

## 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

Call the **Kellogg Center** on the MSU campus for a special rate. Please mention "strength clinic" when making your reservation. A limited block of rooms is available at a reduced rate.



Kellogg Hotel & Conference Center  
at Michigan State University

Reservations:  
1-800-875-5090  
MSU Campus  
East Lansing, MI 48824

## GENERAL INFORMATION

We would like to invite you and your fellow coaches to the **3rd Annual MSU Strength & Conditioning Clinic for Football**. The clinic is designed to give all football coaches, a solid foundation in the basic fundamentals of strength training, speed mechanics and agility training.

### WHEN:

Saturday, February 13, 2010.

\*Registration & Check-in @ 730-830am

\*Clinic will run approximately until 3pm.

### WHERE:

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

### COST:

\*\$95 Pre-registered via mail by Feb 10th  
(includes clinic registration + 2010 clinic DVD)

\*\$75 Pre-registered via mail by Feb 10th  
(clinic registration only)

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

### 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](mailto:vork@ath.msu.edu)

Michigan State University  
Strength & Conditioning  
for Football Coaches  
February 13th, 2010



# REGISTRATION FORM

## PLEASE PRINT INFORMATION BELOW

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

Daytime Telephone (\_\_\_\_) \_\_\_\_\_

School \_\_\_\_\_

### **COST (Please check one):**

- \$95 Pre-registered via mail by Feb 10th  
(includes clinic registration + 2010 clinic DVD)
- \$75 Pre-registered via mail by Feb 10th  
(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**

### **FOR OFFICE USE ONLY:**

- \$105 Walk-in Registration  
(includes clinic registration + 2010 clinic DVD)
- \$85 Walk-in Registration  
(clinic registration only)

# CLINIC SPEAKERS



**Dr. Ken Leistner**—Returning as our Master of Ceremonies, is chiropractor and iron game legend, Dr. Ken Leistner. Known for his extremely intense training sessions, "Dr. Ken" eats and sleeps physical training. Just a few years ago, this 62 year-old eccentric training machine barbell squatted 407 lbs. for an unbelievable 23....yes, that's 23.... perfectly executed repetitions!! And, when he's not squatting or hoisting large objects like say, an engine block, he may be training kids and youth from his neighborhood...or a long list of collegiate and professional athletes. In addition to being an entertaining clinic speaker, he has been published in "Physical Development", "H.I.T. Newsletter", "HardTraining", "Iron Man", "Muscular Development", "Muscle And Fitness", "Strength And Health", "Powerlifting-USA" and his own, "The Steel Tip Newsletter". With a background in collegiate football and track, Dr. Ken spent seven years intermittently working for Nautilus creator Arthur Jones, in addition to working with Dr.Ellington Darden, Kim Wood, Dan Riley and many others.



**Tom Kanavy** is in his 4th season as strength & conditioning coach with the Minnesota Vikings. Kanavy came to Minnesota from the Philadelphia Eagles, where he served as assistant strength and conditioning coach. With a decade and a half of NFL experience, Kanavy has been part of 5 Division titles and 6 post-season runs since 2000 between the Vikings and Eagles, including an appearance in Super Bowl XXXIX. After spending 1993 at the University of Miami (FL), Kanavy returned to his alma mater, Penn State, where the Nittany Lions won a Big Ten title and a Rose Bowl Championship in 1994. Kanavy received a bachelor's degree in exercise and sport science from Penn State University and earned his master's in sport management from Temple University.



**Mike Gittleson**, a pioneer in the field of strength & conditioning, spent 30 years as the strength & conditioning coach for the University of Michigan. Appointed the athletic department's first strength & conditioning coach in 1978, Mike played a big part in the success of the Wolverines' football program, which included a National Championship in 1990, 14 Big Ten titles, 12 Rose Bowl appearances, 49 First-team All-Americans and 23 NFL 1st-Round Draft picks. He was recognized by the Professional Football Strength & Conditioning Coaches Society as the 2003 National Collegiate Football Strength & Conditioning Coach of the Year. Gittleson earned degrees from New Hampshire and Plymouth State College. Mike graduated summa cum laude with a 3.9 gpa at Plymouth State, while lettering in football, wrestling and track and won the state weightlifting championship. A Vietnam veteran, he later came to Michigan and completed a master's degree in exercise science and earned the prestigious Paul Hunsicker Award as an outstanding graduate student at the University. An adjunct lecturer in Sports Management, Gittleson was honored with the distinction of becoming an "Honorary 'M' Man".



**Dr. Ted Lambrinides** of the Athletic Performance Center has developed the Athletic Strength And Power program through over 26 years of coaching experience in the field. He served as the Assistant Strength Coach at The Ohio State University where he trained numerous Buckeye All-Americans in a variety of sports. Presently, he serves as a consultant to several NFL teams including the Cincinnati Bengals, the Jacksonville Jaguars and the 2005 & 2009 Super Bowl Champion Pittsburgh Steelers. He also consults for numerous major collegiate athletic programs. Ted is also a member of the NCAA speakers bureau where he is a nationally known and leading expert on Ergogenic Aids, Steroids and Creatine use.



**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.



**Mike Shibinski** has been working with top notch athletes at top notch programs for over 25 years. As a three-sport athlete and football player at Cincinnati Elder HS, Mike learned the value of hard work and serious training. Mike honed his athletic skills playing college football for Butler University and headed to The Ohio State University to become a graduate assistant strength coach for the Buckeyes and earned his Master's Degree in the process. He began his coaching career at Mansfield (OH) Malabar HS and before settling down at Cincinnati Princeton HS, he acquired state championship rings at the legendary Moeller HS and at the Cincinnati Academy of Physical Education.

**In addition to the featured speakers,  
Ken Mannie and the Spartan Strength & Conditioning Staff  
will be on-hand to facilitate the clinic.**

# POWER LIFT



# ASAF

ATHLETIC STRENGTH AND POWER

