

2012 North Carolina Strength Coaches Association Clinic

Location:	Wake Forest University	
	Manchester Athletic Center Strength Room 101	
	Winston-Salem, NC 27106	
Date:	Saturday January 14 th , 2012	
Cost:	\$25 per student-athlete, \$25 per coach	
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Clinic Information

The NCSCA clinic held every year to provide knowledge to area sports and strength coaches and their student-athletes. The morning session will give athletes and coaches the opportunity to receive hands on instruction in Olympic lifting techniques from the Sports Performance staff of Wake Forest University. The afternoon session will be an information filled lecture circuit from fitness and strength experts in their field for coaches, along with speed, agility, and quickness training for student-athletes. North Carolina educators will be provided .7 Staff development CEU's for attendance. There will also be the opportunity to attend a course to become a USA Weightlifting Level 1 Sports Performance Coach taught by Gayle Hatch following the conclusion of clinic for additional cost.

Clinic Outline

7:00-8:00 am:	Registration
8-8:50 am:	Teach Squatting Movements
9-9:50 am:	Teach Pressing Movements
10-10:50 am:	Teach Pulling Movements
11-11:50 am:	Teach Olympic and Kettlebell Movements
12-12:50 pm:	Lunch
1-1:50 pm:	Mike Kent Appalachian State Head Strength Coach
2-2:50 pm:	Craig Fitzgerald University of South Carolina Football Strength Coach
3-3:50 pm:	Dan John Lifting and Throws Coach danjohn.net
	End of Clinic
4:30 pm:	Begin USA Weightlifting Level 1 Sports Performance Coach Course