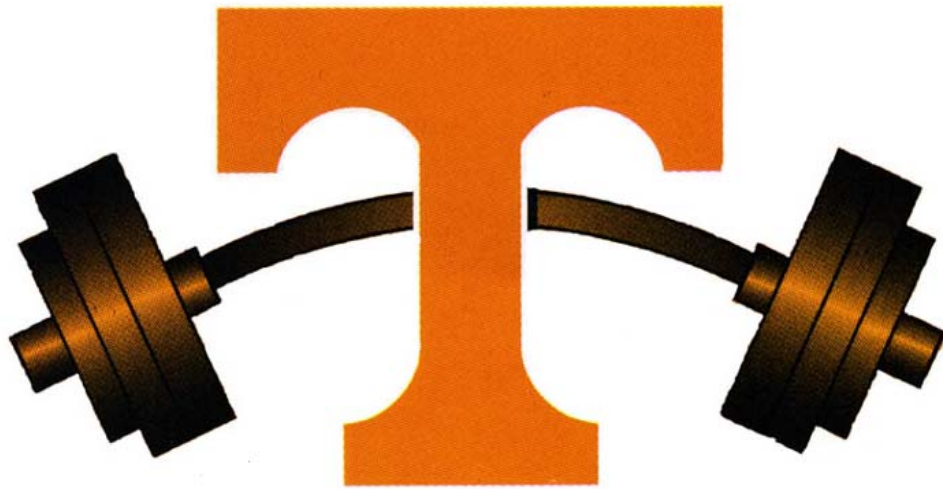


**University of Tennessee
Strength and Conditioning
Clinic**



February 12-13, 2010

2010 CLINIC SPEAKERS

BENNIE WYLIE

HEAD FOOTBALL STRENGTH & CONDITIONING COACH
UNIVERSITY OF TENNESSEE

HEATHER MASON, MS, SCCC

ASSISTANT A.D./STRENGTH & CONDITIONING
UNIVERSITY OF TENNESSEE

DR BRIAN GEARITY, CSCS, SCCC

ASSISTANT PROFESSOR, HUMAN PERFORMANCE & RECREATION
UNIVERSITY OF SOUTHERN MISSISSIPPI

SCOTT PERKINSON, MS, CSCS

FITNESS DEPARTMENT CHAIR
THE ENSWORTH SCHOOL, NASHVILLE, TN

ALLISON MAURER, MS, RD, CSCS

SPORTS NUTRITIONIST
UNIVERSITY OF TENNESSEE

COACHES SCHEDULE

Friday, February 12, 2010

- 6:00 - 7:00 PM **Registration**
- 7:30 - 8:10 PM **Steve Gortmaker, MS, USAW, ISSA, NASE**
University of Tennessee
“Plyometric Exercises”
- Gaining explosive strength.
 - Presentation of plyometric exercises
 - Proper cues to correct common mistakes.
 - Maximizing injury prevention.
- 8:10 - 8:50 PM **Jeff Massey, CSCS, USAW**
Collegiate School, Richmond, VA
“Planning and Periodization Strategies for Developing the Multi-Sport Athlete”
- Selling your program to the sport coach, parents, and athletes
 - Long term planning considerations
 - Trade-off and concerns in exercise selection
 - Dangers of being too sport specific in your program
 - Making Recovery strategies a priority
- 8:50 - 9:30 PM **Herman Demmink, CSCS, CFT, Athletic Republic Level II**
University of Tennessee
“Rotational Exercises”
- Enhancing sport specific rotational movements.
 - Presentation of exercises.
 - Developing programs with limited equipment
 - Adding variety to the program

Saturday, February 13, 2010

- Master of Ceremonies Joe Harrington -- Sports Video Director, University of Tennessee
- 7:00 - 8:15 Registration -- Juice, Coffee, Muffins and Donuts for Coaches
- 8:20 - 8:30 Opening Remarks -- Member of Football Staff (TBA)
- 8:30 - 9:40 Bennie Wylie -- Speed Development
- 9:40 - 9:50 BREAK / VISIT EXHIBITORS
- 9:50 - 10:55 Heather Mason -- Constructing Competitors
- 10:55 - 11:05 BREAK / VISIT EXHIBITORS
- 11:05 - 12:15 Dr. Brian Gearity -- Quality in Coaching
- 12:15 - 1:15 LUNCH
- 1:15 - 2:15 Scott Perkinson -- Winter Off-Season Football
- 2:15 - 2:55 BREAK / VISIT EXHIBITORS
- 2:55 - 4:15 Allison Maurer -- Performance Nutrition for the Adolescent Athlete
- 4:15 - 4:30 Closing Remarks, CEU Certificates -- Dan Hamilton, Clinic Director

ATHLETES SCHEDULE

The athlete's clinic session is highlighted by 20 teaching and hands on instructional stations. Ten of the stations will emphasize speed technique, quickness and power development. The other ten stations will focus on improving upper and lower body strength and power development. Athletes will be grouped by age and will rotate to a new station every 20 minutes. Each group will be lead by an experienced, qualified instructor to maximize the teaching process.

7:00 - 8:15 AM
8:15 - 8:30 AM

Registration (Saturday, February 13, 2010)
Group Organization

ATHLETES ACTIVITY TIME SCHEDULE

8:30 - 8:50	Group Flex	1:05 - 1:15	Group Flex
8:50 - 9:10	Activity 1	1:15 - 1:35	Activity 11
9:10 - 9:30	Activity 2	1:35 - 1:55	Activity 12
9:30 - 9:50	Activity 3	1:55 - 2:15	Activity 13
9:50 - 9:55	BREAK	2:15 - 2:35	Activity 14
9:55 - 10:15	Activity 4	2:35 - 2:40	BREAK
10:15 - 10:35	Activity 5	2:40 - 3:00	Activity 15
10:35 - 10:55	Activity 6	3:00 - 3:20	Activity 16
10:55 - 11:15	Activity 7	3:20 - 3:40	Activity 17
11:15 - 11:20	BREAK	3:40 - 3:45	BREAK
11:20 - 11:40	Activity 8	3:45 - 4:05	Activity 18
11:40 - 12:00	Activity 9	4:05 - 4:25	Activity 19
12:00 - 12:20	Activity 10	4:25 - 4:45	Activity 20
12:20 - 1:05	LUNCH	4:45	CLOSING

FIELDHOUSE ACTIVITIES

STATION #1
Starting and Acceleration
STATION #2
Form Running Drills
STATION #3
Resistance Speed Drills
STATION #4
Speed Teaching
STATION #5
Training Room
STATION #6
Measuring Explosive Power
STATION #7
Bag Drills
STATION #8
Ladder Drills
STATION #9
Medicine Ball
STATION #10
Cone Drills

WEIGHT ROOM ACTIVITIES

STATION #11
Core Strengthening
STATION #12
Plyometrics
STATION #13
Bench Press
STATION #14
Back and Biceps
STATION #15
Shoulder and Triceps
STATION #16
Power Clean
STATION #17
Back Squat
STATION #18
Hammer Ground Base Circuit
STATION #19
Supplemental Lower body
STATION #20
Flexibility

NOTE:

*Designed especially for male and female athletes' grades 7-12 of any sport.

*Athletes should be dressed and ready to participate. Restrooms are available for changing.

REGISTRATION FORM / RECEIPT
UNIVERSITY OF TENNESSEE
STRENGTH AND CONDITIONING CLINIC

Make check payable to: **UNIVERSITY OF TENNESSEE**. Please enclose this registration form and your check in an envelope and return by February 1, 2010, to:

Strength Clinic
University of Tennessee
P.O. Box 15162-5162
Knoxville, TN 37901-5162

My check for \$ _____ is enclosed.

(Please Print or Type)

Date: _____

Name of School: _____

School Address: _____

City: _____ State: _____ ZIP: _____

School Phone: () _____ - _____

Coaches Names: **(Please specify coaches and parents who will attend Friday night sessions)**

1. _____ 3. _____

2. _____ 4. _____

Athletes Names:

1. _____ 5. _____

2. _____ 6. _____

3. _____ 7. _____

4. _____ 8. _____

- Please print additional names on a separate sheet of paper.
- Please enclose the registration form with your payment.

Parent/Guardian Release

We (or I) hereby request that you accept this applicant for the 2010 University of Tennessee Strength and Conditioning Clinic during the dates set forth in this application and in consideration of your acceptance, we (or I) hereby release the University of Tennessee and all its employees from all claims on account of injuries, which may be sustained by our (or my) child while attending the 2010 University of Tennessee Strength and Conditioning Clinic, and we (or I) agree to indemnify from any claims which may hereafter be presented by our (or my) minor child as a result of any such injuries.

We (or I) give permission for the University of Tennessee medical personnel to administer first aid and adequate medical care in the event of any injury or illness.

Participants Name _____

Parent/Guardian Name _____

Parent/Guardian Signature _____

Date _____ **Phone (H)** _____ **(W)** _____

* Additional copies of the parent/guardian release form can be made for multiple athletes.

It is **not** permissible for boosters to provide expenses for individuals/teams to attend any of the Tennessee Sport Camps/Clinics. Expenses include but are not limited to lodging, meals, transportation and/or camp tuition.

GENERAL INFORMATION

WHEN:

Friday, February 12, 2010
Saturday, February 13, 2010

WHERE:

University of Tennessee
Neyland Thompson Sports Complex
1704 Johnny Majors Drive (Behind Stokely Athletic Center)
Phone (865) 974-7845

FOR WHOM:

Coaches, trainers, athletes, parents and interested individuals of all sports.

PARKING:

Friday night parking is available in lot 23. This lot is located across the street from the Stokely Athletic Center on Pat Head Summit Drive.

Saturday parking is available in lot 23. This lot is located across the street from the Stokely Athletic Center on Pat Head Summit Drive. Bus parking is available on UT Drive behind the Baseball field.

Remember to display the front cover of the Strength Clinic brochure as you enter the lot so you can receive a free parking permit. This is very important otherwise your car may be ticketed or towed.

FEES:

FRIDAY, FEBRUARY 12, 2010

COACHES/PARENTS ONLY

PRE – REGISTRATION - \$35.00 (Postmarked by February 1, 2010)

LATE REGISTRATION - \$45.00 (At the door, night of symposium)

SATURDAY, FEBRUARY 13, 2010

STRENGTH AND CONDITIONING CLINIC

PRE – REGISTRATION (Postmarked by February 1, 2010)

COACHES: \$50.00 each

ATHLETES: \$35.00 each

\$30.00 each for groups with 15 or more athletes

Coaches: Pre-Registration Total for Both Days = \$85.00

LATE REGISTRATION (SATURDAY): Please have completed registration form in hand with check or cash.

Please combine all money in order to speed up the late registration process.

COACHES: \$55.00 each

ATHLETES: \$40.00 each

\$35.00 each, group of 15 or more athletes

Coaches: Late Registration for Both Days = \$100.00

****Coach fees include: refreshments, catered lunch, seminar notes and binder**

****Athlete fees include: refreshments and lunch**

REFUND POLICY

All refund requests must be submitted via fax (865) 974-4969 and should state the reason for cancellation.

NO REFUNDS WILL BE ACCEPTED VIA PHONE!

Full refund if received by February 5, 2010

No refund will be given after February 5, 2010

C.E.U. CREDIT



“University of Tennessee is recognized by the Board of Certification, Inc. to offer continuing education for certified athletic trainers.”



N.S.C.A. Certified Personal Trainer, C.S.C.S.
Agency Executive Council Approved for CEU's
*0.8 Credit for Certified Strength and Conditioning Specialist, Certified Personal Trainers

MERCHANDISE

*University of Tennessee Strength and Conditioning T-shirts, caps, and assorted merchandise will be available for purchase the day of the clinic.

HOTEL ACCOMMODATIONS

Holiday Inn Knoxville Central @ Papermill

**1315 Kirby Road
Knoxville, TN 37909
(865) 584-3911 (ask for reservation)
\$79.00 per room single or double**

- *When calling, ask for special clinic rates code: **UT Strength & Conditioning**
- *Call before January 29, 2010. After this date, rooms are based upon availability.
- *Hotel is located 4 miles from the clinic site

Traveling I-40 East:

Take Exit 383 Papermill Drive, at light turn left onto Papermill Drive. Go ½ mile turn left on Holman Road. Make an immediate left onto Kirby Road. Hotel is on left.

Traveling I-40 West:

Take Exit 383 Papermill Drive, at light turn right onto Papermill Drive. Turn left on Holman Road. Make an immediate left onto Kirby Road. Hotel is on left.

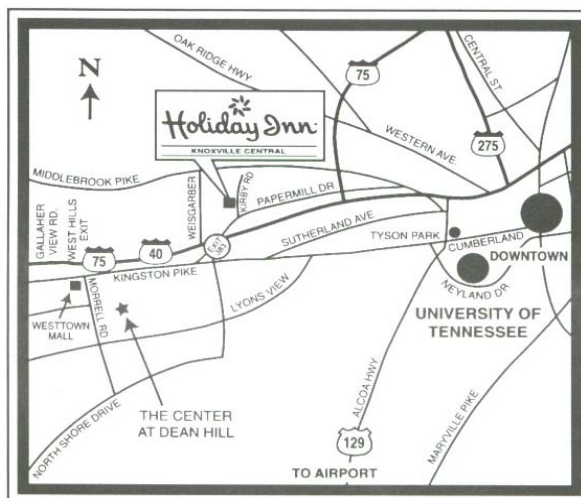
Traveling I-75 North:

Take I-640 West to I-40 West. Take Exit 383 Papermill Drive, at light turn right onto Papermill Drive. Turn left on Holman Road. Make an immediate left onto Kirby Road. Hotel is on left.

Traveling From Airport:

Take Hwy 129 North to I-40 West. Take Exit 383 Papermill Drive, at light turn right onto Papermill Drive. Turn left on Holman Road. Make an immediate left onto Kirby Road. Hotel is on left.

Holiday Inn Knoxville Central @ Papermill



University of Tennessee Response Plan

“The University may postpone or cancel this event due to circumstances or conditions beyond its control, such as, but not limited to, natural disasters, acts of war, acts of god, or public health emergencies.”