

# University of Notre Dame

## 7<sup>th</sup> Annual Strength and Conditioning Clinic



**WHO:** JR. HIGH, CLUB, HIGH SCHOOL COACHES,  
COLLEGE SPORT & STRENGTH COACHES,  
ATHLETIC TRAINERS

**WHERE:** LOFTUS SPORTS CENTER UNIVERSITY  
OF NOTRE DAME

**WHEN:** SATURDAY, FEBRUARY 26, 2005  
8:30AM – 4:30PM

**COST:** PRE-REGISTER \$60.00 (MAIL-IN)  
REGISTER AT DOOR \$70.00 (FEB. 26)

***CSCS / NSCA-CPT Continuing Education Units***

**Topics to be covered:**

*Olympic based Strength Movements and Progressions (w/ demonstrations), Technical Aspects of Squatting, Practical Speed Training Techniques, Lateral Speed and Agility, Functional Plyometric Workouts, Workout Competitions, and Metabolic Circuit Strength Training.*

**Guest Speakers:**

*Heather Mason – University of Tennessee, Jason Veltkamp – University of Louisville, Dave Lawson – Eastern Michigan University, Dave Laing –*

*Portage Northern High School, Jim Kielbaso – Total Performance*



*Training Center, and the University of Notre Dame Strength Staff!*

**7<sup>th</sup> Annual Strength and Conditioning Clinic  
APPLICATION FORM**

Name\_\_\_\_\_

Street Address\_\_\_\_\_

City, State, Zip\_\_\_\_\_

Home Phone\_\_\_\_\_

E-mail Address\_\_\_\_\_

School, University, Club\_\_\_\_\_

Work Phone\_\_\_\_\_

Sport(s) You Coach\_\_\_\_\_

Clinic Fees:

Pre-Registration: \$60.00

(Ends February 25, 2005: mail-in only)

Registration: \$70.00

(Day of the clinic: February 26, 2005)

Make Checks or Money Orders Payable to:

***The University of Notre Dame***

Send Registration to:

Mickey Marotti

Director of Strength and Conditioning

100 Loftus Sports Center

Notre Dame, Indiana 46556-0518

For more information contact:

Tony Rolinski

Assistant Director

Strength and Conditioning

University of Notre Dame

Phone: 574-631-7784

Fax: 574-631-5800

E-mail: [arolinsk@nd.edu](mailto:arolinsk@nd.edu)

***For Office Use Only:***

**Entered** \_\_\_\_\_

**Confirmed Email** \_\_\_\_\_

**Confirmed Phone** \_\_\_\_\_