

1st Annual Cleveland ISD Strength & Conditioning Clinic

Location: Cleveland HS - 1600 E. Houston St., Cleveland, TX 77327

Date: January 16, 2021

Presented By:

**HAMMER
STRENGTH®**
BUILDING CHAMPIONS



Speakers:

Tim Walker

Strength & Conditioning Coordinator
The Woodlands Christian Academy



Joe Quinlin

Head Strength & Conditioning Coach
Northwest Missouri State University



Matt Mullis

Strength & Conditioning Coordinator
Fulshear High School (LCISD)



** 4th Speaker to be announced

** Post-Lunch Speaker and Special Guest Round Table Sponsored by Rock Strength and Performance.

** Demonstrations of form and progressions after speaker presentations

** Lunch Catered by Cleveland ISD Athletic Booster Club.

Contact Information:

Jeff Kachermeyer - CISD Director of Sports Performance 361-437-8486; Jeffrey.kachermeyer@clevelandisd.org

itinerary:

7:00 am	Registration & Vendors - Breakfast Provided
8:00 - 8:30 am	Jeff Kachermeyer - Welcome, introduction and value of the role of strength coach
9:30 - 10:30 am	Tim Walker—"Programing for a multisport weightroom setting"
10:30 - 11:30 am	<i>Matt Mullis—"Olympic Lifting programing, skill development, progressions and regressions for high school athletes"</i>
11:30 - 12:30pm	Lunch, round table, and demos
12 - 1pm	Joe Quinlin - Key note; topic to be determined
1 - 3pm	Hands-on demonstration by presenters (weightroom or exhibition area)

**** Be sure to wear comfortable athletic wear if you plan on participating in demonstrations ****

Fill out Registration form, and mail it with payment to:

Jeff Kachermeyer
Cleveland High School
1600 E. Houston St.
Cleveland, TX 77327

Registration Form

Contact Information:

Name: _____ Organization: _____

Email: _____ Phone: _____

Registration Information:

Number attending _____

Names of all Participants:

1) _____ 2) _____

3) _____ 4) _____

Payment Information:

\$25 per coach (\$20 for second coach) **** Coaching Staffs of 3 or more = \$60 total. ****

Total Payment Enclosed: \$ _____