



# Washington State Annual Fall Clinic

Sunday, November 8, 2009

## 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
Pro Sports Club 4455 148th Avenue NE Bellevue, WA 98007	Kathryn Russell +1 206-930-1948 katrussell@yahoo.com	0.75 NSCA 7.5 NATA
Directions: <a href="http://public.proclub.com/default.aspx?tabid=127">http://public.proclub.com/default.aspx?tabid=127</a>		

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TIME	Workshop A	Workshop B
7:30-8:00am	On-site Registration and Check-in	
8:00-8:20am	Welcome and Housekeeping	
8:30-9:30am	Combination Training for Cycling Todd Herriott, CSCS	Promoting Shoulder Health in Personal Training Dave Suprak, PhD, CSCS
	Todd will discuss the many details that he believes are critical for an effective and successful training for competitive cycling.	Dave will cover the various biomechanical issues contributing to chronic injuries in the shoulder.
9:45-11:15am	Injury Free Running Rick Kaselj, MS	Corrective Exercises to Resolve Movement Dysfunctions After Low Back Pain Guido VanRyssegem, MS, ATC, CSCS
	Rick will cover the mechanics of running, how to assess a runner, run training and recovery techniques, dynamic warm ups and exercise programs for runners.	Guido will discuss how low back pain and its associated movement dysfunctions cause undue stress upon the kinetic chain of the body.
11:30-1:00pm	Working Lunch (provided) The Cutting Edge of Protein and Amino Acid Supplementation Susan M. Kleiner, PhD	
1:15-2:15pm	The Essentials of Triathlon Training Joshua Fitchitt	Functional Fitness After Fifty Peg Hamlett, MS

Schedule continued on back...

## REGISTRATION FORM ♦ WASHINGTON FALL CLINIC ♦ NOVEMBER 8, 2009

Online registration: <http://www.nscs-lift.org/stateclinics/searchclinic.asp> or mail completed registration (with payment) to:  
NSCA, 1885 Bob Johnson Drive, Colorado Springs, CO 80906 or fax to: +1 719-632-6367

Name \_\_\_\_\_

Member ID \_\_\_\_\_ Student ID \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

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

Clinic Fees (check one)	Now thru Oct. 29th	On-site
NSCA Member	<input type="checkbox"/> \$70	<input type="checkbox"/> \$90
NSCA Student	<input type="checkbox"/> \$50	<input type="checkbox"/> \$70
Non-member	<input type="checkbox"/> \$85	<input type="checkbox"/> \$105

Payment Method **Refund Policy:** On or before Oct. 29th - 50%/After Oct. 29th - No refund

Check (*payable to the NSCA*)  Visa  MasterCard  AmEx

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

Signature \_\_\_\_\_

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

Clinic Code 23051

	People who attend this lecture will leave with the tools to start coaching a client through a triathlon season.	This workout and lecture will give you fun functional ideas for clients over the age of fifty.
2:30-3:30pm	Planning Off-Season Strength Training for the Triathlete Carmen Bott, MSc, CSCS	Applied High Intensity Combat Training Clark Masterson and Nate Lawton, MS, CSCS
	Carmen will discuss proper planning and how to prevent flawed training practices based on practice and research for the triathlete.	Clark and Nate will discuss the benefits of utilizing mixed martial arts in personal training and group training.
3:45-5:15pm	Examining Your Toolbox Kathryn Russell, MS, ATC, CSCS, *D	
	Kathryn's thought-provoking presentation will examine some of the more common methods of assessment, methods of instruction and programming, and tools being used to improve your ability as a personal trainer or strength and conditioning coach.	
<p><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.</i></p>		



<p>Non-Profit Organization U.S. Postage PAID Colorado Springs, CO Permit No. 913</p>
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*see inside for more details...*