

Strength & Conditioning Clinic: Sports Performance






March 26th 2010

1220 Arden Hills Lane Sacramento Ca 95864 (916) 955 – 1586

Time	NSCA CEU APPROVED
8:00 – 8:30 am	Registration (Tour of Arden Hills Resort Club and Spa)
8:30 – 9:30 am	Low Back Strength & Flexibility Power Point (40 Minutes) Lean-By-Do (20 Minutes) <i>Presenter: Robert Linkul</i>
9:45 – 10:45 am	Posterior Chain: The “Go” Muscles, Not the “Show” Muscles Learn-By-Do (50 Minutes) Q&A (10 Minutes) <i>Presenter: Terrance Brooks</i>
11:00 – 12:00 am	Increasing Throwing Velocity for Baseball Players Power Point and Demo (60 Minutes) <i>Presenter: Tom Ruelas</i>
12:00 – 1:15 pm	Lunch Break
1:15 – 2:15 pm	Power Lifting “The Sport” Power Point (40 Minutes) Demo and Learn-By- Do (20 Minutes) <i>Presenter: Bryan Boggs</i>
2:30 – 3:30 pm	Olympic Lifting for Sports Performance Power Point (40 Minutes) Learn-By-Do (20 Minutes) <i>Presenter: Robert Linkul</i> <i>Demonstrations by USA Jr. Weightlifter Audrey Reed</i>
3:45 – 4:45 pm	Nutrition for Sports Performance Power Point (30 Minutes) Q&A and Food Samples (20 Minutes) <i>Presenter: Lisa Taylor & Robert Linkul</i>
5:00 – 6:00 pm	Youth Strength & Conditioning Power Point (40 minutes) Learn – By – Do (20 minutes) <i>Presenter: Bryan Boggs</i>

Lodging at the Arden Hills Villas is available for a discounted rate.

<p>Clinic Information Contact: Robert Linkul MS CSCS Strength & Conditioning Specialist (916) 955 – 1586 rlinkul@ahcc.net Price: \$70.00 NSCA: CUE's 0.7 Price Includes: T-Shirt, Certificate, Gift, and Manual</p>	<p>Sponsored by or Affiliated with:</p>   
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Presenters:

<p>Robert Linkul MS CSCS USAW</p> <p>Robert Linkul has his Masters Degree in Sports Science/Personal Training from the United States Sports Academy. He obtained his Bachelor's Degree from California State University of Sacramento in Kinesiology. Robert is a certified strength and conditioning specialist (CSCS), certified USA weightlifting coach, a certified USA Track and Field level I Throws Coach, and a certified USA sports performance coach. Robert is an amateur mountaineer and has trained clients for summit attempts on some of the world's highest mountains including Denali and Mt. Everest. In 2004 he represented the Hornets throwing the hammer at the NCAA Track and Field Championships placing 14th in the nation. He threw post collegiate for Reebok in 2005 and 2006.</p>	
<p>Bryan Boggs BS CSCS USAW</p> <p>Bryan is Certified Strength and Conditioning Specialist, and a USA Weightlifting Sports Performance Coach. He holds his BS in Exercise Science from Sacramento State University, and is dedicated to building better athletes and keeping them healthy. Bryan participated in baseball, football, and wrestling at Vallejo High School. He wasn't a naturally gifted athlete and understood he had to train harder and smarter than everyone else to succeed. He enjoys sharing his knowledge and experience with aspiring athletes. Bryan is currently a competitive Powerlifter, competing in the 220 lb and 242 lb weight classes working towards an elite total of 1890lbs, for the 220 pounders.</p>	
<p>Terrance Brooks BA CSCS USAW</p> <p>Terrance Brooks is the director of strength and conditioning at California State University of Sacramento. He has his BA in Physical Education from Towson State University. Coach Brooks is a certified strength and conditioning specialist and a USA weightlifting club coach. Terrance is a two time all American (offensive guard) and played in the National Football League (NFL) with the Cleveland Browns. He was the East Coast Conference champion in the Discus throw his senior year. He is a four-time world and five-time National drug free power lifting champion.</p>	
<p>Thomas Ruelas MS CSCS USAW</p> <p>Thomas Ruelas is the assistant Strength and Conditioning Coach at California State University of Sacramento. He holds a Master's degree in Kinesiology with an emphasis in strength and conditioning. Thomas came to Sacramento State by the way of Chico State after finishing his undergraduate degree there in Physical education with an emphasis in movement studies. Thomas is also a certified strength and conditioning specialist through the NSCA and also a certified USAW club coach. Thomas's sports background is in baseball and Olympic style weightlifting.</p>	
<p>Lisa Taylor BA</p> <p>Nutritionist Lisa Taylor joined Arden Hills Resort Club & Spa in May 2009. Given the important role nutrition plays in overall wellness and fitness levels, she works directly with the certified personal training unit, one-on-one with clients, and closely with the on-site food service efforts. Her areas of nutrition focus include menu planning, weight management, cultural nutrition, body cleansing, food service management and nutrition therapy. Taylor is a writer for <i>Sacramento Health and Fitness Magazine</i> and participates in various CDA (California Dietetics Association) events and seminars. She ServSafe certified and is a current FAN (Food and Nutrition) member.</p>	

