



The Inaugural Athletic Performance and Injury Prevention Coaches Clinic: Presented by ASMI and CSM

Keynote Speakers:

**Richard Shaughnessy, Head Strength Coach, Troy University
University of Alabama Football Strength Coach, TBA**

**Friday, March 5th, 2010
8:00 am-2:45 pm**

Mountain Brook High School Spartan Arena

Parking at Mountain Brook Gymnastics Center. Please use back entrance of MBHS 3677 Bethune Drive Birmingham, AL 35223

Interstate 459 to Liberty Parkway exit. Proceed up hill toward back entrance of MBHS (not toward Liberty Parkway). Turn left onto service road, passing baseball fields. Park at Gymnastics Ctr. Shuttle provided to Spartan Arena or walk up hill.

**Please register by Wednesday February 24th by faxing (205) 918-0800
Attn: Caroline May
Call (205) 918-2141 for questions and fax confirmation.**

Time	Topic	Speaker
7:30-8:15	Registration Coffee and Pastries	Sponsored by Power-Lift, Donjoy, and Medco
8:15-8:30	Opening Remarks and Introductions	Michael Ryan, ATC, CSCS Champion Sports Medicine
8:30-9:00	Safe and Effective Supplements for High School Athletes	Richard Shaughnessy, Head Strength Coach, Troy University
9:00-10:30 Groups Rotate	1. Olympic Lifts 2. Pre-Practice Dynamic Warm Up 3. Top 10 Exercises for Athletes	Various Speakers
10:30-10:45	Break (refreshments provided)	Sponsored by Donjoy, Medco, and Power-Lift
10:45-12:15 Groups Rotate	1. Core Exercises for Athletes 2. Speed and Agility Training 3. Single Leg Strength Training	Various Speakers
12:15-12:45	Lunch (provided)	Sponsored by Medco, Power-Lift, and Donjoy
12:45-1:15	Current Trends in Speed, Agility, and Explosive Training	Football Strength Coach from University of Alabama, TBA
1:15-2:45 Your Choice: Pick Three	1. The Female Athlete Jump Training and Reducing the Chances of ACL Injury 2. Taping Techniques for Coaches 3. Injury Prevention Training for Pitchers 4. Medicine Ball Training for Explosiveness 5. Functional Movement Screening: A Predictor of Pre-disposition to Injury 6. CPR re-certification (\$10)	Various Speakers
2:45	Closing Remarks	Thank You

Mountain Brook High School Spartan Arena Friday, March 5th, 2010, 8:00 am-2:45 pm

Name	School
Address	Phone
City, State, Zip	Email (needed for reg. confirmation)
Credit Card # (Visa or MC only)	Exp. Date

Registration by Feb.24th: Fax to (205) 918-2141 or send check to ASMI, 2660 10th Ave. S, Suite 505, Birmingham, AL 35205 \$50 per person or \$40 for 3 or more from one school (pre-reg. only)