

Give the gift of knowledge this holiday season and send your staff to the Michigan State Spartan Strength & Conditioning Clinic on February 6-7, 2015!

Listen to some of the country's finest strength & conditioning professionals share their knowledge!

Ted Rath - Detroit Lions' Strength Assistant – *“Weight Room Demo”*

Rob Stock - Navy SEAL and founder of Human Performance Initiative - *“Alchemy: The Process From Ordinary to Extraordinary”*

Eric Klein - Minnesota Golden Gophers' Head Strength Coach – *“Summer Preparation for the Front-7”*

Ron McKeefery - Eastern Michigan's Director of Sports Performance – *“Outside the Box Speed Development”*

Dr. Joey Eisenmann – Director of Spartan Nutrition and Performance Program (SNAPP) – *“Energy System Development for Athletic Performance”*

Clinic Information:

<http://bit.ly/12wp5HP>