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.

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 $79(+tax). A limited block of rooms is available at this reduced rate.

COURTYARD® Marriott

GENERAL INFORMATION

We would like to invite you and your fellow coaches to the ***6th Annual MSU Strength & Conditioning Clinic***. The clinic is designed to give all coaches, a solid foundation in the basic fundamentals of strength training, speed mechanics and agility training.

WHEN:

****Friday, Feb 8th - FREE SESSION from 6-9pm***

Cincinnati Bengals, Chip Morton followed by "TIPS FROM THE TRENCHES" with Coach Mannie and the Spartan Strength Staff!

****Saturday, February 9th***

**Registration & Check-in @ 715-800am*

**Clinic will run approximately until 300pm.*

WHERE:

Clara Bell Smith Academic Center

(adjacent to the Duffy Daugherty Building)

COST:

*$100 Pre-registered via mail by Feb 9th

(includes clinic registration + 2013 clinic DVD)

*$80 Pre-registered via mail by Feb 9th

(clinic registration only)

Full payment by check made payable to* *"Michigan State University"***

****CEUs offered by the CSCCa, NSCA and NATA***.

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. However, limited space is available. Only cash, money orders or personal checks will be acceptable for payment at this time. ***NO CREDIT CARDS ACCEPTED.***

For further information, please contact:
Mike Vorkapich by phone: 517-432-1822
or via email: vork@ath.msu.edu

Michigan State University Strength & Conditioning Clinic February 8th-9th, 2013

CEUs offered for CSCCa, NSCA and NATA

REGISTRATION FORM

PLEASE PRINT INFORMATION BELOW

Name_____

School _____

E-mail _____

Address_____

City _____ **State**_____ **Zip** _____

Daytime Telephone (_____) _____

COST (Please check one):

☐ $100 Pre-registered via mail by Feb 7th
(includes clinic registration + 2013 clinic DVD)

☐ $80 Pre-registered via mail by Feb 7th
(clinic registration only)

Send completed form with payment in full to:
(Please make checks payable to:
Michigan State University)

MSU Strength Clinic
c/o Mike Vorkapich
Duffy Daugherty Building
Michigan State University
East Lansing, MI 48824

NOTE *: Walk-in registration on the day of the clinic will be accepted for an additional $10 fee. However, limited space is available. Only cash, money orders or personal checks will be acceptable for payment at this time.*

CLINIC SPEAKERS

Chip Morton is in his 10th season as the Cincinnati Bengals strength & conditioning coach. From 1999-2001, Morton was a Baltimore Ravens assistant strength & conditioning coach, and served as head strength & conditioning coach for the 2002 Washington Redskins. Morton is in his 21st NFL season, having also served as strength & conditioning assistant at San Diego from 1992-94 and as head strength & conditioning coach at Carolina from '95-98. He has coached with two Super Bowl teams — the 1994 Chargers and the 2000 World Champion Ravens. Chip started his career in the collegiate ranks, serving as assistant strength coach at Ohio State while completing his master's degree in physical education. Upon graduating from OSU, Morton became Penn State's first-ever full-time strength & conditioning assistant for the Nittany Lions football team. Morton graduated from the University of North Carolina with a degree in zoology, where he also earned a varsity letter in swimming. Chip is certified as a Level One Sports Performance Coach by the USAW and has been a Certified Strength & Conditioning Specialist through the NSCA since 1990.

Mark Asanovich recently completed his 15th season as a *strength & conditioning coach* in professional football with the Hartford Colonials of the UFL. A 14-year NFL veteran, Asanovich was hired by the Jacksonville Jaguars in 2003 after spending six seasons as the *strength & conditioning* coach for Tony Dungy's Tampa Bay Buccaneers. Prior to that, Mark served as an a*ssistant strength coach* for the Baltimore Ravens and Minnesota Vikings, as well as heading up the programs at Anoka (MN) High School and The Citadel. Recognized in *Who's Who Among American Teachers*, Asanovich has published numerous articles and was a contributing author in *Death in the Locker Room II: Drugs and Sports* (Elite Sports Medicine Publishers, 1993), and *High Intensity Strength Training* (Perigue Books: Putnam Publishing, 1993). Asanovich earned his bachelor's degree in education from St. Cloud State and his master's in exercise science from The Ohio State University. As a clinician, Asanovich has spoken nationally and abroad. He has also served as a clinician/faculty member for the American College of Sports Medicine, Hamline University, and St. Thomas University (St. Paul, MN).

Matt Brzycki began his association with Princeton University in 1983 as a Health Fitness Supervisor. After a 6 year stint at Rutgers University, Matt returned to Princeton University in 1990 holding a variety of titles including his current one of Assistant Director of Campus Recreation/Fitness, primarily managing the Stephens Fitness Center. Matt served in the US Marine Corps from 1975 to 1979, earning various distinctions including the meritorious promotion to the rank of sergeant. After completing his enlistment, Matt enrolled at The Pennsylvania State University earning his BS in Health & Physical Education. Matt is well-published having been an author/co-author/ editor of a combined 17 books, in addition to his 470 articles that have appeared in 47 different publications. Matt has presented throughout the US and Canada on numerous topics related to the field of strength & fitness. Appointed by the governor to serve on the New Jersey Council on Physical Fitness & Sports< Matt also serves on the New Jersey Obesity Prevention Task Force. An avid track & field athlete, Matt finished first in the 200 and 400 in his age group (55-59) at the 2012 USATF New Jersey Open and Masters Outdoor Track and Field Championships.

Blair Wagner is in his third season with Eastern Michigan University, as Head Sports Performance coach. An assistant strength and conditioning coach at The Citadel from 2007-2010, Wagner also has experience working at the College of Charleston, the NBA's New York Knicks (preseason camp) and the University of Nebraska Kearney. Wagner obtained his bachelor's degree in Kinesiology and Health Promotion at the University of Wyoming and completed his master's degree in Exercise & Sport Science from The Citadel Graduate College. Blair holds certifications from the CSCCa, NSCA, USAW, NASM, and Precision Nutrition.

Greg Pyszczynski was promoted to Assistant Sports Performance Coach at Eastern Michigan University in October 2011 upon completing a graduate assistantship internship at EMU. Prior to joining the EMU staff, initially as a volunteer intern, Pyszczynski was a volunteer head strength and conditioning coach and a graduate assistant football coach at Utica (N.Y.) College in 2008-09. A graduate of Saint John Fisher College, Greg captained the St. John Fisher College football team while earning All-Conference honors and helping lead the team to two NCAA post-season tournament appearances and a Final Four spot in 2006.

Rick Camilletti, better known as Coach Cam in the Steubenville (OH) Big Red football program, has coached the guards and defensive linemen since 1988 and took the reigns of the strength & conditioning program in 1993. Since Coach Cam joined the Big Red staff, the football program has racked up 2 Ohio HS State Titles and were State Runners-up twice. Rick is a grad of Brooke (WV) High School, where he is a member of their Hall Of Fame. Rick attended West Liberty State College, where he was a 3-year starter at nose guard.