

St. Xavier High School

The St. Xavier High School Strength and Conditioning Staff is hosting the Inaugural
St. Xavier Strength and Conditioning Clinic for Football

WHO: CLUB, JR. HIGH, HIGH SCHOOL, COLLEGE FOOTBALL COACHES, STRENGTH & CONDITIONING, ATHLETIC TRAINING AND PHYSICAL THERAPY PROFESSIONALS AND STUDENTS

WHERE: BERNING GYMNASIUM AT ST. XAVIER

WHEN: SATURDAY, MAY 17, 2008

COST: REGISTER \$ 65.00 (MAIL-IN BY MAY 1ST)
STUDENTS (Show ID) \$20.00 (MAIL-IN BY MAY 1ST)

Topics and Speakers

<u>Time</u>	<u>Topics</u>
Saturday, May 17th	
7:00 – 8:15	Registration and Check-In
8:15 – 8:30	Introductions and Commentaries Dr. Ken Leistner
8:30 – 9:30	Building A Championship Program Steve Specht, St. Xavier High School
9:40 – 10:40	Strength Training Principles Mark Asanovich, Jacksonville Jaguars
10:50 – 11:50	BGSU Football Off-Season Program Aaron Hillmann, Bowling Green University
11:50 – 1:00	Lunch
1:00 – 2:00	Hot Topics in Football Strength and Conditioning Dr. Ted Lambrinides, The Athletic Performance Center
2:10 – 3:10	Developing Football Speed Carlo Alvarez, St. Xavier High School
3:10 – 3:30	Closing Remarks

Inaugural St. Xavier Strength & Conditioning Clinic for Football
APPLICATION FORM

Name _____

Street Address _____

City, State, Zip _____

Home Phone _____

Email Address _____

School, University, Club _____

Work Phone _____

Sport(s) You Coach _____

Clinic Fees:

Registration: \$65.00 (MAIL-IN) (By May 2nd)

Register (Student Show ID \$20.00 (MAIL-IN) (By May 2nd)

Make Checks or Money Orders Payable to:

St. Xavier High School

Send Registration to:

Carlo Alvarez

Strength & Conditioning

St. Xavier High School

600 W. North Bend Rd.

Cincinnati, Ohio 45224

For more information contact:

Phone: 513-761-7600 x. 323

Email: calvarez@stxavier.org

For Office Use Only:

Entered _____

Confirmed Email _____

Confirmed Phone _____