



# DEER PARK STRENGTH AND CONDITIONING CLINIC



**JANUARY 26<sup>TH</sup>, 2013**

The strength and conditioning department at Deer Park High School would like to invite you and your staff to attend the 3<sup>rd</sup> Annual Deer Park Strength and Conditioning Coaches' Clinic. The clinic is designed to give all sport coaches a solid resource for all of their strength, speed, agility and nutritional training.

**Full Clinic Details and On-Line Registration can be found @**

**[www.dpstrength.com](http://www.dpstrength.com)**

### THIS YEAR'S SPEAKERS & TOPICS

- **Jeremy Weeks, Dallas Jesuit H.S.**
  - Developing Jesuit H. S. Programs
- **Jerry Schmidt, Univ. of Oklahoma**
  - OU Football Off-Season
- **Brandon Marcello, Stanford Univ.**
  - Training the Female Cardinal
- **Vern Gambetta, Gambetta Sports**
  - Train Fast to Play Fast
- **Dale Jones, Univ. of Houston**
  - Adding Wt. Carries to Your Workouts
- **Jonathan Tanquay, Texas A&M**
  - Fueling the Athlete – Food 1<sup>st</sup> Approach

### WHAT OTHERS ARE SAYING ABOUT THE CLINIC

"Going to clinics for over 20 years and this was the most useful information I have ever gotten in one day"

Cost: \$55 / Coach before January 11<sup>th</sup>  
\$65 / Coach after January 11th

Staff Rates: \$30 for each additional staff member.  
\*Lunch will be provided and Door Prizes will be drawn



"Deer Park Strength and Conditioning is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers."



Hotel Accommodations