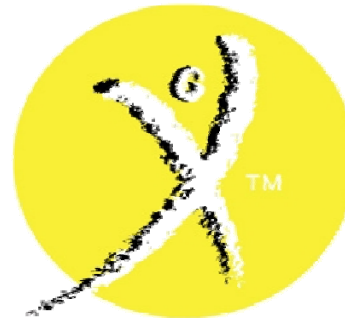


MICHIGAN STATE STRENGTH & CONDITIONING

And Sponsors Present
The 5th Annual "Spartan Strength & Conditioning Clinic"



POWER LIFT®



TRX

Fitness Anywhere



POLAR
LISTEN TO YOUR BODY

KEISER
THE POWER IN HUMAN PERFORMANCE



ASAP
ATHLETIC STRENGTH AND POWER
PERFORM BETTER!

DIRECTIONS

FROM THE NORTH (FLINT, MI)

West on I-69 to US-127 (exit 89) South (5.5 miles) to Trowbridge Road exit East (0.5 miles) to Harrison Road; turn left North for approximately 0.5 miles, turn right onto Shaw Lane (Spartan Stadium is located 0.5 miles on the left). Parking will be provided in Spartan Stadium Parking Lot, across from the Clara Bell Smith Academic Center.

FROM THE SOUTH (TOLEDO, OH)

US-23 North to I-96 (exit 60B) West, to US-127 (106B) North, to Trowbridge Road exit East (0.5 miles) to Harrison Road; turn left North for approximately 0.5 miles, turn right onto Shaw Lane (Spartan Stadium is located 0.5 miles on the left). Parking will be provided in Spartan Stadium Parking Lot, across from the Clara Bell Smith Academic Center.

FROM THE EAST (DETROIT, MI)

I-96 West to US-127 (exit 106B) North (3.1 miles) to Trowbridge Road exit East (0.5 miles) to Harrison Road; turn left North for approximately 0.5 miles, turn right onto Shaw Lane (Spartan Stadium is located 0.5 miles on the left). Parking will be provided in Spartan Stadium Parking Lot, across from the Clara Bell Smith Academic Center.

FROM THE WEST (CHICAGO, IL)

I-94 East to I-69 North, to I-496; turn left East (5 miles) to Trowbridge Road (exit 9) East (0.5 miles) to Harrison Road; turn left North for approximately 0.5 miles, turn right onto Shaw Lane (Spartan Stadium is located 0.5 miles on the left). Parking will be provided in Spartan Stadium Parking Lot, across from the Clara Bell Smith Academic Center.

ACCOMODATIONS

For reservations, please call the **Courtyard Marriott (517-482-0500)** at 2710 Lake Lansing Rd. Please mention "Spartan Strength Clinic" when making your reservation for a special rate of \$79(+tax). A limited block of rooms is available at this reduced rate.



GENERAL INFORMATION

We would like to invite you and your fellow coaches to the **5th Annual MSU Strength & Conditioning Clinic**. The clinic is designed to give all coaches, a solid foundation in the basic fundamentals of strength training, speed mechanics and agility training.

WHEN:

***Friday, Feb 10th - FREE SESSION from 6-9pm**
"TIPS FROM THE TRENCHES" with Dr Ken, Coach Mannie and the Spartan Strength Staff!

***Saturday, February 11th, 2012**

**Registration & Check-in @ 645-730am*

**Clinic will run approximately until 330pm.*

WHERE:

Clara Bell Smith Academic Center
(adjacent to the Duffy Daugherty Building)

COST:

***\$100 Pre-registered via mail by Feb 9th**
(includes clinic registration + 2012 clinic DVD)

***\$80 Pre-registered via mail by Feb 9th**
(clinic registration only)

***Full payment by check made payable to**
"Michigan State University"

***CEUs offered by the CSCCa, NSCA and NATA.**

ITINERARY:

The clinic itinerary will be emailed to preregistered coaches.

WALK-IN REGISTRATION POLICY:

Walk-in registration on the day of the clinic will be accepted for an additional \$10 fee. However, limited space is available. Only cash, money orders or personal checks will be acceptable for payment at this time. **NO CREDIT CARDS ACCEPTED.**

For further information, please contact:
Mike Vorkapich by phone: 517-432-1822
or via email: vork@ath.msu.edu

**Michigan State University
Strength & Conditioning Clinic
February 10th-11th, 2012**



CEUs offered for CSCCa, NSCA and NATA

REGISTRATION FORM

PLEASE PRINT INFORMATION BELOW

Name _____

School _____

E-mail _____

Address _____

City _____ State _____ Zip _____

Daytime Telephone (____) _____

COST (Please check one):

\$100 Pre-registered via mail by Feb 9th
(includes clinic registration + 2012 clinic DVD)

\$80 Pre-registered via mail by Feb 9th
(clinic registration only)

**Send completed form with payment in full to:
(Please make checks payable to:
Michigan State University)**

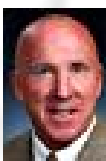
**MSU Strength Clinic
c/o Mike Vorkapich
Duffy Daugherty Building
Michigan State University
East Lansing, MI 48824**

NOTE: Walk-in registration on the day of the clinic will be accepted for an additional \$10 fee. However, limited space is available. Only cash, money orders or personal checks will be acceptable for payment at this time.

CLINIC SPEAKERS



Dr. Ken Leistner—Returning as our Master of Ceremonies, is chiropractor and iron game legend, Dr. Ken Leistner. Known for his extremely intense training sessions, "Dr. Ken" eats and sleeps physical training. Just a few years ago, this 64 year-old eccentric training machine barbell squatted 407 lbs. for an unbelievable 23...yes, that's 23... perfectly executed repetitions!! And, when he's not squatting or hoisting large objects like say, an engine block, he may be training kids and youth from his neighborhood...or a long list of collegiate and professional athletes. In addition to being an entertaining clinic speaker, he has been published in "Physical Development", "H.I.T. Newsletter", "HardTraining", "Iron Man", "Muscular Development", "Muscle And Fitness", "Strength And Health", "Powerlifting-USA" and his own, "The Steel Tip Newsletter". With a background in collegiate football and track, Dr. Ken spent seven years intermittently working for Nautilus creator Arthur Jones, in addition to working with Dr.Ellington Darden, Kim Wood, Dan Riley and many others.



Dan Riley is a retired strength and conditioning coach having spent 27 of those years in the National Football League (19 with the Washington Redskins and eight with the Houston Texans). Prior to his stint with the Redskins, Riley spent five years as the strength coach at Penn State after serving four years as the strength coach at the United States Military Academy at West Point. While with the Redskins Riley served as an integral part of three Super Bowl Champions, and four NFC champions. While at Penn State the Lions played for the National Championship in the Sugar Bowl. Riley has authored four books on strength training. In addition, he wrote a physical fitness column for the Washington Post and also authored the Power Line, a monthly fitness column for Coach and Athletic Director magazine. Riley also co-hosted a local Radio Fitness Show for almost three years with Roberta Anding RD, and most recently served as the strength and conditioning educator for the Memorial Hermann Sports Medicine Institute.



Jason Arapoff is in his 11th season directing the Detroit Lions' strength & conditioning program. Arapoff arrived in Detroit prior to the 2001 season with 13 years of experience with the Washington Redskins. While serving as the team's conditioning director for nine years, he was instrumental in computerizing and implementing the team's strength & conditioning and nutritional programs. A frequently published author, Arapoff is also a frequent clinic speaker and content expert for area media, including guest spots on a variety of television and radio programs. As a collegian, Arapoff was a four-year letter-winning defensive back at Springfield (MA) College, where he earned his undergraduate degree in health fitness. He went on to obtain his master's degree in exercise physiology from American University in Washington, D.C.



Mike Joseph is the director of strength & conditioning at West Virginia University overseeing all Mountaineer athletic programs. Prior to Mike's second stint at WVU, he was an assistant strength coach at Notre Dame and held a similar position at Eastern Michigan. While earning his master's degree at WVU in physical education (with an emphasis in sport movement and development), Mike served as a graduate assistant under the tutelage of Allan Johnson. Before a stop at Healthworks Fitness and Rehabilitation (Morgantown, WV), Mike headed up the strength & conditioning program at his alma mater, Fairmont State, where was a four-year letterman and three-year captain on the football team. Certified by both, the Collegiate Strength and Conditioning Coaches association (CSCCa) and the National Strength Coaches Association (NSCA), Joseph has served as a guest speaker and instructor at many camps and clinics, and was the state director for the National Association of Speed and Explosion.



Paul Harker was named as Miami (OH) University's Director of Strength & Conditioning in February of 2011. While previously holding the same position at Wayne State University, Harker was promoted to an assistant athletic director position in July of 2010. As a graduate assistant in strength & conditioning, Harker received his master's degree in kinesiology from Michigan State in 2006. As an undergraduate at MSU, Harker was also a three-year letter winner for the Spartans on the football field earning honorable mention All-Big Ten honors, while serving as a team captain. In addition to being an Academic All-Big Ten and CoSIDA Academic All-District First Team honors, Harker also garnered the team's Most Inspirational and Iron Man Awards. Harker is a native of Dayton, OH, and is both CSCS certified through the National Strength & Conditioning Association and SCCC certified through the Collegiate Strength and Conditioning Coaches association.



Gabe Harrington has been Colgate University's strength & conditioning coach since 2009. Harrington joined the Raiders' staff following a six-year stint at the U.S. Military Academy in West Point, where he most recently served as the associate head strength & conditioning coach for the Black Knights. A graduate of Hillsdale College, where he earned a B.A. in Physical Education, Harrington was a standout on the gridiron for the Chargers. During his collegiate career, he shared the team's Most Outstanding Freshman Award; received 4 varsity letters, and garnered all-GLIAC accolades for both academics and special teams play. Harrington earned a master's degree from Michigan State in Biomechanics, while serving as a graduate assistant strength & conditioning coach for the Spartans'. The East Lansing native is certified by both, the Collegiate Strength & Conditioning Coaches association and the National Strength & Conditioning Association.



Scott Hays is in his 34th season as a high school strength & conditioning and football coach. Hays coached 4 seasons at Okemos HS (MI) before moving to his current position at Fowlerville HS (MI), serving as both the football team's defensive coordinator and as the athletic programs' strength & conditioning coach. A four-sport athlete at Webberville HS(MI), Hays played football and ran track at Grand Valley State College before earning his degree in Physical Education and Exercise Science from Michigan State University. "A student of the iron game," Scott Hays has been a fixture on the strength & conditioning clinic circuit for 27 years.

**In addition to the featured speakers,
Ken Mannie and the Spartan Strength & Conditioning Staff
will be on-hand to facilitate the clinic.**