



HAMMER STRENGTH & BEACON ORTHOPAEDICS 2011 GREAT AMERICAN STRENGTH AND CONDITIONING

When: November 19th, 2011

Where: Great American Ball Park

CEU CREDITS: 8.0 NSCA/7.0 NATABOC

Champions Club

| TIME | SPEAKER | TOPIC |
|--------------|---|--|
| 7:00-8:00 | Arrival and check-in | |
| 8:00-8:10 | Matt Krause | Opening Remarks |
| 8:10-9:00 | Chip Morton, CSCS-Cincinnati Bengals | Education of athletic trainers, coaches and parents on the benefits of strength and conditioning for football. |
| 9:10-10:00 | Matt Jennings MS, SCCC-Xavier University | Discuss ideas of organization, progression, and implementation of an off season strength and conditioning program for collegiate basketball players. |
| 10:10-11:00 | John Walker MPT, CSCS,CES,CGFI | Educate athletic trainers, and coaches about flexibility, strengthening and core stability for the high school golfer. |
| 11:10-12:00 | Nike Sparq | Nike will discuss what the Sparq testing rating is and what it can do for the high school athlete. |
| 12:00-1:00PM | Bronson Arroyo | Key Note Speaker/Lunch |
| 1:00-2:00 | Matt Krause, Steve Baumann, Billy Hatcher | Breakout participation and demonstration in the Reds training room, weight room and batting cages |
| 2:10-3:00 | Dr. Jay Hoffman | Supplements for High School Athletes |
| 3:10-4:00 | Dr. Timothy Kremchek | The importance of physician involvement when hiring strength and conditioning coaches and athletic trainers. |
| 4:10-5:00 | Michele Macedonio MS, RD, CSSD,LD | The importance of nutrition for high school athletes |
| 5:00-5:40 | Matt Krause MA, CSCS, ATC | The year round implementation of the Cincinnati Reds strength and conditioning program. |

Speakers and topics subject to change without prior notification. This program may have hands on sessions. Participants are asked to dress comfortably and only participate within their physical limitations.

Contact Kendra Dalby at kdalby@beaconortho.com with questions or request for additional information.

Please see our link at beaconortho.com for directions and parking instructions.