USAW Denison University

## SATURDAY, MAY 5th—MORNING SESSIONS

TIME	TOPIC	SPEAKER
7:00-7:45am	Registration	
7:45-8:00am	Opening Remarks	Jack Hatem Head Football Coach Denison University
8:00-8:45am	Building Durability in Athletes	Eric Hammer, MS, CSCS, SCCC, USAW, FMS, PN Associate Director of Olympic Sports Performance University of Louisville
8:45-9:30am	Top 10 Speed Drills Guaranteed to Get Any Athlete Faster	Adam Kessler, CSCS, USAW Fitness Planning Consultants
9:30-10:15am	Max Effort Method for Female Athletes	Cam Davidson, MS, SCCC, CSCS, USAW Assistant Strength & Conditioning Coach Penn State University
10:15-11:00am	Development of the Olympic Sport Athlete	John Patrick, MS, CSCS, USAW Assistant Strength & Conditioning Coach Central Connecticut State University
11:00-11:45am	Training for the Collision Athlete	Anthony Donskov, MS, CSCS, PES Donskov Strength & Conditioning
11:45-1:00pm	Lunch On Your Own	



# 5th Annual Central Ohio Strength & Conditioning Clinic

## Clinic Registration Fees:

Friday, May 4th

Evening Session Only: **\$40**  
 Each Additional Attendee: **\$25**  
*(After May 1st): \$60*

Saturday, May 5th

All Day Session: **\$60**  
 Each Additional Attendee: **\$35**  
*(After May 1st): \$75*

**BOTH Friday & Saturday**

Sessions: **\$85**  
 Each Additional Attendee: **\$45**  
*(After May 1st): \$115*

Save \$15 registering for both sessions

Save \$30 if registered by 5-1-12

Send Registration Form to:

Denison University Athletics  
 c/o Strength & Conditioning Clinic  
 Box 810—Physical Education Center  
 Granville, OH 43023

## SATURDAY, MAY 5th—AFTERNOON SESSIONS

TIME	TOPIC	SPEAKER
1:00-1:45pm	All Things Strength	JL Holdsworth, CSCS, USAW The Spot Athletics
1:45-2:30pm	Neck and Trap Development	Greg Pyszczyński, MA, CSCS, USAW Assistant Strength & Conditioning Coach Eastern Michigan University
2:30-3:15pm	Training the High School & College Athlete in the Private Sector	Chase Karnes, CSCS, NSCA-CPT Argonauts Fitness
3:15-4:00pm	Preparation for the Shot Put and other Field Events Training	Willie Danzer, MA, CSCS, USAW Assistant Strength & Conditioning Coach Youngstown State University
4:00-4:45pm	Grip Strength: A Missing Link in Many Strength Programs	Andrew Durniat, CSCS, MKT Durniat Strength
4:45-5:30pm	Strength Coach 101	Todd Hamer, MS, SCCC Head Strength & Conditioning Coach Robert Morris University
5:30-6:15pm	Developing an Annual Plan for the Strongman Athlete	Jordan Jacobs, MS, CSCS Kettering Sports Acceleration



Phone: (740) 587-5463

Fax: (740) 587-6362

E-mail: [wattsm@denison.edu](mailto:wattsm@denison.edu)

<http://denisonbigred.com/strength/events>

## 5th ANNUAL CENTRAL OHIO STRENGTH & CONDITIONING CLINIC REGISTRATION FORM

Name \_\_\_\_\_

Primary Job Responsibility \_\_\_\_\_

Address \_\_\_\_\_

Name of Institution \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Fri: \$40; Sat: \$60; Fri & Sat: \$85 by May 1st \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

Each Additional Attendee \$25, \$35, or \$45 \_\_\_\_\_

Make Checks payable to Denison University

Method of Payment  Cash or Money Order  
 Check

Total # of Coaches Attending: \_\_\_\_\_

On Site registration: \$115 (\$55 for additional attendees)

**Bring your whole staff for a great price!**