

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

Call the **Kellogg Center** on the MSU campus for a special rate. Please mention "strength clinic" when making your reservation. A limited block of rooms is available at a reduced rate.



Kellogg Hotel & Conference Center
at Michigan State University

Reservations:
1-800-875-5090
MSU Campus
East Lansing, MI 48824

GENERAL INFORMATION

We would like to invite you and your fellow coaches to the **2nd Annual MSU Strength & Conditioning Clinic for Football**. The clinic is designed to give all football coaches, a solid foundation in the basic fundamentals of strength training, speed mechanics and agility training.

WHEN:

Saturday, January 31, 2009.

**Registration & Check-in @ 730-830am*

**Clinic will run approximately until 3pm.*

WHERE:

Clara Bell Smith Academic Center

(adjacent to the Duffy Daugherty Building)

COST:

\$75.00 Pre-registered via mail

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

ITINERARY:

The clinic itinerary will be emailed to preregistered coaches.

WALK-IN REGISTRATION POLICY:

Walk-in registration (signing up on the day of the clinic) will be accepted. 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
517-432-1822
vork@ath.msu.edu



REGISTRATION FORM

PLEASE PRINT INFORMATION BELOW

Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Daytime Telephone (____) _____

School _____

Send completed form
with payment in full to:

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

CLINIC SPONSORS:

**POWER
LIFT**



CLINIC SPEAKERS



Dr. Ken Leistner -Master of Ceremonies- When he's not seeing one of his patients at his chiropractic practice, Dr. Ken Leistner eats and sleeps physical training. Known for his extremely intense training sessions, "Dr. Ken" practices what he preaches. Just a few years ago, this 60 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 with the kids and youth from his neighborhood...or a long list of collegiate and professional athletes whom he's trained. In addition to being an entertaining clinic speaker, he has been published in "Physical Development", "H.I.T. Newsletter", "Hard Training", "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. He trained as a test subject and trained visiting athletes in the Deland, Florida training center in the 1970's that was to become the Nautilus Sportsmedicine empire, working with Dr.Ellington Darden, Kim Wood, Dan Riley and many others. A former high school track and football coach and Director Of Special Education, Dr. Ken continues his community youth work as Director Of The Board of The Lakeview Youth Federation.



Mike Gittleson, a pioneer in the field of strength & conditioning, spent the previous 30 years as the strength & conditioning coach for the University of Michigan. He was appointed the athletic department's first strength & conditioning coach in 1978 and oversaw the day-to-day strength & conditioning program for the student-athletes. He was recognized by the Professional Football Strength & Conditioning Coaches Society as the 2003 National Collegiate Football Strength & Conditioning Coach of the Year. A native of Manchester, N.H., Gittleson earned degrees from New Hampshire (1975) and Plymouth State College (1977). He graduated summa cum laude with a 3.9 gpa and was named the outstanding physical education student in his class at Plymouth State. Gittleson also lettered in football, wrestling and track and won the state weightlifting championship. A Vietnam veteran, he later came to Michigan and completed a master's degree in exercise science (1980) and earned the prestigious Paul Hunsicker Award as an outstanding graduate student at the University. As an adjunct lecturer in Sports Management, Gittleson was honored with the distinction of becoming an "Honorary 'M' Man" in 1997.



Dr. Ted Lambrinides of the Athletic Performance Center has developed the Athletic Strength And Power program through over 26 years of coaching experience in the field. He served as the Assistant Strength Coach at The Ohio State University where he trained numerous Buckeye All-Americans in a variety of sports. Presently, he serves as a consultant to several NFL teams including the Cincinnati Bengals, the Jacksonville Jaguars and the 2005 World Champion Pittsburgh Steelers. He also consults for numerous major collegiate athletic programs. Ted is also a member of the NCAA speakers bureau where he is a nationally known and leading expert on Ergogenic Aids, Steroids and Creatine use.



Aaron Hillmann is in his eighth year with the Falcons. Hillmann oversees strength & conditioning for the Falcons' 18-sport athletic program. Prior to coming to Bowling Green, Hillmann had been the assistant coordinator of strength & conditioning at Notre Dame from 1998 to 2001. Hillmann went to Notre Dame after serving as the football strength & conditioning coach at Connecticut from 1996-1998. He also has served as an assistant strength & conditioning coach at Cincinnati (1995-96) and Ball State (1992-95). Hillmann also has spent time as a strength & conditioning specialist for the Pittsburgh Steelers (summer, 1994), assisting in the supervision of their preseason strength & conditioning program. A native of St. Louis, Hillmann earned his bachelor of science degree in secondary education while playing football for the Missouri Tigers.



Randy Gillon enters his third season with Michigan State working with the sprinters and hurdlers and going into his second offseason as the football team's speed coach. Gillon's coaching resume includes stints at Illinois State and at the University of Illinois. Gillon arrived at MSU after directing Prime Function Strength and Rehabilitation Training Systems in Toronto since 2003, where he designed and oversaw strength training, weight management, rehabilitation, and general fitness programs for both competitive and non-competitive athletes of various sports. Gillon also served as a consultant to First Line Kinesiologist Inc., providing therapeutic exercises to post-injury individuals. Gillon is a member of and certified through the NSCA, USATF, the Ontario Kinesiologist Association (OKA) and Ontario Track and Field Association (OTFA). Gillon earned his BS and MS in Kinesiology from Illinois. A three-year letterwinner for the track & field program, Gillon currently graduated eighth on Illinois' all-time record chart with a time of 14.15 in the 110m high hurdles.



Jim Kielbaso joined forces with the Total Sports Complex in Wixom, MI to open the Total Performance Training Center in August 2002 after six years as the Head Strength & Conditioning Coach and adjunct faculty member at the University of Detroit Mercy. After receiving his BS from Michigan State University, Jim immediately went to the University of Michigan working as a strength & conditioning intern while earning his Masters Degree in Kinesiology. Jim is currently the Regional Coordinator for the NSCA, has been a featured speaker at clinics and conferences all over the country and has authored articles in numerous publications. Jim is the author of two books and four training videos and was contracted by the MHSAA to develop a strength & conditioning curriculum for their Coaches Advancement Program. During his career, Jim has trained thousands of athletes including professional and college football, basketball and hockey players, Olympic competitors, and too many youth athletes to count.



Carlo Alvarez returns for his 7th season as the strength & conditioning coordinator at Cincinnati St. Xavier High School, the home of Ohio's football state champs in 2005 and 2007, and co-national champs in 2007. He began his coaching career at his alma-mater, the University of Cincinnati in 1994. From 1996-1998 he served as the strength & conditioning coach at St. Xavier, then as an assistant strength coach at the University of Notre Dame. He left Notre Dame in 2000 to become Assistant Strength & Conditioning coordinator for the Cleveland Indians. In 2002, he became the Head Strength & Conditioning Coordinator for the Cincinnati Reds. During his time with the Reds, he developed one of the most comprehensive and recognized athletic development programs in Major League Baseball and Latin America. In addition to his current post at "St. X", Carlo owns Ethos Athletics, which specializes in state of the art strength & conditioning programs.

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