

## 2008 North Carolina Strength Coaches Association Clinic

Location: Wake Forest University Manchester Athletic Center Strength Room  
Winston-Salem, North Carolina 27109  
Date: **Saturday, January 12, 2008**  
Cost: \$50.00 per person. This is for the clinic fee only!  
If you decide to attend the clinic *and* take the certification course we will waive your clinic fee.  
Contact: John Fitz-(704) 637-4454 or Ethan Reeve-(336) 758-5629  
[jgfitz@catawba.edu](mailto:jgfitz@catawba.edu) [reeveec@wfu.edu](mailto:reeveec@wfu.edu)

## USAW Sports Performance Coach Certification Course

Location: Wake Forest University Manchester Athletic Center Strength Room  
Date: **January 12-13, 2008** (Immediately following the NCSCA Clinic)  
Saturday Jan.12 from 5:30-9:00 p.m.  
Sunday Jan.13 from 8:00 a.m.-4:00 p.m.  
Cost: \$335.00  
Contact: Leo Totten (717) 359-0100  
[leototten@comcast.net](mailto:leototten@comcast.net)

### Timetable of Clinician Speakers:

- 7:00-8:00 Registration
- 8:00-9:00 Leo Totten
- 9:15-10:15 Allan Johnson
- 10:30-11:30 Zach Even-esh
- 11:45-12:45 Lunch
- 12:45-1:45 Dwight Galt
- 2:00-3:00 Scott Pucek
- 3:15-4:15 Speaker Stations (move around room to visit any speaker)
- 4:15 End of Clinic
- 5:30 Start of USAW Sports Performance Certification Course

### Area Hotels/Motels:

Please ask for the Wake Forest Rate!

Holiday Inn Select  
5790 University Parkway  
Winston-Salem, NC 27105  
Contact: Karen Preston  
336-767-9595  
\$79.00 plus tax

University Courtyard by Marriott  
3111 University Parkway  
Winston-Salem, NC 27105  
Contact: Vicki Koger  
336-727-1277  
\$85.00 plus tax

## Speaker Bios

### Leo Totten

Leo was the Olympic Games Team Leader for weightlifting in 1996 and 2004. He is a five time Team Coach for USA in the World Championships and three time coach @ the Pan American Games. Coach Totten is a USAW Senior International Coach Level 5 and is also a personal coach to numerous regional, national and international weightlifters. Besides the 30 years of strength coaching with a variety of sports at the high school level Leo is now president, consultant and clinician of Werksan Barbells and its Sports Performance operations.

### Allan Johnson

Allan is considered one of the top strength and conditioning coaches in the U.S. He was inducted into the National Strength and Conditioning Hall of Fame in 2003 after being named National Strength and Conditioning Coach of the Year in 2002. Allan is a Master Strength Coach. Most recently he was the Head Strength Coach at Ohio State University for the football team when they won a National Championship in 2002. Prior to this Allan was the Head Strength Coach at the University of West Virginia for all sports. He was one of the first strength coaches in major league baseball where he worked with the Baltimore Orioles for four seasons and worked personally with Cal Ripken. Coach Johnson is also a great motivational speaker.

### Zach Even-esh

Zach Even-esh has been involved in strength training, wrestling and other combat sports for over 18 years. Zach has authored his own book "The Ultimate Underground Training Manual". Training athletes is a passion for Zach and he only allows the most dedicated athletes to participate in his programs. His clientele consists of high school and college athletes, MMA fighters, military and law enforcement personnel. Zach trains his athletes with Russian kettlebells, Crossfit methods and underground training principles. He is the owner of The Underground Strength Coach Gymnasium a hardcore athletic training facility located in Edison, N.J.

### Dwight Galt

Dwight is in his 19<sup>th</sup> year at the University of Maryland including his 14<sup>th</sup> year as the school's Director of Strength and Conditioning. He is certified as a Master Strength and Conditioning Coach (MSCC) through the Collegiate Strength and Conditioning Coaches Association and is currently one of 53 strength coaches to earn this distinction. He will share with us his philosophy and methods of strength training that has helped make University of Maryland so successful these past nineteen years.

### Scott Pucek

Steve is a Speed and Performance Specialist that has trained athletes in the NFL, MLB, NBA, PGA, Pro Tennis and NHL. He founded Xplosive Speed in 2001. Steve has also been the Speed Consultant for North Carolina State University football team. His area of expertise lies in the field of explosive power as it relates to linear and multi-directional speed and skill application. Steve began his coaching career at the University of Virginia while earning his Master's degree in exercise physiology. He is certified CSCS and holds a USAW Club Coach certification. Presently, he is the Sports Performance Coordinator for the Athletic Performance Center in Raleigh, North Carolina.

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### Application

Name \_\_\_\_\_ Check made out to: (\$50. per person)  
North Carolina Strength Coaches Association  
School/Business \_\_\_\_\_ 2300 West Innes Street  
Salisbury, NC 28144  
Telephone \_\_\_\_\_  
E-mail \_\_\_\_\_

