

GENERAL INFO

WHO: Jr. High, Club, High School Coaches, College Sport & Strength Coaches, Athletic Trainers, Physical Therapists, Personal Trainers, Fitness Professionals

WHERE: Ben Hill Griffin Stadium, South End Zone Weight Room

WHEN: Friday, March 6, 2009 (6-9 p.m.)
Saturday, March 7, 2009 (8:30 a.m.-2:30 p.m.)

COST: Register - \$80 (Due 2/27/09)
Students Register - \$30
(MAIL-IN copy of student ID)

*Absolutely No Refunds
CSCS / NSCA - CPT = .8 CEUs
NATA / BOC = 8 CEUs

HOTEL ACCOMODATIONS

Holiday Inn - University Center



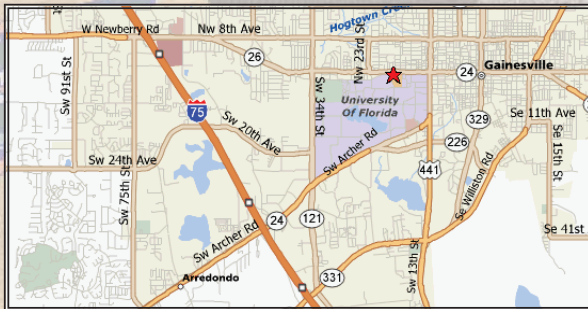
1250 West University Ave.
Gainesville, FL 32601

Phone: 352.376.1661

Mention the Florida Strength Clinic to receive a special rate

DIRECTIONS:

From I-75 North or South take exit 387 (St. Rt. 24/ Newberry Rd.) and turn east off interstate. Go approx. four miles to I 3th St. and hotel will be on the left.



ITINERARY

TIME

FRIDAY

6:00 p.m. - 7:00 p.m.
7:00 p.m. - 8:00 p.m.

8:00 p.m. - 9:00 p.m.
9:00 p.m.

SATURDAY

8:30 a.m. - 9:30 a.m.
9:30 a.m. - 10:30 a.m.
10:30 a.m. - 11:30 a.m.
11:30 a.m. - 12:30 p.m.
12:30 p.m. - 1:30 p.m.

1:30 p.m. - 2:30 p.m.

TOPICS

Dr. Ken Leistner, *Strength Training History*
Gray Cook or Lee Burton, *Functional Movement.com*,
Functional Movement
Anthony Pass, *University of Florida*, *Functional Flexibility*
Social Hour

Ronnie McKeefery, *USF*, *Speed Adaptation for Sports*
Leslie Bonci, *University of Pittsburgh*, *Sports Nutrition*
Mike Gittleston, *30 Years of Training*
Lunch
Scott Savor, *Sports & Field Athletic Performance Center*, *Training the High School Athlete*
Mickey Marotti, *University of Florida*, *Hands-on Training*

GUEST SPEAKERS

Leslie Bonci, M.P.H., R.D., LDN, CSSD

University of Pittsburgh Medical Center Director of Sports Medicine Nutrition
• University of Pittsburgh adjunct assistant professor of nutrition
• Board Certified Specialist in Sports Nutrition
• Serves as the sports dietitian for the Pittsburgh Steelers, Pittsburgh Penguins, Pittsburgh Pirates, University of Pittsburgh Athletic Dept., and the Pittsburgh Ballet
• Consultant to the NCAA, WNBA, USA Women's Rugby, and many local schools in Pennsylvania
• Part of the USOC Sports nutrition network
• Contributing author and editor to many textbooks, manuals, journals, etc. on sports nutrition
• Authored the *American Dietetic Association Guide to Better Digestion* and will have her own Sports Nutrition manual available in spring 2009

Lee Burton; FunctionalMovement.com

• Program director for Athletic Training at Averett University
• Contributing author to many journals and magazines on functional applications for treatment of injured athletes
• Has presented on numerous sports medicine topics at various sports medicine symposiums
• Currently working on several research projects dealing with functional evaluation and exercise prescription

Gray Cook; FunctionalMovement.com

• Practicing Physical Therapist
• Consultant to NFL, NBA, NHL, MLB, WNBA and numerous universities
• Serves as Creative Director of Sport-Specific Training for Reebok
• Author of *Athletic Body in Balance*
• Board-certified orthopedic clinical specialist with the American Physical Therapy Association
• Co-developer of course title Functional Exercise Training and Rehabilitation

Mike Gittleston

• Spent 30 years as Head Strength & Conditioning Coach at the University of Michigan
• Recognized by Professional Football Strength & Conditioning Coaches' Society as the 2003 National Collegiate Football Strength & Conditioning Coach of the Year
• Honored with the distinguished "Honorary 'M' Man" by the University of Michigan in 1997

Dr. Ken Leistner

• Strength training consultant and trainer to many NFL, NBA, and NCAA athletes
• Founder of Iron Island Gym on Long Island
• Founder of Steel Tip newsletter
• Contributing author to *Milo*, *Powerlifting USA*, *Hardgainer*, and *Maximize Your Training*

Ronnie McKeefery; University of South Florida

Head Strength & Conditioning Coach
• Previously Head Strength & Conditioning Coach for the Berlin Thunder of NFL Europe
• Prior to NFL Europe, worked as Asst. Strength & Conditioning Coach for Tampa Bay Buccaneers
• Spent time as an intern for Kansas City Royals
• Coached football at Ottawa University in Ottawa, KS
• Working toward PhD at USF

Anthony Pass; University of Florida

Associate Director of Sports Health and Head Athletic Trainer for Football
• Worked previously as Head Athletic Trainer at Indiana St. University
• Spent time as an NFL athletic trainer with Buffalo Bills and Houston Texans
• His football training staff and UF Sports Health Dept. was awarded Southeast Athletic Trainers Association Award and College/University Athletic Trainer award
• Approved clinical instructor in UF's Health and Human Performance Dept.
• Faculty member in UF's Primary Care Sports Medicine fellowship

Scott Savor; Sports and Field Athletic Performance Center

Human Performance Specialist

• Previously Head Strength & Conditioning Coach at University of Detroit, Mercy
• Prior to UDM, was a member of the Strength and Conditioning Staff of the Minnesota Vikings
• Before his tenure with the Vikings, was the Head Strength & Conditioning Coach at Shakopee High School
• Co-authored the book: *The Female Athlete: Reach for Victory*

APPLICATION FORM

NAME

STREET ADDRESS

CITY, STATE, ZIP CODE

E-MAIL ADDRESS

SCHOOL, UNIVERSITY, CLUB

PHONE NUMBER

SPORT(S) YOU COACH

CLINIC FEES:

Registration: \$80

Registration Students: \$30 (Mail in copy of ID)

Make checks or money orders payable to:

The University Athletic Association

*Photocopies of this application are acceptable.

Register Online at:

www.GatorZone.com/camps

Send registration to (due 2/27/09):

Mickey Marotti

Director of Strength and Conditioning

P.O. Box 14485

Gainesville, Florida 32604

For more information, contact Frank Piraino:

Phone: 352-375-4683 (ext. 4940)

Fax: 352-377-0836

E-Mail: frankp@gators.uaa.ufl.edu

Mickey Marotti, MA, MS, MSCC, CSCS
(West Liberty '87)

Director of Strength and Conditioning

Mickey Marotti joined the Florida staff in January 2005 as the Director of Strength & Conditioning. Prior to his arrival in Gainesville, he served as Director of Strength and Conditioning at the University of Notre Dame for seven years. In his role at Florida, Marotti is responsible for the total development of sport-specific strength and conditioning programs for all 18 varsity sports. He is a member of the Performance Team and is also the chair of the Nutrition Council. In May 2003, Marotti was awarded the highest honor in his field of expertise when he was certified as a Master Strength & Conditioning Coach (MSCC) at the Collegiate Strength & Conditioning Coaches Association's third national conference. The Master Strength & Conditioning Coach title represents professionalism, knowledge, experience, expertise, as well as longevity in the field. Marotti is one of only 36 people in the world to hold this certification.

UNIVERSITY OF FLORIDA STRENGTH STAFF:

Karin Werth, SCCC, USAW, CSCS (Florida '88)

Assistant Director, Strength & Conditioning

Matt DeLancey, CSCS USAW (East Stroudsburg University '98)

Assistant Director, Strength & Conditioning for Olympic Sports

Frank Piraino, MS, SCCC, USAW, CSCS (Akron '02)

Assistant Strength Coach

Mark Campbell, SCCC& USAW (Florida '95)

Assistant Strength Coach

Matt Herring, MED, CSCS, USAW (Southwest Texas State '94)

Assistant Strength Coach

Steve Orris, MS, CSCS, USAW (Florida Atlantic University '00)

Assistant Strength Coach

Scott Holsopple, NASE (Penn State '00)

Assistant Director, Strength & Conditioning

Kenny Parker (Florida '05)

Strength & Conditioning Assistant

Cheryl Zonkowski (Florida '04)

Director of Sports Nutrition

SPONSORED BY:

INFINITY
FLOORING

CHERRY
PHARM

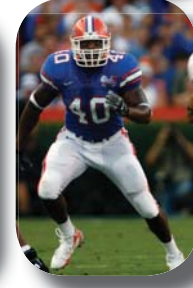
Gatorade



POWER
LIFT

Mickey Marotti
Director of Strength and Conditioning
South End Zone Weight Room
University Athletic Association, Inc.
University of Florida
P.O. Box 14485, Gainesville, FL 32604-2485

UNIVERSITY OF FLORIDA STRENGTH & CONDITIONING



FOURTH ANNUAL COACHES' CLINIC MARCH 6-7, 2009