

# BAYLOR UNIVERSITY ATHLETIC PERFORMANCE CLINIC SATURDAY, JUNE 5<sup>TH</sup>

Coach Kaz Kazadi and the Baylor University Department of Athletic Performance would like to invite you to our 3<sup>rd</sup> Annual Athletic Performance Clinic. The clinic will feature presentations from the Baylor staff as well as guest speakers, Jason Smith, Pat Ivey, and Dave Rosland. We look forward to visiting with you and your staff!

## GUEST SPEAKERS

**JASON SMITH** is an offensive lineman for the St. Louis Rams, starting 5 games in 2009 before his season was cut short due to injury. He was drafted with the #2 overall pick in the 2009 NFL Draft and was a First Team All-America selection following his senior season at Baylor University.

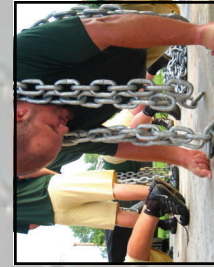
**PAT IVEY** is the Assistant AD for Athletic Performance at the University of Missouri where he oversees a staff of 10 coaches. He also directs the physical development of the Mizzou Football Team, which has won back-to-back Big 12 North Championships, as well as Cotton and Alamo Bowl Championships in the last 3 seasons. Coach Ivey and his staff are frequent presenters at numerous conventions and clinics.

**DAVE ROSLAND** is the owner and supplement formulator of Xtreme Formulations. Backed by science, Xtreme Formulations is at the forefront of the supplement industry, offering high quality, recovery enhancing products for athletes.

**2010 ATHLETIC PERFORMANCE CLINIC**  
<http://www.baylor.edu/athleticperformance>



**Baylor Athletic Performance**  
c/o Chris Ruf  
1500 S. University Parks Dr.  
Waco, TX 76706

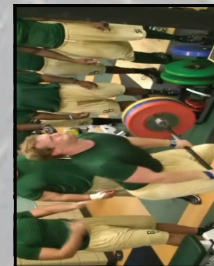


**BE SMART!**



**START FAST!**

**FINISH STRONG!!**



**2010 BAYLOR ATHLETIC PERFORMANCE CLINIC**

# CLINIC ITINERARY

## SATURDAY, JUNE 5<sup>TH</sup>

SPEAKING SCHEDULE IS SUBJECT TO CHANGE

- 8:30** Registration

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- 9:00** **Welcome and Staff Introduction**  
Coach Kaz Kazadi

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- 9:15** **Coaching the Coach**  
Coach Andrew Althoff

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- 10:00** **Do's and Don'ts of Supplementation**  
Dave Rosland  
Sponsored by **Xtreme Formulations**

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- 10:45** **Unlocking The Secrets of Performance: Understanding the Importance of Stress**  
Coach Adam Davis

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- 11:30** **Balance(d) Training**  
Coach Pat Ivey  
Sponsored by **Power Lift**

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- 12:30** Lunch Sponsored by **Hammer Strength**

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- 1:15** **Grip Training**  
Coach Jeremy Weeks

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- 1:45** **Warm-Up - What, Why & How**  
Coaches Berg, Weischedel & Belton

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- 2:15** **Hip Mobility Drills and Progression**  
Coach Anne Tamporello

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- 3:00** **Strength and Conditioning: From High School to the Big 12 to the NFL - An Athlete's Perspective**  
Jason Smith, Kaz Kazadi, Chris Ruf

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- 4:00** Roundtable Q&A with Presenters

# CLINIC SPEAKERS

- Jason Smith** - Offensive Tackle, St. Louis Rams
  - Pat Ivey** - Assistant AD for Athletic Performance, University of Missouri
  - Dave Rosland** - Owner, Xtreme Formulations
  - Kaz Kazadi** - Assistant AD - Athletic Performance
  - Anne Tamporello** - Director of Athletic Performance - Olympic Sports
  - Chris Ruf** - Director of Athletic Performance - FB
  - Adam Davis** - Associate Director of Athletic Performance - FB
  - Andrew Althoff** - Associate Director of Athletic Performance - Olympic Sports
  - Jeremy Weeks** - Assistant Director of Athletic Performance
  - Caleb Berg** - Athletic Performance Assistant
  - Ryder Weischedel** - Graduate Assistant
  - Keith Belton** - Graduate Assistant
- <http://www.baylor.edu/athleticperformance>

**EARLY REGISTRATION DEADLINE:**  
**MAY 24, 2010**

ALL ATTENDEES NEED TO FILL OUT AN APPLICATION

NAME \_\_\_\_\_

SCHOOL/COMPANY \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

CONTACT PHONE NUMBER \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

**OTHER STAFF MEMBERS ATTENDING**

**EARLY REGISTRATION (Rec'd by 5/24):**

**\$35.00** per individual coach

**\$30.00** per coach for 3+ coaches from same staff

**LATE REGISTRATION (Rec'd after 5/24):**

**\$40.00** per individual coach

**\$35.00** per coach for 3+ coaches from same staff

**Make checks payable to:**

*Baylor Athletic Performance*

**Mail to:**

Chris Ruf

Baylor Athletic Performance

1500 S. University Parks Dr.

Waco, TX 76706

Enclosed Amount: \$ \_\_\_\_\_

Number of Coaches: \_\_\_\_\_

T-Shirt size(s): M L XL XXL XXXL

**Contact:** Chris Ruf - 254-710-3395

