



State/Province NEWSLETTER

January 2006

Provincial Chapter
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NSCA Ontario Directors' Message:

As NSCA Ontario Directors, we would like to extend our wishes to all for a very happy and healthy New Year. As promised, we have been active organizing an exciting event for you all. The Strength and Power Clinic is a one-day powerhouse seminar featuring today's leaders in the science and practice of strength training and conditioning.

Speakers will cover many of the major issues of sport specific training that are essential to long term development. Up-to-date information and research on program design, injury prevention, specificity, use of Olympic weightlifting, and periodization will be delivered in an applied context, allowing attendees to both see and understand how to put theory into action. This clinic is not to be missed!

The use of explosive lifting has become a major part of many sports specific training programs as a result of its ability to maximize power output in athletes. We are excited to have the Ontario Weightlifting Association (OWA) as a sponsor of this event, and the NSCA Ontario chapter. The OWA is recognized by both Sport Canada and the Coaching Association of Canada as the authority for the sport of Olympic weightlifting in Ontario. For more information on their upcoming events, please visit the OWA's website at www.ontarioweightlifting.ca

All NSCA clinic attendees will receive a delegate package including presentation information and handouts, and will be eligible to win door prizes worth over \$100 from the NSCA and Power Systems!

We are looking forward to meeting you in March! Please feel free to contact us by email, if you have any comments or questions.

Your NSCA Ontario Provincial Directors,

Maria Mountain, MSc, CSCS
synergyfit@hotmail.com

John Gray, MSc, CSCS
jrgray@uwaterloo.ca

NSCA Ontario Strength and Power Clinic

March 25, 2006

Speakers' information

Bud Charniga, MEd

In addition to 40 years of experience in Olympic weightlifting training and competition, Charniga has translated many of the major Russian weightlifting and training textbooks. He is among the most knowledgeable experts in North America on weightlifting and Russian methods of strength and conditioning training. He is the owner of Dynamic Fitness/Eleiko and has several original articles published at www.dynamic-eleiko.com.

Steven Plisk, MS, CSCS

Plisk has over 15 years of professional experience in American collegiate strength and conditioning and has authored numerous peer-reviewed articles on sports specific training and athletic development, including a chapter in the NSCA's *Essentials of Strength Training and Conditioning* textbook. He is currently the Sport Performance Director of Velocity Sports Performance in Trumbull, CT.

Trevor Cottrell, PhD

Dr. Cottrell is the current Program Coordinator at Sheridan College's applied degree program in Athletic Therapy. His research background is in the broad area of biomedical sciences, with interests in human performance and cellular physiology. He has competed nationally in Olympic weightlifting and powerlifting, and regionally in strongman and Highland games. With almost 20 years of competitive experience and 15 years of coaching experience, he combines a unique blend of theory and practice into his presentations.

Cam Levesque

Levesque is the National Director for Dartfish Canada. He will show how the Dartfish video analysis system has helped a significant number of athletes achieve Olympic podium performances! Learn how this award winning system helps the strength and conditioning professional analyze technical performance during and after training, and communicate essential performance details to the athlete.

Location and Directions

The NSCA Ontario Clinic will be held in the Centre for Physical Education at the University of Toronto at Mississauga (UTM), located on 3359 Mississauga Road North (just north of Dundas Street W), Mississauga, L5L 1C6.

Specific directions can be found at: www.utm.utoronto.ca/109.html. For additional information, please call +1 905-828-3714.

Clinic Schedule

8:00am-8:30am

Registration

8:30am-8:45am

Welcome and Introduction

8:45am-9:45am

Resistance Training - Considerations in Maximizing Sports Performance
Steven Plisk

9:45am-10:45am

Rejuvenation of Weightlifting for Sports Excellence
Bud Charniga

10:45am-11:00am

Break - Exhibitor Viewing

11:00am-12:00pm

Scientific Update on Use of Squats in Conditioning Programs: Injury Risk, Prevention, and Performance
Trevor Cottrell, PhD

12:00pm-1:00pm

Lunch - Exhibitor Viewing

1:00pm-2:00pm

Use of Video Analysis to Maximize Athletic Development
Cam Leveque

2:00pm-3:00pm

Using Weightlifting Variations for Improving General Fitness in Adults and Recreational Athletes
David Ablack

3:00pm-3:15pm

Break - Exhibitor Viewing

3:15pm-4:15pm

Evaluation of Modes and Methods of Resistance Training - A Coaching Perspective
Steven Plisk

4:15pm-5:15pm

Panel Discussion on Special Issues and Questions from Audience
Moderated by John Gray

5:15pm-5:30pm

Closing Remarks
Maria Mountain and /or John Gray



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REGISTRATION Form • NSCA Ontario Strength and Power Clinic • March 25, 2006 •

NSCA CEUs 0.7 • NATA CEUs 7

Name _____ NSCA mbr # _____

Address _____ City _____

State/Prov. _____ Zip/Postal Code _____ Country _____

Phone # _____ Email _____

Emergency contact and phone # _____

Clinic Location

University of Toronto at Mississauga
Centre for Physical Education
3359 Mississauga Road North
Mississauga, ON L5L 1C6

Clinic Contact Information

For more information about this clinic,
contact Maria Mountain at +1 519-494-
1988 or synergyfit@hotmail.com or John R.
Gray at +1 416-738-4729 or
jrgray@uwaterloo.ca.

Please check one registration fee option below:

Pre-Registration March 10

On-Site March 25

NSCA Member

\$100.00

\$110.00

NSCA Student with ID

\$60.00

\$70.00

Non-member

\$120.00

\$130.00

Non-member Student with ID

\$80.00

\$90.00

Non-member, but sign me up NOW! (please call NSCA Membership for appropriate fees at 800-815-6826)

How would you like to receive your registration confirmation?

Please one: Email Postal mail

Payment Method

Check (payable to the University of Toronto) Visa MasterCard

Account # _____

Exp. Date _____

Signature _____

Print Name _____

Total Enclosed \$ _____

Registration Instructions

Online registration is available! Please visit
www.utm.utoronto.ca/physed. Select **Community Programs** in the
center of the page and a pop-up menu will appear. From this menu
select **Instruction**. On the screen, on the left, select **NSCA Clinic**
then **Strength and Power Clinic** to register.

Fax your completed registration page with credit card information
to +1 905-569-4354 Attn: Andrew Bellerby, Program Coordinator.

Mail your completed registration, Attn: Andrew Bellerby:
University of Toronto at Mississauga
Centre for Physical Education
3359 Mississauga Road North Rm 1114
Mississauga, ON L5L 1C6



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NSCA Ontario Strength and Power Clinic—March 25, 2006
see inside for more details...



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