



2017 Albuquerque Strength and Conditioning Clinic
Jewish Community Center
5520 Wyoming Blvd. NE Albuquerque, NM 87109



Sponsors:



Saturday, September 23, 2017
9am to 5pm

Schedule

8:00 am – 8:45 am: Late Registration

8:45 am – 9:00 am: Introduction

9 am – 10 am: "Good for the heart = good for the head"

Dr. Ann Gibson, PhD, CSCS, ACSM
University of New Mexico

This investigation of recent literature and pilot study data highlights how exercise typically prescribed for improving cardiovascular function affects brain activity, cognitive function, and protection for the aging brain.

10 am – 11 am: Broken Airmen Can't Fix Broken Jets: Injury Prevention in Tactical Athletes

Guy Leahy, M.Ed., CSCS, ACSM
Western Washington University

Within military populations, 20% - 25% of all non-combat injuries are associated with physical training or sports participation. This high injury rate has significant negative effects on mission readiness. This presentation will review risk factors for injury in tactical populations, and discuss evidence-based solutions for preventing injury.

11 am -12 pm: So You Want To Add Dance? Teachers, Formats, and Results for Business and Wellness Success

Megan Merchant, Megan Merchant, B.A., M.S., ACE/AFAA
University of New Mexico
Owner, Dramatic Wellness LLC

As the wellness industry grows, dance is a top tool for all ages that can strengthen communities, empower minds and emotions, enhance body language communication and social skills, and more: IF you know what to ask for. This course will discuss the key differences between fitness, social, and performance styles and instructors, qualifications and experience you should seek, client outcomes you can expect, and how your business can be aligned with dance for maximum results.

12 noon -1 pm: Lunch on Your Own

2017 Albuquerque Strength and Conditioning Clinic

1pm – 2pm: Eating Disorders and Exercise

Jessika Brown MS, RD, CEDRD, CSSD
University of New Mexico

Eating Disorders are 50% physical and 50% psychological. Jessika will discuss the various types of eating disorders from a physical and psychological perspective including medical complications and psychological concerns. She will also discuss how personal trainers play a role in spotting eating disorders and how to handle it when presented with a client with an eating disorder.

2 pm – 3 pm: “Functional Strength Training for the Mature Exerciser”

George Fraser, PT (Physical Therapist), B.S.
Northeastern University, Boston
Owner/Operator of Fifty ‘N Fit, with wife Pat

This presentation will focus on safe, effective, and functional strength training for the mature exerciser. Key topics will include: asking the right questions, gathering the important information, identifying key areas of need, strengthening for stability as well as mobility, the importance of flexibility training for effective strength training, and designing a truly functional strength training program.

3 pm – 4 pm: "Nutritional distinctions between sport performance and optimal health."

Aaron Bubbico, M.S. CSCS., CFL1
University of New Mexico

A look at the role nutrition plays in eliciting a greater training effect and its benefits in sports performance. Comparing how to take an optimal health diet and turn it into a sports nutrition program.

4 pm – 5 pm Plyometrics: A Working Guide, Key Exercises and Their Use.

Dr. Rich Field, PhD, CSCS
University of New Mexico

A demonstration of the correct execution of plyometric exercises to elicit an optimal training effect. How to incorporate plyometric movements and see abbreviated sample programs for volleyball, baseball, and track.

2017 Albuquerque Strength and Conditioning Clinic

Registration Fee: \$60 **Student Fee (High/School/College):** \$35

Due Date: Friday, September 8, 2017 **Late Fee:** \$70 **Student Late Fee:** \$45

NSCA Continuing Education Credits: .7 Earned **Provider Number:** L1244

NASM Continuing Education Credits: .7 Earned **Provider Number:** 984

ACE, ACSM, AFAA, ISSA, NESTA, NETA, NAFC

Continuing Education Credit is awarded by these organizations.

Contact Kenny Croxdale if you have an ACE, AFAA, NESTA, NETA or NAFC for more information before registering.

Registration Form: 2017 Albuquerque Strength and Conditioning Clinic

Your Personal Training Certification Organization: Please Circle.

ACE ACSM AFAA ISSA NASM NESTA NETA NSCA Other: _____

Name: _____

Address: _____
Street, City, State, Zip Code

Email: _____ Phone: _____

Credit Card Payment: Visa MasterCard American Express Discover

Account #: _____

CVC Code: _____ Expiration Date: _____

Name on Card: _____

Card Billing Address: _____

Email To: KennyCrox@aol.com

Check: Mail and Make Payment to:

Kenny Croxdale
2523 48th Street
Rio Rancho, NM 87144
505-363-3032
Email: KennyCrox@aol.com

Waiver

I hereby request to participate in the 2017 Albuquerque Strength and Conditioning Clinic hosted by the Jewish Community Center on Saturday, September 23, 2017.

I understand that there are risks in any type of physical activity and/or exercises that I may participate in during this Clinic, including, by not limited to musculoskeletal injuries, heart attack, or even death.

I hereby waive, for myself, my heirs and assigns, any and all claims for injury or damages which I may incur by virtue of my attendance or participation in the New Mexico Strength Clinic on Saturday, September 23, 2017 against the Jewish Community Center, Fitness Superstore, and any of their agents and employees.

I have read this waiver and fully understand and accept its terms. I do hereby verify my acceptance by my signature below.

Participants **Printed** Name: _____

Participants **Signature:** _____ Date: _____