

2010 CLINIC DVD ORDER FORM

MICHIGAN STATE UNIVERSITY STRENGTH & CONDITIONING CLINIC SPEAKERS

PLEASE PRINT INFORMATION BELOW

Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Daytime Telephone (____) _____

School _____

COST (Please check one):

- \$120 - 2010 & 2009 Clinic DVDs
- \$95 - 2010 Clinic DVD only
- \$50 - 2009 Clinic DVD Only

*(Please make checks payable to
Michigan State University)*

Send completed form with payment in full to:

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



Ken Mannie moves into his sixteenth year overseeing Michigan State's strength and conditioning program. As a Master strength and conditioning coach with the CSCCA, Mannie has played an integral part in helping the Spartans to nine postseason bowl games. Mannie has written over 100 articles and two book chapters on the various aspects of strength/conditioning, athletics and the anabolic drug abuse issue. He also writes a monthly column for Scholastic Coach and Athletic Director, the nation's premier coaching publication, and is a frequent contributor to the Championship Performance newsletter. Prior to his arrival at Michigan State, Mannie spent nine years in a similar capacity at the University of Toledo and served as a graduate assistant at Ohio State earning his master's degree in Exercise Science. Mannie also taught and coached on the high school level for 10 years after graduating from Akron, where he was a three-year starter at offensive guard.



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 62 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.



Tom Kanavy is in his 4th season as strength & conditioning coach with the Minnesota Vikings. Kanavy came to Minnesota from the Philadelphia Eagles, where he served as assistant strength and conditioning coach. With a decade and a half of NFL experience, Kanavy has been part of 5 Division titles and 6 post-season runs since 2000 between the Vikings and Eagles, including an appearance in Super Bowl XXXIX. After spending 1993 at the University of Miami (FL), Kanavy returned to his alma mater, Penn State, where the Nittany Lions won a Big Ten title and a Rose Bowl Championship in 1994. Kanavy received a bachelor's degree in exercise and sport science from Penn State University and earned his master's in sport management from Temple University.



Mike Gittleston, a pioneer in the field of strength & conditioning, spent 30 years as the strength & conditioning coach for the University of Michigan. Appointed the athletic department's first strength & conditioning coach in 1978, Mike played a big part in the success of the Wolverines' football program, which included a National Championship in 1990, 14 Big Ten titles, 12 Rose Bowl appearances, 49 First-team All-Americans and 23 NFL 1st-Round Draft picks. He was recognized by the Professional Football Strength & Conditioning Coaches Society as the 2003 National Collegiate Football Strength & Conditioning Coach of the Year. Gittleston earned degrees from New Hampshire and Plymouth State College. Mike graduated summa cum laude with a 3.9 gpa at Plymouth State, while lettering 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 and earned the prestigious Paul Hunsicker Award as an outstanding graduate student at the University. An adjunct lecturer in Sports Management, Gittleston was honored with the distinction of becoming an "Honorary 'M' Man".



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 & 2009 Super Bowl 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.



Mike Shibinski has been working with top notch athletes at top notch programs for over 25 years. As a three-sport athlete and football player at Cincinnati Elder HS, Mike learned the value of hard work and serious training. Mike honed his athletic skills playing college football for Butler University and headed to The Ohio State University to become a graduate assistant strength coach for the Buckeyes and earned his Master's Degree in the process. He began his coaching career at Mansfield (OH) Malabar HS and before settling down at Cincinnati Princeton HS, he acquired state championship rings at the legendary Moeller HS and at the Cincinnati Academy of Physical Education.



POWER LIFT®

ASAP
SPEED STRENGTH AND POWER

