

# WORKSHOP HOSTS

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

**PETE KOCH**  
FORMER NFL PLAYER, CINCINNATI BENGALS,  
KANSAS CITY CHIEFS AND OAKLAND RAIDERS  
OWNER, FAST (FUNCTIONAL ADVANCED SPORTS TRAINING)

**SEAN SKAHAN, MS, CSCS**  
HEAD STRENGTH AND CONDITIONING COACH, ANAHEIM DUCKS

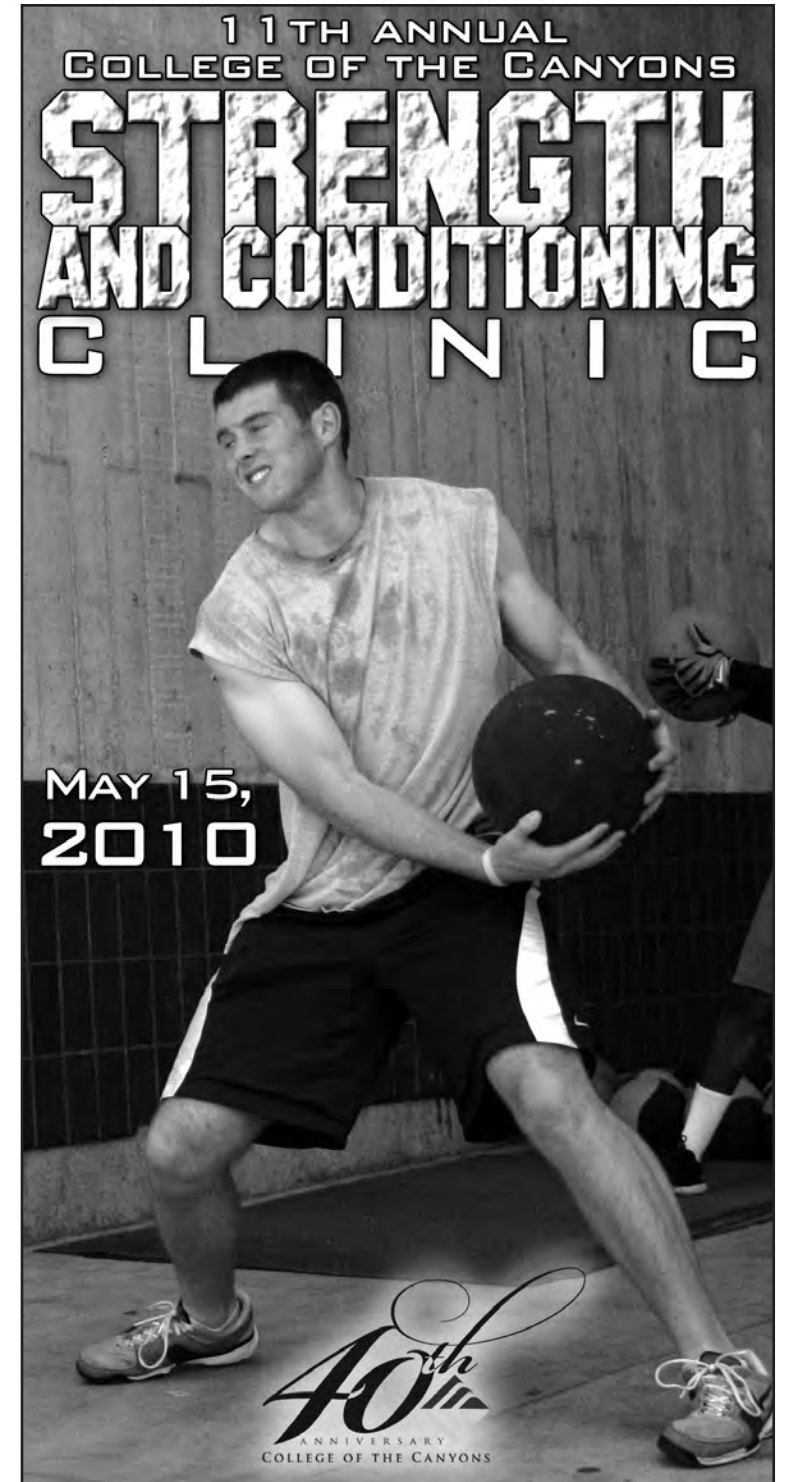
**MIKE WUNSCH, CSCS**  
FITNESS MANAGER, RESULTS FITNESS, SANTA CLARITA, CA

NSCA, NATA CEU'S!



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

**MAY 15, 2010**  
**SPACE IS LIMITED.**  
**REGISTER TODAY!**



# BUILDING BETTER ATHLETES

THE COLLEGE OF THE CANYONS ANNUAL COUGAR STRENGTH AND CONDITIONING CLINIC IS BACK AND BETTER THAN EVER! JOIN US FOR OUR 11TH ANNUAL CLINIC ON MAY 15, 2010 AND GET READY TO BE EXPOSED TO SOME OF THE BEST IDEAS IN THE FIELD TODAY. THIS YEAR'S CLINIC INCLUDES FOUR OF THE MOST DYNAMIC, WELL-VERSED CONDITIONING SPECIALISTS. FROM 8:30AM TO 2PM YOU WILL BE INTRODUCED TO NEW AND INNOVATIVE IDEAS IN THE FIELD OF CONDITIONING.

THERE IS SOMETHING FOR EVERYONE THIS YEAR, SO DON'T MISS THE BEST CONDITIONING CLINIC IN SOUTHERN CALIFORNIA!

THIS YEAR'S EVENT WILL BE VERY EXCITING AND WILL HAVE BOTH LECTURES AND HANDS-ON PRESENTATIONS.

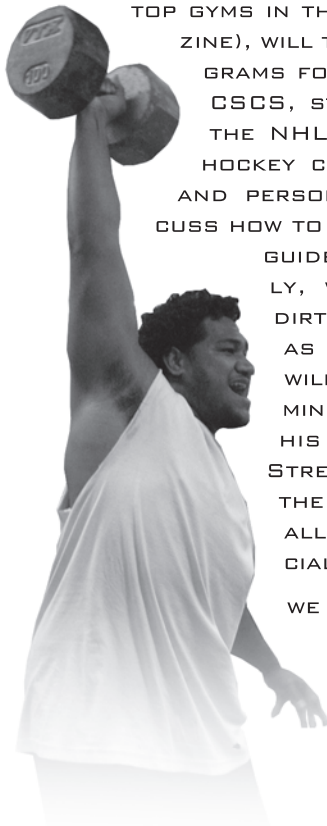


MIKE WUNSCH, CSCS, MANAGER AT RESULTS FITNESS (RATED ONE OF THE TOP GYMS IN THE COUNTRY BY MEN'S HEALTH MAGAZINE), WILL TALK ABOUT DESIGNING TRAINING PROGRAMS FOR ALL POPULATIONS.

SEAN SKAHAN, CSCS, STRENGTH & CONDITIONING COACH OF THE NHL ANAHEIM DUCKS, WILL TALK ABOUT HOCKEY CONDITIONING. FORMER NFL ATHLETE AND PERSONAL TRAINER PETE KOCH WILL DISCUSS HOW TO USE GENETIC INFORMATION TO HELP

GUIDE PROGRAM DEVELOPMENT. FINALLY, WE WILL BE GETTING DOWN AND DIRTY WITH SOME METABOLIC MAYHEM AS ROBERT DOS REMEDIOS, CSCS, WILL TAKE EVERYONE THROUGH A 90-MINUTE HANDS-ON SESSION BASED ON HIS BEST-SELLING BOOK "CARDIO STRENGTH TRAINING." WE WILL WRAP UP THE DAY AT A ROUNDTABLE LUNCH WITH ALL THE SPEAKERS AND ADDITIONAL SPECIAL GUESTS.

WE CONTINUE TO HAVE SOME OF THE BEST GIVEAWAYS AND DOOR PRIZES ALONG WITH AMAZING SPECIAL DEALS ON PRODUCTS FROM OUR SPONSORS, PERFORM BETTER AND FITNESS ANYWHERE (TRX)!



## SCHEDULE

SATURDAY, MAY 15

COLLEGE OF THE CANYONS • BOYKIN HALL, ROOM 105

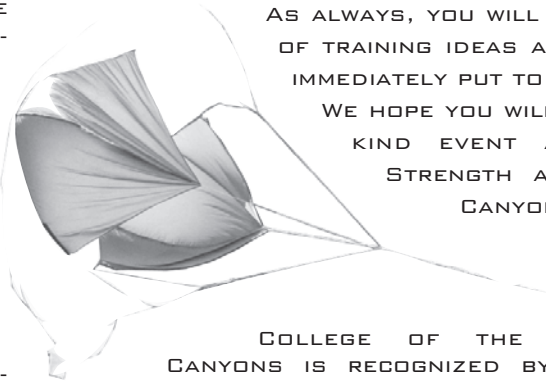
8-8:30AM	REGISTRATION & BREAKFAST
8:30-9:20AM	MIKE WUNSCH: 7 OBJECTIVES OF A 21ST CENTURY TRAINING PROGRAM
9:30-10:20AM	SEAN SKAHAN: HOCKEY CONDITIONING
10:30-11:20AM	PETE KOCH: USING GENETIC INFORMATION TO DESIGN TRAINING PROGRAMS
11:30-12:50PM	ROBERT DOS REMEDIOS: HANDS-ON CARDIO STRENGTH PROTOCOLS
1-2PM	ALL PRESENTERS: LUNCH AND ROUNDTABLE

AS ALWAYS, YOU WILL WALK AWAY WITH AN ARSENAL OF TRAINING IDEAS AND EXERCISES THAT YOU CAN IMMEDIATELY PUT TO USE IN YOUR OWN PROGRAMS.

WE HOPE YOU WILL JOIN US FOR THIS ONE-OF-A-KIND EVENT AND SUPPORT COUGAR STRENGTH AND COLLEGE OF THE CANYONS.

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

NSCA CERTIFICATION COMMISSION EXECUTIVE COUNCIL APPROVED .5 CEU'S FOR CSCS OR NSCA-CPT CERTIFICATE HOLDERS ATTENDING THIS EVENT.



## REGISTRATION

**\$65<sup>00</sup>**  
REGISTER BY  
APRIL 30, 2010

**\$75<sup>00</sup>**  
REGISTER AFTER  
APRIL 30, 2010

**\$100<sup>00</sup>**  
REGISTER AT  
THE DOOR

STUDENTS  
WITH  
VALID  
I.D.:

**\$50<sup>00</sup>**  
REGISTER BY  
APRIL 30, 2010

**\$65<sup>00</sup>**  
REGISTER AFTER  
APRIL 30, 2010

**\$75<sup>00</sup>**  
REGISTER AT  
THE DOOR

INCLUDES: CLINIC, BREAKFAST, LUNCH, SNACKS AND CLINIC NOTES.

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 STRENGTH CLUB)  
 VISA  MASTERCARD  AMERICAN EXPRESS

CARD NO. \_\_\_\_\_ EXP. \_\_\_\_\_

SIGNATURE \_\_\_\_\_

THERE WILL BE NO REFUNDS AFTER MAY 7, 2010. 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

**TRX**  
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STRENGTH AND CONDITIONING WEB PAGES:  
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COLLEGE OF THE CANYONS CAMPUS MAPS:  
WWW.CANYONS.EDU/OFFICES/PIO/KEYINFO/MAPS.ASP