



FOOTBALL STRENGTH & CONDITIONING

**BUCKEYE SPEED, STRENGTH &
CONDITIONING CLINIC**



SATURDAY, MARCH 7, 2015

CLINIC SCHEDULE

- 8am–9am Registration (Bagels and Coffee are included)
- 9am–3pm Speakers:
Mickey Marotti
Anthony Schlegel
Phil Matusz
Ted Lambrinides
(Sports Science Consultant to the NFL/NCAA/HS Athletes)
Chip Morton *(Cincinnati Bengals Head Strength Coach)*
- 12pm–12:30pm Lunch (provided)

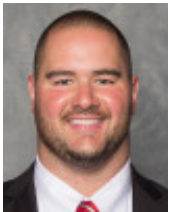
CLINIC STAFF



MICKEY MAROTTI
Assistant Athletic Director for
Football Sports Performance



JEFF UHLENHAKE
Assistant Strength &
Conditioning Coach



PHIL MATUSZ
Assistant Strength &
Conditioning Coach



KENNY PARKER
Assistant Strength &
Conditioning Coach



ANTHONY SCHLEGEL
Assistant Strength &
Conditioning Coach

FACILITIES

The clinic will take place in the football weight room in the Lex Wexner Football Complex at the Woody Hayes Athletic Center, one of the top collegiate athletic facilities in the country.

ENROLLMENT

The Football Strength and Conditioning Clinic is intended for high school coaches who are interested in learning about strength training that is exclusively geared to football players. The fee for this clinic is \$60 and includes one single day parking pass. CEU's will also be given during the course of the clinic. The clinic is open to any and all high school coaches ages 18 and older. College students who are studying strength training or who are interested in a strength training career may also attend. The fee for college students is \$25 and proof of a student ID is required. High school students are NOT permitted to attend this clinic. Full payment is required at the time of registration. You may register online by visiting OhioStateBuckeyes.com/camps. A 2.5% processing fee will be added to all online registrations. If registering by mail, please make your check payable to The Ohio State University.

MEALS & HOUSING

Breakfast and lunch will be provided. The Football Strength and Conditioning Clinic is a day camp only and no overnight accommodations will be provided. Participants are responsible for providing their own overnight accommodations if needed. Hotel information can be provided upon request.

CONFIRMATION

Upon processing of each registration, a confirmation notice will be sent by email. A packet of "Important Information for Registered Participants" will be posted online at OhioStateBuckeyes.com/camps at least 2 weeks prior to the start of the clinic. This packet will not be separately mailed to participants. Please check your email regularly, as this is our primary method of communication with registered participants.

REFUNDS

The registration fee and the 2.5% online processing are not refundable for ANY reason.

HOTEL INFORMATION

Varsity Inn North | 614-267-4646
3246 Olentangy River Rd, Columbus, OH 43210

Hyatt Place | 614-280-1234

MORE INFORMATION

Buckeye Sports Camps
(614) 247-CAMP (2267)
buckeyecamps@osu.edu

Jeff Uhlenhake, Asst. Strength & Conditioning Coach
uhlenhake.3@osu.edu

It is not permissible for boosters to provide expenses for individuals to attend any camps by the Ohio State Department of Athletics. Expenses include but are not limited to: lodging, meals, transportation, and/or camp registration fees.



REGISTRATION

Complete a separate registration form for each participant.

Name: _____

Address: _____

City: _____

State: _____

Zip: _____

Home Phone: (_____) _____

Cell Phone: (_____) _____

Email: _____
(please use email address that should receive registration confirmation)

FOOTBALL STRENGTH & CONDITIONING

Please check the appropriate session.

- Registration Fee \$60
- Registration Fee (College Student)..... \$25
*Student ID Required

OPTION 1: Online Registration

To register online, please visit OhioStateBuckeyes.com/camps.
(A small processing fee will be added to all online registrations.)

OPTION 2: Check or Money Order

Make checks payable to: The Ohio State University

Mail application to: Football Strength & Conditioning Clinic
Fawcett Center, 7th Floor
2400 Olentangy River Road
Columbus, OH 43210

BUCKEYE SPEED, STRENGTH & CONDITIONING CLINIC

To ensure that you receive the confirmation emails and other important communications about camp, please add Buckeyecamps@osu.edu to your Safe Senders List.



THE PEOPLE. THE TRADITION. THE EXCELLENCE.