



WINNING EDGE SEMINAR SERIES



Saturday January 14th,
2012

Curriculum Based Strength & Conditioning for Athletes

Strength & Conditioning for Athletes

Presented by:
Lindsey Materi, MA, CSCS, NCCP II

Head Strength & Conditioning
Coach - ASDC Capital Region



This workshop is designed for any strength / fitness professionals who are seeking guidance and practical advice on research based strength and conditioning practises for developmental athletes.

During the course of this presentation, coaches will be exposed to a novel method of organizing individualized training programs, while touching upon different methods of teaching weightlifting exercises and components.

Note: Please register for this workshop at Activity Registration Zone @ 780-492-2231 and quote course code "20218". Office hours are Monday - Friday 9:00am-5:00pm.

Cost = \$25.00 (includes lunch & ASDC-Capital Region Clothing)

Please come with appropriate exercise attire for demonstrations.

Foote Field, University of Alberta (South Campus)
10:30am-2:30pm, Saturday January 14th, 2012

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