

2ND ANNUAL

DETROIT LIONS

STRENGTH & CONDITIONING CLINIC



SATURDAY, MARCH 3, 2012

7:30 A.M. - 12 NOON



DETROIT LIONS TRAINING FACILITY--ALLEN PARK

The goal of this clinic is to provide, share and exchange information in the ever-changing world of strength & conditioning. Breakout sessions in the areas of strength training, speed development & conditioning, and nutrition are designed to meet the needs of coaches, athletes and fitness enthusiasts alike. Program participants will be exposed to multiple philosophical approaches and experience numerous training techniques. A vast array of equipment will be on hand for all to try.

Participants receive:

Copy of clinic DVD, Handbook – Speakers notes and handouts, Raffle give away, Sponsor gift bag, Facility tour, *New in 2012—Q @ A session with several current Lions players*

Regis. Deadline:

February 17, 2012 (Limited to the first 120 participants!)

Clinic Speakers/

Jason Arapoff –*Strength Coach, Detroit Lions*

Topics:

Dr. Ted Lambrinides—*Strength & Conditioning Coach, Univ. of Kentucky*
(Topic: *Sports Nutrition & Making Sense of Supplements*)

Mickey Mariotti—*Director of Football Performance, Ohio State Univ.*
(Topic: *Conditioning*)

Ted Rath—*Strength Coach, Detroit Lions*
(Topic: *Strength Training*)

Eligibility:

Coaches, athletes, and fitness enthusiasts of all levels.

Investment:

\$90 per participant

To register:

Complete registration form on the reverse side and mail to:
Detroit Lions Strength & Conditioning Clinic,
2000 Brush St., Suite 200, Detroit, MI 48226
By Fax: (313) 262-2239 By Phone: (313) 262-2248



Sponsored by:

All Pro Exercise, AthleticStrengthAndPower.com, Gatorade, Hammer Strength / Life Fitness, Nike, Perform Better, Precor USA, Rogers Athletic, SmarterTeamTraining.com, The Burn Machine, TRX Suspension Training

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SAT., MARCH 3, 2012 7:30 A.M. - 12 NOON
DETROIT LIONS TRAINING FACILITY
222 REPUBLIC DRIVE
ALLEN PARK, MI 48101



Registration Form

Registration Deadline: February 17, 2011 Limited to the first 120 to register!

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: (Day) _____ (Evening) _____
 E-mail address (required): _____
 School/Organization you are affiliated with: _____

Investment: \$90 per participant
 No. of Strength & Conditioning Clinic Registrations: _____ X \$90 = _____
 Method of Payment: _____ Check/Money Order (payable to Detroit Lions)
 _____ Visa _____ MasterCard Card No. _____ Exp. Date _____
 Signature _____

Please mail registration form and payment to the following address:

Detroit Lions Strength & Conditioning Clinic, 2000 Brush St., Suite 200, Detroit, MI 48226

You may also register by calling (313) 262-2248 or by faxing registration form with credit card payment to (313) 262-2239.

**Confirmation information and clinic details will be sent via e-mail upon receipt of registration and processing of payment. All cancellations, returned bank items or disputes will be charged a \$50 administrative fee. Credit card charges will appear on your statement as Ford Field or Detroit Lions.*

Sponsored by:

