

# GENERAL INFO

**WHO:** Jr. High, Club, High School Coaches, College Sport & Strength Coaches, Athletic Trainers, Physical Therapists, Personal Trainers, Fitness Professionals

**WHERE:** Ben Hill Griffin Stadium, South End Zone Weight Room

**WHEN:** Friday, March 6, 2009 (6-9 p.m.)  
Saturday, March 7, 2009 (8:30 a.m.-2:30 p.m.)

**COST:** Register - \$80 (Due 2/27/09)  
Students Register - \$30  
(MAIL-IN copy of student ID)

\*Absolutely No Refunds  
CSCS / NSCA - CPT = .8 CEUs  
NATA / BOC = 8 CEUs

## HOTEL ACCOMODATIONS

Holiday Inn - University Center



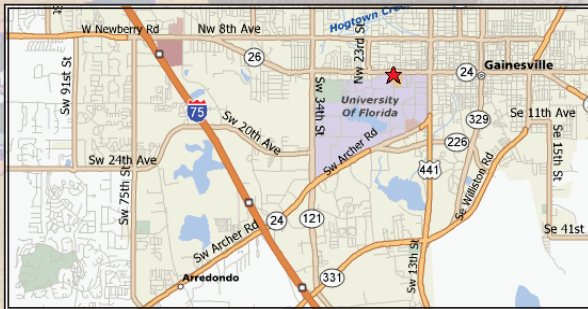
1250 West University Ave.  
Gainesville, FL 32601

Phone: 352.376.1661

Mention the Florida Strength Clinic to receive a special rate

## DIRECTIONS:

From I-75 North or South take exit 387 (St. Rt. 24/ Newberry Rd.) and turn east off interstate. Go approx. four miles to I 3th St. and hotel will be on the left.



# ITINERARY

## TIME

### FRIDAY

6:00 p.m. - 7:00 p.m.  
7:00 p.m. - 8:00 p.m.

8:00 p.m. - 9:00 p.m.  
9:00 p.m.

### SATURDAY

8:30 a.m. - 9:30 a.m.  
9:30 a.m. - 10:30 a.m.  
10:30 a.m. - 11:30 a.m.  
11:30 a.m. - 12:30 p.m.  
12:30 p.m. - 1:30 p.m.

1:30 p.m. - 2:30 p.m.

## TOPICS

**Dr. Ken Leistner**, *Strength Training History*  
**Gray Cook or Lee Burton**, *Functional Movement.com*,  
*Functional Movement*  
**Anthony Pass**, *University of Florida*, *Functional Flexibility*  
**Social Hour**

**Ronnie McKeefery**, *USF*, *Speed Adaptation for Sports*  
**Leslie Bonci**, *University of Pittsburgh*, *Sports Nutrition*  
**Mike Gittleston**, *30 Years of Training*  
**Lunch**  
**Scott Savor**, *Sports & Field Athletic Performance Center*, *Training the High School Athlete*  
**Mickey Marotti**, *University of Florida*, *Hands-on Training*

## GUEST SPEAKERS

### Leslie Bonci, M.P.H., R.D., LDN, CSSD

*University of Pittsburgh Medical Center Director of Sports Medicine Nutrition*

- University of Pittsburgh adjunct assistant professor of nutrition
- Board Certified Specialist in Sports Nutrition
- Serves as the sports dietitian for the Pittsburgh Steelers, Pittsburgh Penguins, Pittsburgh Pirates, University of Pittsburgh Athletic Dept., and the Pittsburgh Ballet
- Consultant to the NCAA, WNBA, USA Women's Rugby, and many local schools in Pennsylvania
- Part of the USOC Sports nutrition network
- Contributing author and editor to many textbooks, manuals, journals, etc. on sports nutrition
- Authored the *American Dietetic Association Guide to Better Digestion* and will have her own Sports Nutrition manual available in spring 2009

### Lee Burton; FunctionalMovement.com

- Program director for Athletic Training at Averett University
- Contributing author to many journals and magazines on functional applications for treatment of injured athletes
- Has presented on numerous sports medicine topics at various sports medicine symposiums
- Currently working on several research projects dealing with functional evaluation and exercise prescription

### Gray Cook; FunctionalMovement.com

- Practicing Physical Therapist
- Consultant to NFL, NBA, NHL, MLB, WNBA and numerous universities
- Serves as Creative Director of Sport-Specific Training for Reebok
- Author of *Athletic Body in Balance*
- Board-certified orthopedic clinical specialist with the American Physical Therapy Association
- Co-developer of course title Functional Exercise Training and Rehabilitation

### Mike Gittleston

- Spent 30 years as Head Strength & Conditioning Coach at the University of Michigan
- Recognized by Professional Football Strength & Conditioning Coaches' Society as the 2003 National Collegiate Football Strength & Conditioning Coach of the Year
- Honored with the distinguished "Honorary 'M' Man" by the University of Michigan in 1997

### Dr. Ken Leistner

- Strength training consultant and trainer to many NFL, NBA, and NCAA athletes
- Founder of Iron Island Gym on Long Island
- Founder of Steel Tip newsletter
- Contributing author to *Milo*, *Powerlifting USA*, *Hardgainer*, and *Maximize Your Training*

### Ronnie McKeefery; University of South Florida

- Head Strength & Conditioning Coach*
- Previously Head Strength & Conditioning Coach for the Berlin Thunder of NFL Europe
- Prior to NFL Europe, worked as Asst. Strength & Conditioning Coach for Tampa Bay Buccaneers
- Spent time as an intern for Kansas City Royals
- Coached football at Ottawa University in Ottawa, KS
- Working toward PhD at USF

### Anthony Pass; University of Florida

- Associate Director of Sports Health and Head Athletic Trainer for Football*
- Worked previously as Head Athletic Trainer at Indiana St. University
- Spent time as an NFL athletic trainer with Buffalo Bills and Houston Texans
- His football training staff and UF Sports Health Dept. was awarded Southeast Athletic Trainers Association Award and College/University Athletic Trainer award
- Approved clinical instructor in UF's Health and Human Performance Dept.
- Faculty member in UF's Primary Care Sports Medicine fellowship

### Scott Savor; Sports and Field Athletic Performance Center

*Human Performance Specialist*

- Previously Head Strength & Conditioning Coach at University of Detroit, Mercy
- Prior to UDM, was a member of the Strength and Conditioning Staff of the Minnesota Vikings
- Before his tenure with the Vikings, was the Head Strength & Conditioning Coach at Shakopee High School
- Co-authored the book: *The Female Athlete: Reach for Victory*

# APPLICATION FORM

NAME

STREET ADDRESS

CITY, STATE, ZIP CODE

E-MAIL ADDRESS

SCHOOL, UNIVERSITY, CLUB

PHONE NUMBER

SPORT(S) YOU COACH

## CLINIC FEES:

Registration: \$80

Registration Students: \$30 (Mail in copy of ID)

Make checks or money orders payable to:  
*The University Athletic Association*

\*Photocopies of this application are acceptable.

## Register Online at:

[www.GatorZone.com/camps](http://www.GatorZone.com/camps)

## Send registration to (due 2/27/09):

Mickey Marotti

Director of Strength and Conditioning

P.O. Box 14485

Gainesville, Florida 32604

## For more information, contact Frank Piraino:

Phone: 352-375-4683 (ext. 4940)

Fax: 352-377-0836

E-Mail: [frankp@gators.uaa.ufl.edu](mailto:frankp@gators.uaa.ufl.edu)

**Mickey Marotti, MA, MS, MSCC, CSCS**  
**(West Liberty '87)**

**Director of Strength and Conditioning**

Mickey Marotti joined the Florida staff in January 2005 as the Director of Strength & Conditioning. Prior to his arrival in Gainesville, he served as Director of Strength and Conditioning at the University of Notre Dame for seven years. In his role at Florida, Marotti is responsible for the total development of sport-specific strength and conditioning programs for all 18 varsity sports. He is a member of the Performance Team and is also the chair of the Nutrition Council. In May 2003, Marotti was awarded the highest honor in his field of expertise when he was certified as a Master Strength & Conditioning Coach (MSCC) at the Collegiate Strength & Conditioning Coaches Association's third national conference. The Master Strength & Conditioning Coach title represents professionalism, knowledge, experience, expertise, as well as longevity in the field. Marotti is one of only 36 people in the world to hold this certification.

**UNIVERSITY OF FLORIDA STRENGTH STAFF:**

**Karin Werth, SCCC, USAW, CSCS** (Florida '88)

Assistant Director, Strength & Conditioning

**Matt DeLancey, CSCS USAW** (East Stroudsburg University '98)

Assistant Director, Strength & Conditioning for Olympic Sports

**Frank Piraino, MS, SCCC, USAW, CSCS** (Akron '02)

Assistant Strength Coach

**Mark Campbell, SCCC& USAW** (Florida '95)

Assistant Strength Coach

**Matt Herring, MED, CSCS, USAW** (Southwest Texas State '94)

Assistant Strength Coach

**Steve Orris, MS, CSCS, USAW** (Florida Atlantic University '00)

Assistant Strength Coach

**Scott Holsopple, NASE** (Penn State '00)

Assistant Director, Strength & Conditioning

**Kenny Parker** (Florida '05)

Strength & Conditioning Assistant

**Cheryl Zonkowski** (Florida '04)

Director of Sports Nutrition

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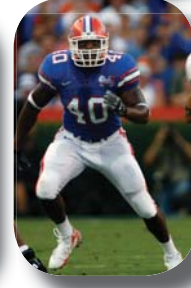
**Gatorade**



**POWER**  
**LIFT**

Mickey Marotti  
Director of Strength and Conditioning  
South End Zone Weight Room  
University Athletic Association, Inc.  
University of Florida  
P.O. Box 14485, Gainesville, FL 32604-2485

# UNIVERSITY OF FLORIDA STRENGTH & CONDITIONING



## FOURTH ANNUAL COACHES' CLINIC MARCH 6-7, 2009