

Program Description:

The 2018 McLeod Sports Performance Clinic aims to teach new techniques to professionals who are involved in athletic development. Athletic development is often a challenging field due to the unique needs of athletes. The goals of this clinic are to improve the fitness professional's ability to develop a strengthening and conditioning program, teach fitness professionals new skills and techniques to enhance an athlete's performance through training. The focus will be on exercise programming, strengthening and conditioning techniques, and recovery methods. Each individual course will be a mixture of lecture, video, participation in and demonstration of the techniques presented.

Saturday, January 20, 2018

Time:

Check In 8:15 a.m. - 8:45 a.m.

Program 8:45 a.m. - 1:55 p.m.

Location:

South Florence High School GYM

3200 S. Irby St.

Florence, SC 29505

Fee: \$25.00 (Lunch provided)

\$30.00 (if registration and payment received
after 1/15/18)

Cancellations and Refund Policy

If you are not able to attend a program, substitutes are acceptable. If you are not able to attend and notify us within 48 hours, we will issue a full refund. If you register, do not attend, and do not cancel within 48 hours of the program you or your agency may be billed for the full amount of the registration fee.

Objectives:

Upon completion of this program, the participant should be able to:

1. Develop a speed and agility program for an athletic population.
2. Outline a proper progression for an athlete's speed and agility program.
3. Identify proper volumes and intensities for strengthening and conditioning.
4. Identify an athlete's need for muscular balance and injury potential.
5. Identify biomechanical differences in an athlete's squatting depths and styles.

Instructors:

Anthony Decker, CCU

Coastal Carolina University Director of Speed, Strength & Conditioning

Tobias Jacobi, CSCS, RSCC*D, USAW-SP, TPI-L1, USAT&F-L1

Strong Rock Christian School—Strength & Conditioning Coach

Brad Seger, PT, OCS, CSCS, CIDN

McLeod Sports Medicine

Chris Kidawski, CSCS

Strength Coach and Author



Credit: NSCA - CEU approval credit pending

Athletic Trainers: Pee Dee AHEC /McLeod Regional Medical Center (BOCAP#P3731) is approved by the Board of Certification, Inc. to provide continuing education (CE) for Certified Athletic Trainers. This program is eligible for 4.0 Category A hours/CEUs. ATCs should claim only those hours actually spent in the educational program.



This program is approved for 0.4 CEU's (4.0 Clock hours) by Pee Dee AHEC and meets S.C. AHEC Best Practice Standards.

To register: <https://ce.peedeeahec.net/courses/2143>

For registration assistance, contact Barbara Hicklin at 843-777-5343 or bhicklin@mcleodhealth.org