



2nd Annual Coach's clinic

“Developing Explosive Speed and Strength”

Thursday May 25th 5:30 – 8:00 pm

5:30 – 6:15 pm

- **Training considerations for youth sports** – steroids, growth plate injuries, female athlete triad and over-training syndromes.

Jeffrey Graham, MD

- Family and Sports Medicine Physician, MAHEC.

Jay C. Jansen, MD

- Orthopedic Surgeon & Sports Medicine Physician, Blue Ridge Bone & Joint.

6:15 – 7:00 pm

- Learn how to **perfect your athletes sprinting form!**
- Teach specific **quickness techniques** to help your athletes **gain an extra step against your opponents!**

Brian Lawler, MS, PT, OCS, ATC, CSCS, PES

- Director of Sports Performance Enhancement, Blue Ridge Bone & Joint.

7:10 pm – 8:00 pm

- Teaching the squat and **squat variations using bands and chains!**

Mark Watts, MS, CSCS, PES, USAW

- Strength Coach at Army.

- Power Lifter—personal best bench press 535 lbs, squat 705 lbs, dead lift 545 lbs.

Register Early! This clinic is limited to only 50 registrants and is expected to fill quickly.

(see back of flyer for additional information and registration form)

Location: MAHEC, Classroom #1 (across from Mission Hospital)

Cost: \$10 (includes manual)

Heavy appetizers will be provided starting at 5:00 pm.

For additional information call Brian Lawler at 281-7171 or E-mail him at blawler@brbj.com.

DIRECTIONS TO MAHEC:

MAHEC is located off of Highway 25 (or Biltmore Avenue) next to Mission Hospital.

If heading Eastbound on I-40:

Take Exit #50. LEFT onto Hwy 25

If heading Westbound on I-40:

Exit #50-B onto Hwy 25

At the 7th traffic light:

Take a LEFT into the ER entrance of Mission Hospital.

Take a RIGHT at first drive into lower level of parking deck.

The Clinic will be held in CLASSROOM #1 which is located on the second floor.

Registration Form: Please mail with **\$10 check made payable to Blue Ridge Bone and Joint**
Attention: Brian Lawler, 75A Livingston Street, Asheville, NC 28801

Name: _____

Address: _____

Phone: _____ Email: _____

School: _____

Sport/s that you coach: _____