2015 North Carolina Strength Coaches Association Clinic

Location: Wake Forest University
Manchester Athletic Center Weight Room 101
Winston Salem, North Carolina 27106

Date: Saturday January 17th, 2015

Cost: Student-athletes: $25
Coaches: $50 pre-registration or on the day of the clinic.

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Clinic Information

The NCSCA clinic is 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 Mike Srock, Mike Young, and the Wake Forest Sports Performance Staff. 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 their attendance.

Speaker Bios:

Tim Anderson has worked in the health and fitness industry for almost 20 years. He has co-authored Becoming Bulletproof, and authored Pressing Reset, Fitness Habits Made Easy and The Hope of Movement. Tim has also starred in and produced Beyond Bodyweight Training with the creator of The Battling Ropes and strength legend, John Brookfield. As a movement restoration specialist, Tim has a passion for helping people regain the bodies they were meant to have through remembering how to move.

Clint Alexander is the Head Football Coach and the Associate Athletic Director at The Woodberry Forest School in Woodberry Forest, Virginia. Coach Alexander has had tremendous success at Woodberry Forest using a technique that he calls Positive Coaching. By reinforcing positive actions, he promotes positive attitudes and positive results.
Mike Srock is the Speed and Strength Coach for the District Five Schools of Spartanburg County (SC). He has worked with James F. Byrnes High School for the past 12 years, and the Rebels have won the South Carolina 4A football state championship seven times in the last nine years. A graduate of St. Thomas University in Florida, Srock is a Certified Specialist for Speed and Explosion (CSSE) with the National Association of Speed and Explosion (NASE), for which he serves on the national board of directors and the certification board. He is a senior level sports performance coach with USA Weightlifting and a bronze level coach with USA Wrestling. Srock is also a certified kettlebell instructor with KettleBell Concepts and a certified SPARQ trainer.

Mike Young In his role as the Director of Sport Performance, Mike serves as the strength and speed coach as well as the primary biomechanist for Athletic Lab. Mike oversees all programming at Athletic Lab, manages facility development and oversees staff education programs. Mike has an undergraduate degree in Exercise Physiology, a Master of Science degree in Athletic Administration and a PhD in Kinesiology with an emphasis in Biomechanics. He has studied extensively in anatomy, physiology, sport psychology, motor learning, training theory and biomechanics. Mike has earned NSCA’s Certified Strength and Conditioning Specialist, is recognized by USA Weightlifting as a Club and Advanced Sport Performance Coach, a Crossfit Level 1 Certified Trainer, is one of less than 20 USA Track & Field (USATF) Level 3 coaches in the country and has a USATF Level 2 certification in 3 event areas.

Mike Gentry is the associate athletics director for athletic performance at Virginia Tech. Gentry’s duties include overseeing the strength and conditioning training of athletes in all 21 varsity sports at Virginia Tech, and he is directly involved in training the football team. Gentry also supervises the sports nutrition and sport psychology programs. Gentry graduated from Western Carolina in 1979 with a B.A. in physical education. He completed his Master’s degree from UNC-Chapel Hill in 1981 and his doctorate from Virginia Tech in 1999.

David Bass is in his 11th season at Wake Forest in 2014-15, serving as the Assistant Director of Sports Performance. Bass works primarily with the Demon Deacon football and men's golf programs, helping to develop, design and implement Sports Performance programs to improve athleticism, reduce injuries, and to accomplish team goals. Bass earned his Master's of Science degree in Exercise Physiology in 2004. Bass received his Bachelor of Science degree in Physical and Health Edutions from Concord University in 2001. Bass is certified through the Collegiate Strength and Conditioning Coaches Association, USAW, NSCA and NASE as a Certified Specialist Speed and Explosion.

Mark Seaver is in his ninth season at Wake Forest in 2014-15, serving as Coordinator of Sports Performance. Seaver works primarily with the Demon Deacon baseball, women's golf, women's soccer and volleyball programs. Seaver finished his degree in health and exercise science from Wake Forest in 2003. Seaver is certified by the Collegiate Strength and Conditioning Coaches Association (CSCCA).
**Ryan Horn** is in his first season with the Wake Forest basketball program in 2014-15. Horn serves as the Demon Deacons’ Director of Athletic Performance. Horn graduated from Shepherd University with a bachelor’s degree in exercise science in May of 2007 and completed his master's degree through the VCU Center for Sports Leadership in 2008. Horn is an approved mentor and strength and conditioning coach certified through the Collegiate Strength and Conditioning Coaches Association. He is also a certified Sports Performance Coach through USA Weightlifting and a Level 1 Track and Field Coach through USA Track and Field.

**Brandon Hourigan** begins his first season as a Director of Football Performance at Wake Forest. The 2014-15 season will be his seventh season working with head coach Dave Clawson. Hourigan graduated with a bachelor of sciences in physical education from Plymouth State University where he was a four-year letter-winner in football. At Clemson, he completed work towards a master of sciences in guidance and counseling. Hourigan is certified by the National Strength and Conditioning Association, the United States Weight Lifting Association and has both his First Aid and CPR certification.

**Clinic Outline: Saturday**

7-8:00 am: Registration

8-8:50 am: Wake Forest Sports Performance: Teaching Body Weight/Kettlebell Techniques

9-10:50 am: Mike Srock: Teaching Olympic/Squat Techniques

11-11:50 am: Mike Young: Athletic Lab Speed and Agility Techniques

12-12:50pm: Clint Alexander: Woodberry Forest School: Positive Coaching

12-1 pm: Lunch (on your own)

1-1:50 pm: Tim Anderson (Original Strength): Crawling and Human Movement

2-2:50 pm: Mike Gentry: Virginia Tech Sports Performance

3-3:30pm: David Bass/Mark Seaver: Wake Forest Golf/Titleist Performance Institute

3:30-4pm: Ryan Horn: Wake Forest Men's Basketball

4-4:30pm: Brandon Hourigan: Wake Forest Football

2-4pm: Speed and Agility Clinic (outside) with Tim Anderson (Original strength) and Mike Young (Athletic Lab): Dynamic Warm Up/Agility Training/Linear Speed.
Pre-Registration Form:

Name: ____________________________________________________________________________

Organization/School: _______________________________________________________________________

Address: ______________________________________________________________________________

Email Address: __________________________________________________________________________

Phone Number: __________________________________________________________________________

Fee: $50 Coaches _____ $25 Student Athletes _____