

>>> 2012 St. Vincent Sports Performance Strength & Conditioning Summit

DEFINING SPORTS PERFORMANCE >>>

Training Olympic Sport Athletes in the Olympic Year: Improving your Toolbox

- > **Focus:** Strength and conditioning techniques for the sport and strength coaches that work with Olympic sports (baseball, volleyball, basketball, soccer, track & field, etc.)
- > **Date:** Saturday, May 19, 2012
- > **Location:** Lawrence North High School Weight Room
7802 N. Hague Road, Indianapolis 46256 (Please use Entrance 12)
- > **Cost:** Only \$30 for a full day of education! **Register:** Call 317-338-CARE (338-2273)
- > **CEU's:** NSCA and NATA (6) CEU's

TIME	SPEAKER TOPIC	SPEAKER
8-9am	Visualizing Olympic Success: Mental Skills to Enhance Performance	<i>Chris Carr PhD, HSPP, St. Vincent Sports Performance Sport Psychologist</i>
9:15-10:15am	Building a Great Strength & Conditioning "Toolbox"	<i>Jason Roberson, CSCS, Ball State University Strength & Conditioning Coordinator</i>
10:30-11:30am	Energy Systems Training for the Olympic Field Sports	<i>Jason Dierking MS, SCCC, CSCS, USAW, FMS, University of Louisville Assistant Director of Sports Performance</i>
11:30-12:45	Lunch on your own	
1-2pm	Speed for the Olympic Sport Athlete	<i>Greg Moore, CSCS, St. Vincent Sports Performance Performance Specialist</i>
2:15-3:15pm	Active Isolated Stretching Techniques for the Olympic Sport Athlete	<i>Christopher Mattern, National Institute for Fitness and Sport Health & Fitness Specialist</i>
3:30-4:30pm	Strength Training for the Olympic Sprinter	<i>Brandon Johnson, MS, CSCS, St. Vincent Sports Performance Performance Specialist</i>