MICHIGAN STATE STRENGTH & CONDITIONING

And Sponsors Present

The 8th Annual "Spartan Strength & Conditioning Clinic"

POWER LIFT®

ROGERS ATHLETIC COMPANY ROGERS

HAMMER STRENGTH® Life Fitness interactive fitness solutions

IRON GRIP 45 LBS. MADE IN USA
IRON GRIP BARBELL COMPANY

KEISER® THE POWER IN HUMAN PERFORMANCE

TRX Fitness Anywhere

FUNCTIONAL HAND STRENGTH

ALL PRO EXERCISE

ELEIKO® FOR CHAMPIONS™

BENT IRON PERFORMANCE

ASAP ATHLETIC STRENGTH AND POWER

THE RAM SLED COMPANY Formerly Bob Morgan & Associates

USC ULTIMATE STRENGTH & CONDITIONING

Phn. 513-277-1938 Bill Jacobs Power Company

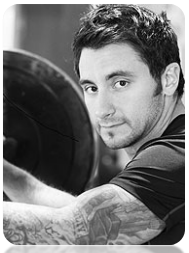
Spartan Strength & Conditioning Clinic
February 6th-7th, 2015

(CEUs offered for CSCCa, NSCA and NATA)

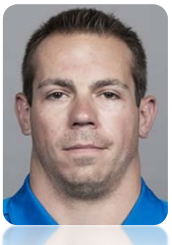
FOR COMPLETE BIOS, CLICK ON SPEAKERS' PICTURES BELOW.

Ted Lambrinides – Clinic Emcee
Director of Sports Science
Athletic Strength And Power

Eric Klein
Head Strength & Conditioning Coach
Minnesota Golden Gophers' Football



Rob Stock
Navy Seal
& Founder/Owner - High Performance Initiative



Ted Rath
Strength & Conditioning Assistant
NFL's Detroit Lions

Ron McKeefery
Director of Sports Performance, Eastern Michigan University
& Host of "Iron Game Chalk Talk" on RonMcKeeferey.com

Dr. Joey Eisenmann
Director of SNAPP
Spartan Nutrition and Performance Program

Spartan Strength & Conditioning Clinic
February 6th-7th, 2015

(CEUs offered for CSCCa, NSCA and NATA)

We would like to invite you and your staff members to the ***8th 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, February 6th - 6-9pm*-Complimentary Hands-on workshop with the Spartan Strength Staff!*

Saturday, February 7th - 715-800am*-Registration & Check-in*
**Clinic will run approximately until 300pm.*

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

COST:
*$90 Pre-registered via online registration or mail by Feb 6th ***(includes video links to all presentations)***
*$30 Pre-registered Students ***(with valid Student ID presented at check-in)***

****ONLINE REGISTRATION:*** *with payment by credit card please click on this button* ⇨ CLICK HERE
****Please note that there is an additional $5 processing fee for online registration.***

****MAIL-IN REGISTRATION:*** *please send payment in full (with checks made payable to* ***"Michigan State University"****) and the completed registration form (below) to:*

Spartan Strength Clinic
c/o Mike Vorkapich
Duffy Daugherty Building
771 Chestnut Rd
Michigan State University
East Lansing, MI 48824

FOR MAIL-IN REGISTRATION, PLEASE PRINT INFORMATION BELOW

- -

Name____

School/Organization___________________________________

E-mail ____

Address____

City _________________________ **State**_______ **Zip** _______

Daytime Telephone (_________) ________________________

PLEASE CHECK ONE:

☐ $90 for those who pre-register via online registration or mail by Feb 6th ***(includes video links to all clinic presentations)***

☐ $30 for Pre-registered students with valid Student ID presented at check-in

Spartan Strength & Conditioning Clinic
February 6th-7th, 2015

(CEUs offered for 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 ON THE DAY OF THE CLINIC.***

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 $90(+tax). A limited block of rooms is available at this reduced rate. For more hotel information, please click on the Courtyard Marriott Logo to the left.

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.

Please contact Clinic Director, Mike Vorkapich with any questions:
vork@ath.msu.edu or 517-432-1822