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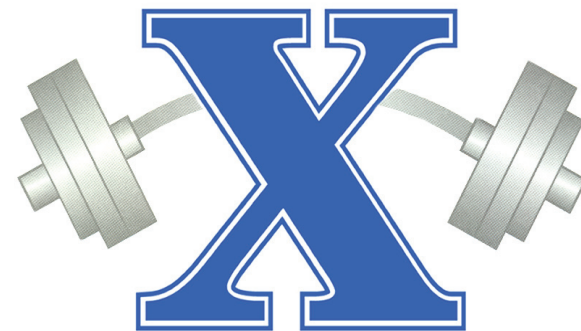
**Directions**

From I-75 North or South, take Exit 9 (Paddock Rd.). Turn left on Paddock Rd. Go under the railway overpass, turn left onto North Bend Rd. Take North Bend Rd. about 2 miles to the top of the hill, St. Xavier will be on your right.

Strength & Conditioning Clinic  
St. Xavier High School  
600 W. North Bend Rd.  
Cincinnati, OH 45224

**ST. XAVIER**

**3RD ANNUAL  
FOOTBALL STRENGTH  
AND  
CONDITIONING CLINIC**



**SATURDAY, MAY 8, 2010**

ST. XAVIER HIGH SCHOOL  
600 W. NORTH BEND RD.  
CINCINNATI, OH 45224  
(513) 761-7815 x. 323

presented by:

**Cincinnati Bell**<sup>SM</sup>  
*right here. for you.*

# Registration Form

Please Print Information Below

First Name	Last Name
Address	
City	
State	ZIP
Email	
Daytime Telephone #	
Evening Telephone #	
School, University, Club	
Sport(s) you coach	

## Clinic Fees

<b>Pre-Registration</b>	<b>\$75 (by 4/24/10)</b>
<b>Late Registration</b>	<b>\$95 At the door</b>
<b>Staff Rate Discount</b>	<b>\$135 (up to 3 coaches)</b>
<b>Students</b>	<b>\$25 (mail in copy of ID)</b>

**Fee includes lunch and seminar notes**

\* Absolutely No Refunds\*

CSCS / NSCA – CPT = .7CEUs

NATA / BOC = 7CEUs

Make checks or money orders payable to:

St. Xavier High School

Register online at:

[www.CarloAlvarez.com/STXFootballClinic](http://www.CarloAlvarez.com/STXFootballClinic)

Send Registration to:

Carlo Alvarez  
Strength and Conditioning  
600 W. North Bend Rd.  
Cincinnati, OH 45224

For more information contact Carlo Alvarez

Phone: 513.761.7815 x323

Email: [calvarez@stxavier.org](mailto:calvarez@stxavier.org)

## Clinic Agenda

7:00 am - 8:00 am	Registration / Check In
8:05 am - 8:20 am	Dr. Ken Leistner
8:25 am - 9:20 am	Mike Gordon & Chris Giordullo
9:25 am - 10:20 am	Joe Kenn
10:25 am - 11:20 am	Michael Szerszen
11:25 am - 12:15 pm	Lunch Provided / Sponsor Demos / Vendors
12:20 pm - 1:40 pm	Dawn Weatherwax
1:45 pm - 2:40 pm	Mike Shibinski
2:45 pm - 3:40 pm	Carlo Alvarez
3:45 pm - 4:40 pm	Lee Taft
4:45 pm - 5:00 pm	Closing Remarks

## Guest Speakers

### Dr. Ken Leistner

- An American strength training writer, personal trainer, chiropractor and strength consultant for the NFL.
- Founder of the Iron Island Gym in Long Island
- Former columnist for Powerlifting USA from 1979 to 2000

### Joe Kenn

- The owner of Big House Power
- Former Director of Athletic Development at the University of Louisville
- Kenn was named the College Strength and Conditioning Professional of the Year in 2002 and has been a finalist for the award four times during his career

### Mike Shibinski

- Current strength coach at Cincinnati Princeton High School
- Played college football for the Butler University (Indianapolis) Bulldogs
- Graduate assistant strength coach for The Ohio State University while completing his Master's Degree in the strength training and conditioning of athletes

### Dawn Weatherwax

- The owner of Sports Nutrition 2 Go
- An official Speaker for the Gatorade Sports Science Institute
- An active member of the American Dietetic Association (ADA)

### Mike Szerszen

- Assistant football strength coach at the University of Cincinnati
- Head strength & conditioning coach at Eastern Michigan for 3 years
- As a volunteer strength and conditioning coach at West Virginia University he earned his master's degree in athletic coaching education

### Carlo Alvarez

- Is in his sixth season as the Strength and Conditioning Coordinator at St. Xavier High School, the home of Ohio's Division I Football State Champions in 2005 and 2007

### Mike Gordon

- Head Athletic Trainers at St. Xavier High School
- Has worked at the professional football and baseball level with the NFL Cincinnati Bengals and MLB Cincinnati Reds
- A graduate of the University of Cincinnati Sports Medicine Program

### Lee Taft

- Lee is co-owner of Sports Speed, Etc., Inc. and President of Lee Taft Speed Academy, Inc.
- Lee serves as Executive Vice President for the International Youth Conditioning Association (IYCA), the premier international authority with respect to athletic development and young athlete-based conditioning

**Join us and we'll teach you and your staff how to design your entire summer nutrition, pre-hab, speed, agility, strength, power and conditioning program.**

Here is a sample of what you'll learn...

- How to Organize your Program from Day One
- **Building a Relationship with Athletic Trainers**
- Limiting Injuries and Down Time
- **Integrating your Freshmen Athletes**
- What Exercises not to do with Freshmen
- **Teaching Team Speed and Explosiveness**
- Creating a Summer Training Philosophy
- **The Right Nutrients to Maximize Gains**
- Creating the Right Mindset for Summer
- **8-Week Summer Program Template**

## For Whom:

Jr. High, Club, High School Coaches, College Sport and Strength Coaches, Athletic Trainers, Physical Therapist, Personal Trainers and Fitness Professionals

## Where:

St. X Performance Center and Weight Room

## When:

Saturday, May 8, 2010

## Hotel Accommodations

Millennium Hotel - Cincinnati  
Mention St. X Clinic for special rate



150 West 5th Street  
Cincinnati, OH  
513.352.2120