



2nd Annual Cleveland ISD Strength & Conditioning Clinic

January 15, 2022 | 7:30 AM - 3PM

Cleveland HS. 1600 E. Houston St., Cleveland, TX, 77385



Felecia Brock - Head Strength Coach - College Station HS

- Making the Most of the Resources You Have Available



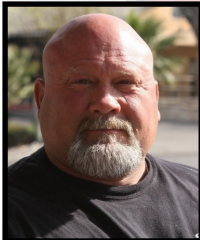
**Chris Garcia - Head Strength Coach - CSCS, PES, RPR
Specialist - Klein Cain HS**

- Individualize Offseason Programing



Amy Goodson - MS, RD, CSSD, LD

- Build Your Base: Fueling Training, Performance, and
Recovery.



**Ed Cosner CSCS, USAW- Veteran Strength Coach - Pow-
erSports S&C**

- Strength and Power Training for Athletes



**Key Note Speaker: Donnie Maib
MSCC, SCCC - Assistant Athletic Director for Athletic
Performance - University of Texas**

- Leadership and Building Culture

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