

TENTATIVE ITINERARY

Friday, April 30th - Evening Session

6:30 - 6:50	Registration / Check in / Vendors Pavilion West Lobby (Near Ticket Window)
6:50 - 7:10	Introduction: Lon Record Welcome: Andy Talley, <i>Head Football Coach Villanova University</i>
7:15 - 8:00	Justus Galac <i>Villanova Football S&C</i>
<i>Basketball Breakouts</i>	Doug West <i>Skill Conditioning</i> Lon Record <i>Off-Season Strength</i>
8:15 - 9:00	Joe Kenn <i>Louisville Football</i>

9:00 *Clinic Social brought to you by Gilman Gear*

Saturday, May 1st

8:30 - 9:00	Registration / Check in / Vendors Pavilion West Lobby (Near Ticket Window)
9:00 - 9:20	Introduction: Lon Record Welcome: <i>Villanova Basketball</i>
9:30 - 10:20	Allan Johnson <i>Title TBA</i> Parisi Speed School <i>Speed for Sport</i>
10:30 - 11:20	Eric Ciano <i>Off-Season Training</i> Heather Mason <i>Program Building</i>
11:30 - 12:20	Tony Decker <i>Strength and Rehab</i> Mike Vorkapich <i>Pre-Season Training</i> Stephen King <i>Villanova All Sport S&C</i>
12:30	<i>Lunch brought to you by Collins International</i>
1:30 - 2:20	John McKenna <i>Collins International</i> Christine Green <i>Nutrition for Competition</i> Summit ST <i>Agility for Sport</i>
2:30 - 3:20	Buddy Morris <i>Off-Season Linemen Development</i>
<i>Basketball Breakouts</i>	Brad Pantall <i>Penn State Basketball</i> Jesse Wright <i>In-Season Training</i> Jessica Pellicciotta <i>Sport Nutrition</i>
3:30 - 4:30	Q & A with Football and All Sport Presenters

OUR CHAMPIONSHIP SPONSORS



Villanova Strength & Conditioning
Varsity Weight Room - Athletics
Villanova University
Villanova, PA 19085



2010 VILLANOVA STRENGTH & CONDITIONING CLINIC

FOOTBALL

ALL SPORT SPEED/AGILITY

BASKETBALL

Friday, April 30th 6:30pm - 9:00pm
Saturday, May 1st 8:30am - 4:30pm



REGISTRATION FORM

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

CONTACT PHONE: _____

EMAIL ADDRESS: _____

SCHOOL/CLUB/BUSINESS: _____

SPORTS COACHED: _____

Clinic Fees: Please Select One

___ \$90 Friday and Saturday (Includes Social and Lunch)

___ \$75 Saturday Only (Includes Lunch)

___ \$50 Student Rate (Undergraduate / Graduate)

CHECKS OR MONEY ORDERS PAYABLE TO:

VILLANOVA UNIVERSITY

-or-

___ Visa ___ MasterCard

CC #: _____

Exp. Date: _____

SEND TO: Villanova Strength and Conditioning
Varsity Weight Room - Athletics
Villanova University
Villanova, PA 19085
MAIL-IN DEADLINE: April 23, 2010

For more information:

www.villanova.com/school-bio/strength-conditioning.html

Lon Record: (610) 519-3063/Lon.record@villanova.edu
-or-

Justus Galac: (610) 519-7840/Justus.galac@villanova.edu

SPEAKER LINEUP

Keynote

Allan Johnson
Owner / President
Champions Edge

Joe Kenn
Director of Athlete Development
University of Louisville

Football

Eric Ciano - Georgia Tech
Director of Strength & Conditioning

Tony Decker - Temple University
Director of Strength & Conditioning

Justus Galac - Villanova University
Football Strength & Conditioning Coach

Buddy Morris - University of Pittsburgh
Head Strength & Conditioning Coach - Football

John McKenna—Notre Dame HS
Athletic Performance Director

Basketball

Heather Mason - University of Tennessee
Assistant Athletic Director - Strength & Conditioning

Brad Pantall - Penn State University
Strength & Conditioning Coach - M&W Basketball

Lon Record - Villanova University
Basketball Strength & Conditioning Coach

Mike Vorkapich - Michigan State University
Associate Head Strength & Conditioning Coach

Doug West - Villanova University
Assistant Basketball Coach

Jesse Wright - 76ers / Summit Sports Training
Strength & Conditioning Consultant

All Sport Speed/Agility

Stephen King - Villanova University
Olympic Sports Strength & Conditioning Coach

Parisi Speed School - Downingtown
Summit Sports Training

Sports Nutrition

Jessica Pellicciotta - Villanova Basketball
Christine Greene - CherryPharm

GENERAL INFORMATION

Along with keynote speakers, this years clinic will provide specific sessions for:

- ⇒ Football Training
- ⇒ Basketball Training
- ⇒ All Sport Speed & Agility
- ⇒ Sport Nutrition

Presentations and demonstrations on:

- ⇒ Sport Specific Strength Training
- ⇒ Off-Season Speed/Agility Conditioning
- ⇒ In-Season Training
- ⇒ Training for Power and Explosiveness
- ⇒ Injury Prevention
- ⇒ Sports Nutrition

CLINIC SPONSORS



For The Long Run
WOODWAY



Bill Jacobs Power Company



JMB Precision
Makers of
THE POWER-STIK

Official Hotel of the 2010 Villanova S&C Clinic

Ask for the Villanova S&C Clinic Rate



Philadelphia Marriott West
111 Crawford Avenue
West Conshohocken, PA
(610) 941-5600