

CLINIC ITINERARY

<u>TIME</u>	<u>FOOTBALL SECTION</u>
8:00–8:45	REGISTRATION / CHECK-IN Pavilion West Lobby (Near Ticket Window)
8:45-9:15 PAV	Introduction and Welcome Lon Record, Villanova Basketball
9:15-10:00 PAV	Jeremy Scott - Penn State Univ. Football <i>Speed Development for Football</i>
10:15-11:00 Wt Room	Justus Galac - Villanova Football <i>Villanova Football Strength Training</i>
11:15-12:00 Wt Room	John McKenna—Notre Dame High School <i>"Football Training with Passion And Character"</i>
12:00-12:45	LUNCH (Provided) Vendor Presentation
1:00-1:45 Wt Room	Jeremy Scott—Penn State Univ. Football <i>Penn State Strength</i>
2:00-2:45 PAV	Justus Galac—Villanova University <i>Villanova Agilities</i>
3:00-3:45 PAV	Shawn Gaunt—West Virginia University <i>West Virginia Strength</i>
3:45-4:30	Q&A with Clinic Presenters

<u>TIME</u>	<u>ALL-SPORT SECTION</u>
8:00–8:45	REGISTRATION / CHECK-IN Pavilion West Lobby (Near Ticket Window)
8:45-9:15 PAV	Introduction and Welcome Lon Record, Villanova Basketball
9:15-10:00 WT Room	Stephen King—Villanova <i>Alternative Strength Training Plans</i>
10:15-11:00 PAV	Shawn Gaunt—West Virginia University <i>Speed Development for Sport</i>
11:15-12:00 PAV	Angie Brambley—Princeton University <i>Princeton Agilities</i>
12:00-12:45	LUNCH (Provided) Vendor Presentation
1:00-1:45 DAVIS	Lon Record—Villanova <i>Fighting Knee Injuries Through Training</i>
2:00-2:45 Wt Room	John McKenna—Notre Dame High School <i>"Having Everyone on the Same Page"</i>
3:00-3:45 Wt Room	Angie Brambley—Princeton University <i>Princeton Strength</i>
3:45-4:30	Q&A with Clinic Presenters

GENERAL INFORMATION

WHO: College, High School and Jr. High Coaches / S&C Coaches / Personal Trainers / Athletic Trainers

WHERE: The Pavilion
Villanova University
Villanova, PA

WHEN: Saturday, March 7, 2009
Registration / Check In: 8:00AM - 8:45AM
Clinic: 8:45AM - 4:30PM

COST: \$65 per person (lunch included) -Mail-In/Day-Of
(Mail-In Deadline: March 1, 2009)

\$80 Clinic + Clinic DVD (Order now or Day of Clinic)

Official Hotel of the 2009 Villanova S&C Clinic



Philadelphia Marriott West
111 Crawford Avenue
West Conshohocken, PA
(610) 941-5600

4.81 Miles From Villanova University
Ask for the Villanova S&C Clinic Rate

DIRECTIONS TO VILLANOVA UNIVERSITY

From New York and New England: Take the New Jersey Turnpike (95) to Exit 6 (Pennsylvania Turnpike (276) Exit). Take the Pennsylvania Turnpike (276) Westbound to Exit 20 (Mid-County Interchange) I-476 South/Chester. Follow I-476 South to Exit 13 (Villanova/St. Davids). At the bottom of ramp turn right onto Route 30 East, also known as Lancaster Avenue. Proceed east on Route 30 (Lancaster Avenue) for one-half mile. Cross over Ithan Ave (5th Light), make left into stadium, Pavilion Lot is behind the stadium.

From the West: Take the Pennsylvania Turnpike (76) to Exit 326 - Valley Forge (formerly Exit 24). Take I-76 (Schuylkill Expressway) to Exit 331A(I-476 South/Chester) to Exit 13 (US 30 St. Davids/Villanova) to Route 30 East, also known as Lancaster Avenue. Take Route 30 East (Lancaster Avenue) for one-half mile. Cross over Ithan Ave (5th Light), make left into stadium, Pavilion Lot is behind the stadium.

VILLANOVA UNIVERSITY



2009 ALL-SPORT STRENGTH & CONDITIONING CLINIC
SATURDAY, MARCH 7, 2009

REGISTRATION FORM

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

CONTACT PHONE: _____

EMAIL ADDRESS: _____

SCHOOL/CLUB/BUSINESS: _____

SPORTS COACHED: _____

Please check if you would like to order the clinic dvd
(Video recording of all Clinic presentations and demos)

Clinic Fees: \$65 Per Person (includes lunch)
\$80 - Clinic + Clinic DVD

NSCA CEU's will be available

PLEASE MAKE ALL CHECKS OR MONEY ORDERS
PAYABLE TO: **VILLANOVA UNIVERSITY**

SEND TO: Villanova Strength and Conditioning
Varsity Weight Room - Athletics
Villanova University
800 E. Lancaster Ave.
Villanova, PA 19085

For more information:

Lon Record: (610) 519-3063/Lon.record@villanova.edu
-OR-

Justus Galac: (610) 519-7840/Justus.galac@villanova.edu



Jeremy Scott, Penn State University Football, Assistant S&C Coach / Speed Development

Jeremy Scott is in his 10th year as the Assistant Strength & Cond. Coach/Speed Development Coach for the Penn State University Football team. Coach Scott started at Penn State in 1996 as an intern, then GA earning his master's degree in Health Management in 1999. Coach Scott is an integral part of the year-round training of Penn State Football and also serves as the Director of Speed Development. Coach Scott is responsible for training players preparing for the NFL Combine and other tryouts, as well as serving as the NFL Liaison. Jeremy earned his bachelor's degree from Lock Haven University (PA) and holds certifications as a Club Coach Level I (USAW) and SCCC (CSCS).



Shawn Gaunt, West Virginia University, Director of Speed / Skill Development

Shawn Gaunt is in his first year on the strength and conditioning staff at West Virginia University, serving as the Director of Speed/Skill Development. He came to Morgantown this past spring after a three-year stint as the Speed/Development Coordinator at the University of Notre Dame. Gaunt designed and implemented a speed development program for football and other varsity teams, as well as assisted with the strength training for football. He was responsible for strength training program for track and field and organized and operated summer speed and agility camp. Prior to that, he was the Head Strength & Conditioning Coach at HS2 Athletic Performance at Mandeville, LA, from Jan. 2003 to April 2004. Before that he was a Graduate Assistant at The University of Tennessee. Gaunt graduated from Southeastern Louisiana with Bachelor's degree in exercise science/health promotion in 1999 and a Master's degree in biomechanics/sports medicine from Tennessee in 2003, and holds certifications as a CSCS (NSCA) and SCCC (CSCS).



Angie Brambley, Princeton University, Assistant Varsity S&C Coach

Coach Brambley graduated from the University of Pittsburgh in 2000 with a Bachelor's degree in Exercise and Movement Science and went on to earn a Master's degree in Sports Administration and Recreation from Temple University in 2002. While completing her Master's degree, Coach Brambley worked as a Graduate Assistant Strength and Conditioning Coach for the Temple Football team and Olympic Varsity sports teams. After graduation, Coach Brambley worked as a strength and conditioning coach for a private athletic performance center, before being hired by Princeton University in Fall 2002. Coach Brambley has participated in competitive rugby for 12 years, having been selected for the USA Rugby National Under-23 team in 1998 and various other regional teams throughout her career. Currently she plays for nationally ranked Keystone Rugby Club out of the Philadelphia area.



John McKenna, Notre Dame High School, Lawrenceville, NJ, Athletic Performance Dir.

John McKenna has spent 11th season as Athletic Performance Director at Notre Dame High School and has 28 years experience as a strength coach. Coach McKenna was the first strength coach inducted into the New Jersey Coaches Hall of Fame. His program has been featured in various local and national publications. He trains all athletic teams at Notre Dame HS along with running a series of very successful youth strength training programs. Coach McKenna has trained several professional athletes including Gary Bracket of the Indianapolis Colts and Dan Koppen of the New England Patriots. Several college and high school athletes continue to train with Coach McKenna, including Rider University Swimming & Diving.



Villanova University Strength Staff Includes:

Lon Record, Head Basketball Strength Coach
Justus Galac, Head Football Strength Coach
Stephen King, Head Olympic Strength Coach

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