

# New Mexico State Clinic

## March 11, 2017

### NSCA Mission Statement

As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.

### GENERAL INFORMATION

Location	Host	CEUs
JCC of Greater Albuquerque 5520 Wyoming Blvd NE Albuquerque, NM 87114	Lawrence Herrera, CSCS 505-699-3932 lawrenceherrera33@gmail.com	0.8 NSCA

State Clinic supported in part by



TIME	TOPIC	SPEAKER
7:30-8:00am	Check-in & On-site Registration	
8:00-8:10am	Introduction	Lawrence Herrera, CSCS
8:10-9:10am	Optimizing Team and Group Training with Evidence-based Circuit Training Strategies - Benefits and advantages of circuit training in different populations - High-level review of concurrent training as it relates to acute exercise bouts - Evidence-based approach to different programming schemes - Sample programming for different training stimuli	Chris Frankel, MS
9:20-10:20am	Strength Training for Endurance Athletes <i>The effectiveness of strength training has proven itself across many athletic fields. The next revolution in strength training is changing the way endurance athletes look at training, it's not always about the swim, bike, or run. Learn techniques and protocols that will maximize the benefits endurance athletes receive from strength training. From injury reduction to force application, learn to teach the proper way an endurance athlete should train.</i>	Lawrence Herrera, CSCS
10:30-11:30am	The Science of Suspension Training <i>Takeaways expected from this presentation: 1) a better understanding of the current research in the area of suspension training (ST), specifically in the area of core muscle activation and training adaptations, (2) the present status of ST exercise in the field of exercise science/physiology in regards to energy expenditure and best practices, (3) suitable exercise interventions using a ST device based on a well-rounded and in-depth analysis of the past and present ST research, explicitly in the areas mentioned in takeaway (1)</i>	Tony Nunez, MS, NSCA-CPT
11:30-12:30pm	Roundtable Lunch (provided)	
12:40-1:40pm	The Pole Vault <i>This presentation will discuss the history, technique, and training for the pole vault.</i>	Rich Field, CSCS
1:50-2:50pm	College/High School Transition - Development, Progression, and Needs of the Athlete <i>Learning objectives include: * The importance of training * Learning the proper exercise techniques * Educating the athlete with the proper overall program * How this will aid the athlete to compete at the next level</i>	Ron Thomson, CSCS
3:00-4:00pm	Managing Symptoms of Diabetes and Insulin Resistance: Do You Even Lift? <i>This talk will highlight the effectiveness of resistance exercise on managing symptoms of diabetes and insulin resistance, discuss some of the key physiological components of these symptoms and how they may be modulated by resistance exercise, as well as discuss efficacious programming for these individuals.</i>	Kurt Escobar, MA

Please call 800-815-6826 if you require special accommodations. Topics and speakers subject to change without prior notification. This clinic may have hands on sessions. Participants are asked to dress comfortably and only participate within their physical limitations.

# REGISTRATION FORM • NSCA NEW MEXICO STATE CLINIC • MARCH 11, 2017

Register online at: <http://www.nasca.com/stateclinics/>

Mail completed registration (with payment) to: NSCA, 1885 Bob Johnson Drive, Colorado Springs, CO 80906 or fax to 719-632-6367

Name \_\_\_\_\_ Customer ID \_\_\_\_\_

Address \_\_\_\_\_ Student ID \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Phone # \_\_\_\_\_

Emergency contact and phone # \_\_\_\_\_ Email \_\_\_\_\_

## Payment Method

Check (payable to the NSCA in U.S. funds only)    Visa    MasterCard    AmEx

Account# \_\_\_\_\_ Exp. \_\_\_\_\_

CVC Code \_\_\_\_\_ Signature \_\_\_\_\_

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Total Enclosed \$ \_\_\_\_\_ Receipt:  Mail    Email

Clinic Fees (check one)	Thru Feb 28	After Feb 28*
NSCA Member	<input type="checkbox"/> \$80	<input type="checkbox"/> \$120
Student	<input type="checkbox"/> \$25	<input type="checkbox"/> \$35
Non-member	<input type="checkbox"/> \$100	<input type="checkbox"/> \$140

T-shirt Size \_\_\_\_\_

\* Registrants may not receive lunch, t-shirt, etc. (if applicable). Refund Policy: A 50% refund will be granted on/before 2-28-17. No refunds will be given after 2-28-17.



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