

TENTATIVE ITINERARY

Friday, April 29th - Evening Session

6:30 - 6:50	Registration / Check in / Vendors Connelly Center, Villanova Room
6:50 - 7:00	Introduction: Lon Record Welcome: Andy Talley, <i>Head Football Coach Villanova University</i>
7:00 - 8:00	Augie Maurelli <i>Delaware Football</i> Drew Cleary/ Bob Medina <i>Basketball Training with limited time & space</i>
8:00 - 9:00	Frank Piraino <i>Temple Winter S&C</i> Mike Vorkapich <i>Michigan State Training</i>

9:00 Clinic Social brought to you by Gilman Gear

Saturday, April 30th

8:30 - 9:00	Registration / Check in / Vendors Connelly Center, Villanova Room
9:00 - 9:15	Introduction: Lon Record Welcome: Jay Wright
9:15 - 10:15	Matt Balis <i>Mississippi State S&C</i> Ryan Cabiles <i>Syracuse Basketball</i>
10:20 - 11:20	Aaron Ausmus <i>USC Football</i> Lon Record <i>Villanova Basketball</i>
11:25 - 12:25	Gabe Infante <i>St Joe's Prep HS S&C</i> Patrick Dixon <i>St John's Basketball</i>
12:30 Lunch brought to you by Rockin Refuel	
1:30 - 2:30	Mike Joseph <i>West Virginia Football</i> Daryl Smith <i>On Court Conditioning</i>
2:30 - 3:30	Justus Galac <i>Villanova Football</i> On Court Basketball <i>All Speakers</i>
3:30 - 4:30	Brian Capaldi <i>Injury Prevention</i> On Court Basketball <i>All Speakers</i>

Championship Sponsors



Lon Record
Men's Basketball—Davis Center
Villanova University
Villanova, PA 19085



Villanova Strength & Conditioning Clinic

Friday, April 29—Saturday, April 30

Connelly Center
Villanova University

CEU's available from NSCA, NATA, CSCCa



REGISTRATION FORM

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

CONTACT PHONE: _____

EMAIL ADDRESS: _____

SCHOOL/CLUB/BUSINESS: _____

SPORTS COACHED: _____

Clinic Fees: - \$100 / College Student—\$50

Includes: Friday/Saturday Clinic, Friday Social, Saturday Lunch, Presentation CD, Hammer Strength Giveaway

REGISTER ONLINE

Hammerstrengthclinics.com

Click on VILLANOVA, PA

OR

CHECKS OR MONEY ORDERS PAYABLE TO:

Record Breakers Inc

SEND TO:

Lon Record

Men's Basketball - Davis Center

Villanova University

Villanova, PA 19085

MAIL-IN DEADLINE: April 22, 2011

For More Information Please Contact:

Lon Record - (610) 519-3063

Lon.Record@villanova.edu

SPEAKER LINEUP

Football

Aaron Ausmus - University of Southern California
Director of Strength & Conditioning

Matt Balis - Mississippi State University
Director of Strength & Conditioning

Justus Galic - Villanova University
Football Strength & Conditioning Coach

Gabe Infante - St Joseph's Prep
Strength & Conditioning Coach

Mike Joseph—West Virginia University
Director of Strength & Conditioning

Augie Maurelli - University of Delaware
Assistant AD for Strength & Conditioning

Frank Piraino - Temple University
Director of Strength & Conditioning

Basketball

Drew Cleary - Washington Wizards
Strength & Conditioning Coach

Ryan Cabiles - Syracuse University
Director of S&C for Basketball

Patrick Dixon - St John's
Director of S&C, Men's/Women's Basketball

Bob Medina - Portland Trailblazers
Strength & Conditioning Coach

Lon Record - Villanova University
Basketball Strength & Conditioning Coach

Daryl Smith - CSCS, USAW
CEO and President D-TRAINED Inc

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

All Sport Injury Prevention

Brian Capaldi, DC - Peak Potential
Owner

GENERAL INFORMATION

Presentations and Demonstrations Covering:

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

Connelly Center, Villanova University

- ⇒ Located in the Heart of Campus
- ⇒ Plenty of Free Parking
- ⇒ 2 Great Presentation Areas
- ⇒ Spacious Seating and Vendor Area
- ⇒ Alumni Gym for On Court Sessions

CLINIC SPONSORS



Official Hotel of the 2011 Villanova S&C Clinic

Ask for the Villanova S&C Clinic Rate



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

The Villanova Strength & Conditioning Clinic is open to any and all with paid Registration.