

New Mexico State Clinic

May 2, 2015

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
Rudy Davalos Basketball Center 1111 University Blvd Albuquerque, NM 87131	Molly McKinnon, CSCS, RSCC*D +1 505-925-1564 mollymck@unm.edu	0.7 NSCA 7.0 BOC

TIME	TOPIC	SPEAKER
8:00-9:00am	Check-in & On-site Registration	
9:00-9:50am	Physical Education at Muskego High School	Mike Nitka, MS, CSCS,*D, RSCC*E
	<i>This presentation is aimed at helping new instructors of physical education and novice strength and conditioning coaches evaluate, develop and run a high school program using materials developed by past and current members of the NSCA.</i>	
10:00-10:50am	Warrior Workout: The Role of Strength and Conditioning for UFC/MMA Athletes	Ben Wysong
	<i>This session will look inside professional UFC / MMA fighters training camp prior to a fight.</i>	
11:00-11:50am	Training the University of New Mexico Track & Field Athletes	Ryan Dupre, MS, USAW
	<i>The in's and out's of training multiple groups (distance, sprinters, vertical jumpers, horizontal jumpers and mid-distance athletes) of a track team.</i>	
12:00-1:00pm	Lunch (provided)	
1:00-1:50pm	UNM Football Program	Ben Hilgart, MS, USAW Football Athletic Performance Staff
	<i>Post-season priorities in program design for the University of New Mexico football program.</i>	
2:00-2:50pm	Common Weightlifting Errors and Corrections for the Strength Coach	Doug Berninger, MEd, CSCS,*D, RSCC
	<i>This hands-on presentation will cover common technical errors in the weightlifting movements and what corrections can be implemented to alleviate these errors.</i>	
3:00-3:50pm	Health, Wellness & Injury Prevention in Law Enforcement: A Focused Approach	JD Maes, MS, CSCS
	<i>This presentation will provide insight on how the City of Albuquerque Police Department keeps law enforcement prepared for the unexpected, along with injury prevention.</i>	
4:00-5:00pm	Systemization of Athletic Development: Implementing Functional Movement Patterns within a Training Program	Jeremy Anderson, MEd, FMS, CSCS
	<i>This session will explain the role of the FMS (Functional Movement Screen) as part of the screening and assessment process, as well as how to use the results obtained from the FMS to help individualize and drive the decisions made in programming and periodization for long-term athletic development.</i>	

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 • MAY 2, 2015

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 _____

Name on Card _____

Total Enclosed \$ _____ Receipt: Mail Email

Clinic Fees (check one)	Thru April 21	After April 21*
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

* Registrants may not receive lunch, t-shirt, etc. (if applicable). Refund Policy: A 50% refund will be granted on/before April 21, 2015. No refunds will be given after April 21, 2015.



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