

14th Annual All-Sports Strength/Speed Clinic

Veterans Memorial High School-Corpus Christi

January 11th, 2019 8:30am

Sponsored by:



SPEAKERS

**The longest running
Strength Clinic in the
State of Texas**

**All content is tailored
for high school
coaches and the
development of the
high school/junior
high athlete of all
sports**

Boys and Girls

**Kyle Keese, CSCS, RSCC, USAW-1
Head Strength & Conditioning Coach
Denton Guyer HS (Denton, Texas)**

**NSCA Speaker, NHSSCA National Convention
Speaker, State Champion Football**

“Guyer Wildcat Agility”

**John Mitchell, CSCS, USAW-1
Head Strength & Conditioning Coach
Veterans Memorial HS (Corpus Christi, Texas)**

**1989 Baylor Strength Staff, NHSSCA Regional
Convention Speaker, Hammer Strength Speaker**

“Teaching Olympic Lifts”

**Monte Sparkman, CSCS, USATF-2, USAW-1
Head Strength & Conditioning Coach
Richland HS (Richland, Texas)**

**NSCA Speaker, NHSSCA 2018 Regional Coach of the
Year, 2018 RHS Coach of the year, 2010 VMI Coach of
the Year,**

“Conjugate Training-The Darkside”

**Dustin Rotan SCCC, CSCS, Co-State Dir for NHSSCA
Head Strength & Conditioning Coach
Mansfield Lake Ridge HS (Richland, Texas)**

**Grad Assistant Texas Tech University, Master’s
Degree in Sports Science Texas Tech**

**“Tri Phasic Training in the High School
Setting”**

Cost \$35 per coach or \$75 per staff. CEU’s my be available.

Contact john.mitchell@ccisd.us 512-203-6973 with any questions