

5TH ANNUAL ALL-SPORTS STRENGTH CLINIC

Canyon High School-New Braunfels

January 29st, 2010

CHS Campus 8am

SPEAKERS

<u>John Mitchell</u>	Canyon HS-NB Strength Coach	Canyon Off-Season for All Sports
<u>Vic Vilorio</u>	Head Strength Coach SMU	Olympic Lifts for All Athletes
<u>Jesse Ackerman</u>	Univ. Of Texas Strength Coach	Strongman for Athletic Development
<u>Bill Meyer</u>	Performance Dir. Cats	Functional Training for POWER
<u>Garret Taylor</u>	Alvin High School	Alvin Athletic Development
<u>Matt Polhemus MS</u>	Sport Physical Therapist	Common Injury Identification and Solutions

Pre-register up to Jan. 26th \$35 per coach/\$75 per staff

\$40 per coach/\$80 per staff at door.

DVD's will be available for \$15 at clinic

\$50 if unable to attend

Email John.mitchell@comalisd.org for questions and pre-registration

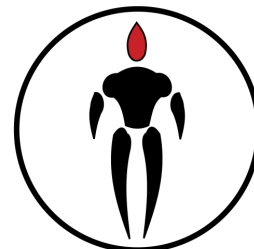
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SPEAKER BIOS

John Mitchell USAW is the strength coach/powerlifting/football at Canyon HS-NB. He is currently certified under the United States Assoc. of Weightlifting, NSCA-CSCS. He is a former Student Assistant Strength Coach at Baylor University under Coach Bob Fix. He also volunteer interned under Coach Jeff Madden at the University of Texas.

Bill Meyer is SCE and USAW certified. Even though Bill stays busy with his full-time job as the Performance Director at CATZ Austin, he continually expands his skill base and shares his years of experience through other endeavors. These including serving as the Director of Education for Hyper Wear, LLC, the Southwest Region Director for the Tudor Bompa Institute, a USA Weightlifting Coach.

Vic Viloría leads the SMU Strength and Conditioning program is former Mustang letterwinner, and a three-year All-Conference performer. He returned to SMU after spending two years as a strength & conditioning coach at LSU, serving as the interim head coach in the summer of 2006. In his time in Baton Rouge, Viloría worked with the Tiger football, baseball, swimming and golf teams. Much of Viloría's program is based on the Hatch Training System, which was developed by USA Strength & Conditioning Hall of Famer Gayle Hatch. The system focuses on explosive strength training and factors in explosive power, absolute strength, muscular endurance, speed, quickness, flexibility, agility and cardiovascular fitness.

Jesse Ackerman joined the Univ. of Texas strength and conditioning staff after working successfully at Iowa State, and four years as John Carroll University's strength and conditioning coach for football and wrestling. The former NCAA Division III All-American football player for the Blue Streaks earned a bachelor's degree in elementary education in 2002. He received his master's degree in community counseling there in 2007. At John Carroll, Ackerman trained eight NCAA All-America football players, two All-Americans in track and field and one U.S. power lifter who set a bench press world record.

Matt Polhemus, MS: Matt is a baseball four year letterman from St. Edwards University in Austin, TX where he received a Bachelor's degree in Kinesiology. He then earned his Master's degree in physical therapy from Texas State University. Matt is currently the director of physical therapy at New Braunfels Sports and Spine Physical Therapy.

Garret Taylor. CSCS, USAW Sports Performance and Club Coach, Crossfit Level One. Coach Taylor, a 1992 Graduate of Trinity University, lettered in football and was a team captain for the Tigers. In 1992 he was recognized as an N.S.C.A. All American. Also that year he won the A.D.F.P.A Collegiate National Powerlifting Championships. Coach Taylor has spent the last 9 years coaching at Alvin High school where he coaches Football, Powerlifting and is the strength and conditioning coordinator for multiple sports. The lady jackets have won two State Championships in powerlifting since he joined the staff. He has also coached numerous individual athletes to state and national meets in Powerlifting and Weightlifting. Coach Taylor has continued his own lifting winning the Sub-masters Nationals in 2002 in powerlifting and winning a bronze at the USAW Masters Pan-Am Championships in 2008.

REGISTRATION

Name: _____

School: _____

Mail to: Canyon High School/John Mitchell

1510 IH-35

New Braunfels, Tx 78130

STAFF \$75

Individual \$35