

WORKSHOP HOSTS

ROBERT DOS REMEDIOS, MA, CSCS
DIRECTOR OF SPEED, STRENGTH, AND CONDITIONING,
COLLEGE OF THE CANYONS

MICHAEL YU SERIL, MS
2006 NSCA PERSONAL TRAINER OF THE YEAR,
2010 ABC7 JEFFERSON AWARD RECIPIENT.

GREG VANDERMADE, CSCS
HEAD STRENGTH AND CONDITIONING COACH,
CALIFORNIA STATE UNIVERSITY, FULLERTON

DR. JOSH MITCHELL, D.C.
TPI CERTIFIED GOLF FITNESS INSTRUCTOR

CRAIG RASMUSSEN, CSCS
FITNESS COACH
RESULTS FITNESS, NEWHALL, CA

CHAD SKREDESTU, MS, CSCS
PRESIDENT
SAND, SNOW & STREET



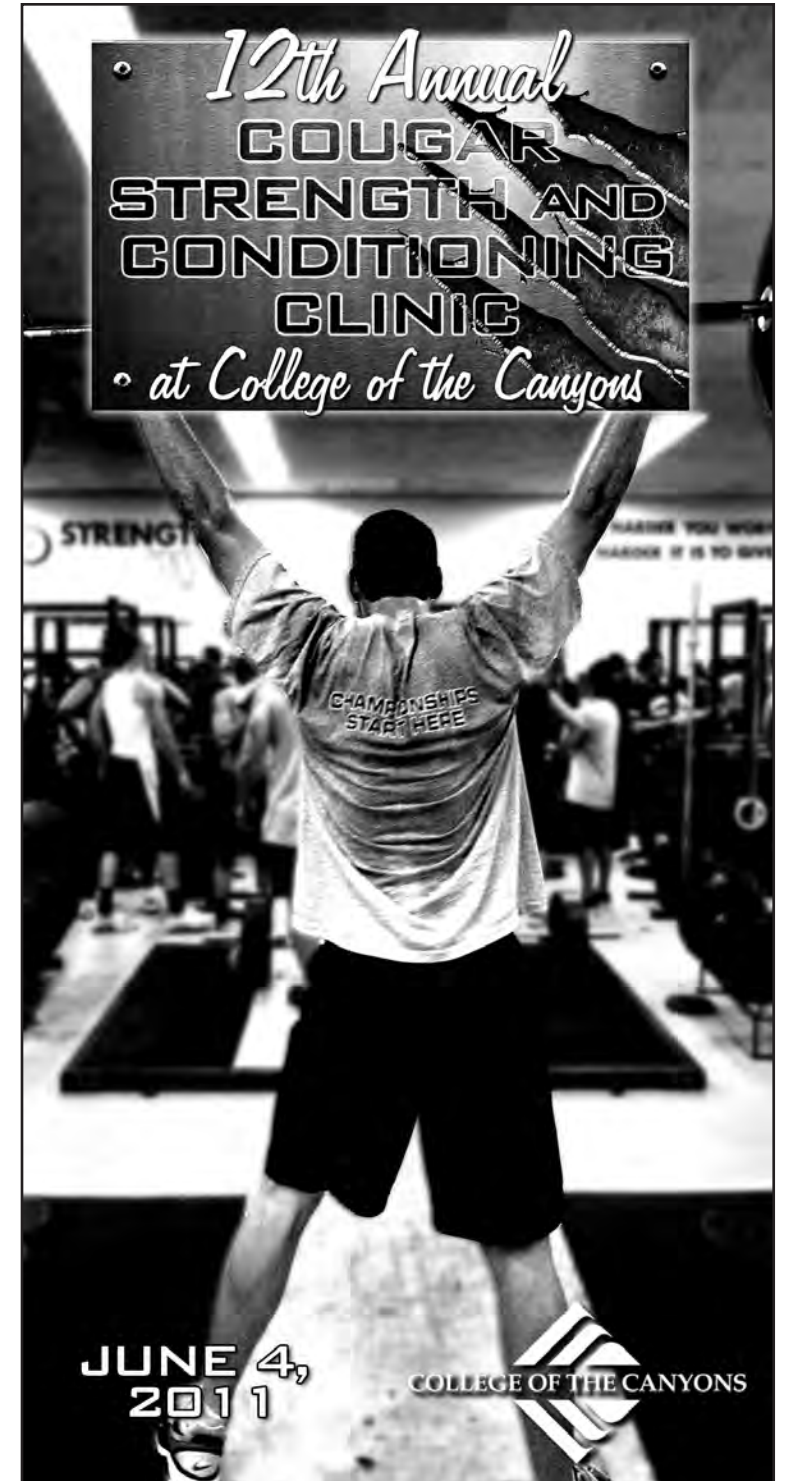
NSCA CEU
APPROVED



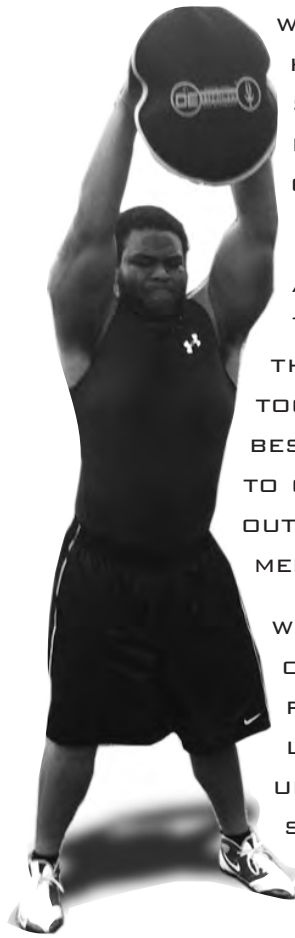
NSCA, NATA CEU'S!

Strength & Conditioning Dept.
26455 Rockwell Canyon Road
Santa Clarita, CA 91355

JUNE 4, 2011
SPACE IS LIMITED.
REGISTER TODAY!



BUILDING BETTER ATHLETES

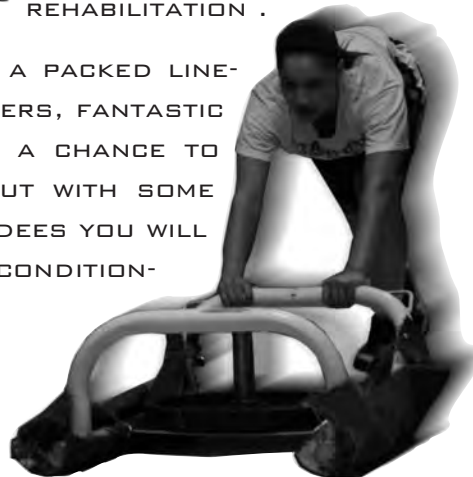


WE ARE EXTREMELY EXCITED TO HAVE A GREAT LINE-UP OF PRESENTERS THIS YEAR, RANGING FROM PERSONAL TRAINERS TO COLLEGIATE STRENGTH COACHES, TO SPORTS MEDICINE PROS!

AS WE HAVE DONE FOR THE PAST 11 YEARS HERE AT COLLEGE OF THE CANYONS, WE HAVE PUT TOGETHER WHAT WE FEEL IS THE BEST SHOW IN TOWN WHEN IT COMES TO CONTINUING EDUCATION WITH AN OUTSTANDING LEARNING ENVIRONMENT.

WE ARE CONFIDENT THAT EVERYONE WILL IMPROVE THEIR CRAFT FOLLOWING THIS CLINIC – AND AT LEAST WALK AWAY WITH A BETTER UNDERSTANDING OF SOME VERY SPECIFIC CONCEPTS IN STRENGTH, CONDITIONING, AND REHABILITATION .

COME JOIN US FOR A PACKED LINE-UP OF GREAT SPEAKERS, FANTASTIC DOOR PRIZES, AND A CHANCE TO MEET AND HANG OUT WITH SOME OF THE BEST ATTENDEES YOU WILL EVER FIND AT ANY CONDITIONING EVENT.



SCHEDULE

SATURDAY, JUNE 4, 2011

COLLEGE OF THE CANYONS • HASLEY HALL, ROOM 101

8-9AM	REGISTRATION AND BREAKFAST
9-9:50AM	CRAIG RASMUSSEN: RESULTS FITNESS™ PROGRAM EVOLUTIONS
10-10:50AM	MICHAEL YU SERIL: FIVE CHARACTERISTICS OF A COMMUNITY FITNESS LEADER
11-11:50AM	DR. JOSH MITCHELL: BRIDGING THE GAP BETWEEN ASSESSMENT AND PERFORMANCE
12-12:50PM	LUNCH AND SPECIAL PRESENTATION FROM CHAD SKREDESTU: STRENGTH AND CONDITIONING – A GLOBAL PERSPECTIVE
1-1:50PM	GREG VANDERMADE: INCORPORATING STRONGMAN-STYLE TRAINING INTO YOUR ATHLETIC PERFORMANCE TRAINING PROGRAMS
2-2:50PM	ROBERT DOS REMEDIOS: HANDS-ON SESSION – INCORPORATING TRX INTO YOUR EXISTING PROGRAMS
3-4PM	ROUNDTABLE DISCUSSION: Q&A WITH ALL THE PRESENTERS

COLLEGE OF THE CANYONS IS RECOGNIZED BY THE BOCATC AS AN OFFICIAL PROVIDER OF SEVEN HOURS OF CONTINUING EDUCATION FOR CERTIFIED TRAINERS.



NSCA CERTIFICATION COMMISSION EXECUTIVE COUNCIL APPROVED .7 CEU'S FOR CSCS OR NSCA-CPT CERTIFICATE HOLDERS ATTENDING THIS EVENT.

REGISTRATION

\$75⁰⁰
REGISTER BY
MAY 17, 2011

\$90⁰⁰
REGISTER AFTER
MAY 17, 2011

\$110⁰⁰
REGISTER AT
THE DOOR

STUDENTS
WITH
VALID
I.D.:

\$65⁰⁰
REGISTER BY
MAY 17, 2011

\$80⁰⁰
REGISTER AFTER
MAY 17, 2011

\$100⁰⁰
REGISTER AT
THE DOOR

INCLUDES: BREAKFAST, LUNCH, DOOR PRIZES,
AND FREE TRX T-SHIRT (PRE-REGISTRATION ONLY)

NAME _____

ADDRESS _____

PHONE _____

IMPORTANT:
CONFIRMATION OF PAYMENT AND UPDATES
WILL BE PROVIDED VIA EMAIL.

EMAIL _____

SCHOOL OR ORGANIZATION _____

CSCS NSCA-CPT ATC OTHER _____

PAYMENT METHOD
 CHECK (PAYABLE TO COC-ASG, PLEASE WRITE "STRENGTH"
IN THE MEMO LINE)
 VISA MASTERCARD AMERICAN EXPRESS

CARD NO. _____ EXP. _____

SIGNATURE _____

THERE WILL BE NO REFUNDS AFTER JUNE 1, 2011. FULL
REFUNDS WILL BE GIVEN IN THE EVENT OF CANCELLATION.

MAIL COMPLETED FORM TO:
ROBERT DOS REMEDIOS
COLLEGE OF THE CANYONS
26455 ROCKWELL CANYON ROAD
SANTA CLARITA, CA 91355

FOR ADDITIONAL INFORMATION:
ROBERT DOS REMEDIOS
(661) 362-3527 PHONE
(661) 255-2972 FAX
ROBERT.DOSREMEDIOS@CANYONS.EDU

STRENGTH AND CONDITIONING
WEB PAGES: WWW.CANYONS.EDU/
DEPARTMENTS/PE/STRENGTH
COLLEGE OF THE CANYONS CAMPUS MAPS:
WWW.CANYONS.EDU/MAPS

