



Spartan Strength & Conditioning Clinic

February 7th-8th, 2020

(CEUs offered for CSCCa and NSCA)

FOR COMPLETE BIOS, CLICK ON SPEAKERS' NAMES BELOW.

Tom Morris

**Sr. Assistant AD for Athletic Performance
Indiana University**

John Thomas

**Head Strength & Conditioning Coach
Plymouth State University**

Fred Hale

**Co-Director of Sports Performance
Eastern Michigan University**

Marty Martens

**Head Strength & Conditioning Coach
East Kentwood HS, Grand Rapids, MI**

John Wood

**Owner – Functional Hand Strength
Ann Arbor, MI**



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We would like to invite you and your staff members to the **13th Annual MSU Strength & Conditioning Clinic**. The clinic is designed to give all coaches a solid foundation in the basic fundamentals affecting performance, from strength training, speed mechanics, agility training and nutrition.

WHEN:

Friday, February 7th - 7-9pm-Small Group Roundtable Discussion & Coaches' Social

Saturday, February 8th - 730-815am-Registration & Check-in

**Clinic will run approximately until 230pm.*

WHERE:

Clara Bell Smith Academic Center (adjacent to the Duffy Daugherty Building)

COST:

*\$95 for coaches and \$35 for Students (**with valid Student ID presented at check-in**)

INCLUDES:

For those who pre-register by Jan 31st, you will receive a PDF of the clinic handout, video links to all presentations and a Spartan Strength T-Shirt!

***ONLINE REGISTRATION:** with payment by credit card please click on this button



**CLICK
HERE**

***Please note that there is an additional \$5 processing fee for online registration.**

***MAIL-IN REGISTRATION:** please send payment in full (with checks made payable to "Michigan State University") and the completed registration form (below) to:

Spartan Strength Clinic
c/o Mike Vorkapich
Clara Bell Smith Academic Center
282 W. Shaw Lane, Rm 135
Michigan State University
East Lansing, MI 48824

FOR MAIL-IN REGISTRATION, PLEASE PRINT INFORMATION BELOW

Name _____

School/Organization _____

E-mail _____

Address _____

City _____ State _____ Zip _____

Daytime Telephone (_____) _____

T-Shirt Size (Men's): Small Medium Large X-Large 2X-Large 3X-Large

PLEASE CHECK ONE:

\$95 for those who pre-register via online registration or mail by Feb 8th

\$35 for Pre-registered students with valid Student ID presented at check-in



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ITINERARY:

The clinic itinerary will be emailed to preregistered coaches.

WALK-IN REGISTRATION POLICY:

Walk-in registration on the day of the clinic will be accepted for an additional \$10 fee (\$5 fee for students). However, limited space is available. Only cash, money orders or personal checks will be acceptable for payment at this time. **NO CREDIT CARDS ACCEPTED ON THE DAY OF THE CLINIC.**

ACCOMODATIONS:



For reservations, please call the **Courtyard Marriott (517-482-0500)** at 2710 Lake Lansing Rd. Please mention "Spartan Strength Clinic" when making your reservation for a special rate of \$98(+tax). A limited block of rooms is available at this reduced rate. For more hotel information, please click on the Courtyard Marriott Logo to the left.

DIRECTIONS:

From the North (FLINT, MI):

West on I-69 to US-127 (exit 89) South (5.5 miles) to Trowbridge Road exit East (0.5 miles) to Harrison Road; turn left North for approximately 0.5 miles, turn right onto Shaw Lane (Spartan Stadium is located 0.5 miles on the left). Parking will be provided in Spartan Stadium Parking Lot, across from the Clara Bell Smith Academic Center.

From the South (TOLEDO, OH):

US-23 North to I-96 (exit 60B) West, to US-127 (106B) North, to Trowbridge Road exit East (0.5 miles) to Harrison Road; turn left North for approximately 0.5 miles, turn right onto Shaw Lane (Spartan Stadium is located 0.5 miles on the left). Parking will be provided in Spartan Stadium Parking Lot, across from the Clara Bell Smith Academic Center.

From the East (DETROIT, MI):

I-96 West to US-127 (exit 106B) North (3.1 miles) to Trowbridge Road exit East (0.5 miles) to Harrison Road; turn left North for approximately 0.5 miles, turn right onto Shaw Lane (Spartan Stadium is located 0.5 miles on the left). Parking will be provided in Spartan Stadium Parking Lot, across from the Clara Bell Smith Academic Center.

From the West (CHICAGO, IL):

I-94 East to I-69 North, to I-496; turn left East (5 miles) to Trowbridge Road (exit 9) East (0.5 miles) to Harrison Road; turn left North for approximately 0.5 miles, turn right onto Shaw Lane (Spartan Stadium is located 0.5 miles on the left). Parking will be provided in Spartan Stadium Parking Lot, across from the Clara Bell Smith Academic Center.

Please contact Clinic Director, Mike Vorkapich with any questions:
vork@ath.msu.edu or 517-432-1822