

**BAYLOR UNIVERSITY
ATHLETIC PERFORMANCE
CLINIC
SATURDAY, MAY 30th**

Coach Kaz Kazadi and the Baylor University Department of Athletic Performance would like to invite you to our 2nd Annual Strength & Conditioning Clinic. The clinic will feature one of the top Olympic lifting coaches in the country, Rich Lansky. The clinic is open to all coaches that complete and submit the attendance application. We look forward to having you visit the new Highers/Simpson Athletic Complex and meet the Baylor University Athletic Performance staff!

Rich Lansky

Coach Lansky is the President and Director of OPTI in Sarasota, FL. In this capacity, he has been training athletes from the elementary to the professional level in a wide variety of sports for nearly 2 decades. Coach Lansky also currently runs an up and coming NFL combine preparation program at his facility. In addition to his training at OPTI, he is highly involved in the sport of weightlifting, serving as the head coach of Team Florida Gulf Coast Weightlifting Club. During the last several years, he has served on the Board of Directors for USA Weightlifting, represented the US as a coach at numerous international competitions and has trained the following lifters who were residents at the Olympic Training Center:

Shelton Gilyard - 8x National Champ
Dan Hogan - 2003 National Champ
Pat Judge - 2008 Natl. Champ (Current OTC Resident)
Robert Murphy - 4x National Champ

Visit our website at:

<http://www.baylor.edu/athleticperformance>

Chris Ruf
Baylor Athletic Performance
1500 S. University Parks Dr.
Waco, TX 76706



2009 ATHLETIC PERFORMANCE CLINIC



CLINIC ITINERARY

SATURDAY, MAY 30TH

SPEAKING SCHEDULE IS SUBJECT TO CHANGE

- 8:30 Registration
- 9:00 Welcome and Staff Introduction
Baylor FB Strength & Conditioning
Coach Kaz Kazadi
- 9:30 Multi-Lateral Training
Coach Weeks & Coach Bradd
- 10:00 Fundamentals of Program Design
Coach Charlie Melton
- 10:45 Incorporating Olympic Lifts into a
S&C Program...Why, How, and When?
Coach Rich Lansky
- 11:45 Lunch Sponsored by Hammer Strength
- 12:45 Designing a Training Program for FB
Coach Davis & Coach Ruf
- 1:30 Long Term Athletic Development
Coach Tamporello & Coach Althoff
- 2:45 Teaching the Power Snatch &
Power Clean in 6 Easy Steps
Coach Rich Lansky
- 3:45 Baylor FB Strength & Conditioning
Coach Kaz Kazadi
- 4:15 Roundtable Q & A with Coaches

CLINIC SPEAKERS

Rich Lansky - Sponsored by Power Lift
President - Optimum Performance Training, Inc.
Head Coach - Team FL Gulf Coast Weightlifting Club

Kaz Kazadi
Assistant AD - Athletic Performance
Football

Anne Tamporello
Director of Athletic Performance - Olympic Sports
W Soc, W Ten, Assistant for FB

Chris Ruf
Director of Athletic Performance - Football
Track & Field

Charlie Melton
Director of Men's Basketball

Adam Davis
Associate Director of Athletic Performance
Volleyball, NFL Prospect Training, Assistant for FB

Andrew Althoff
Assistant Director of Athletic Performance
M Ten, Assistant for FB and T&F

Jeremy Weeks
Graduate Assistant Strength & Cond. Coach
Cross Country, M Golf, Assistant for FB and T&F

Will Bradd
Graduate Assistant Strength & Cond. Coach
W Golf, Spirit Squad, Assistant for FB

EARLY REGISTRATION DEADLINE:
MAY 16, 2009
ALL ATTENDEES WILL NEED TO FILL OUT AN APPLICATION

Name

School

School Address

Address Line 2

Contact Phone Number

Email

Associated Coaches:

Early Registration:

\$40.00 per individual coach

\$30.00 per coach for schools with 3 or
more coaches in attendance

Late Registration:

\$45.00 per individual coach

\$35.00 3+ coaches

Make checks payable to: *Baylor Athletic
Performance*

Mail to:

Chris Ruf

Baylor Athletic Performance
1500 S. University Parks Drive
Waco, TX 76706

Enclosed Amount: \$ _____

Number of coaches: _____

T-shirt size(s): M L XL XXL XXXL

Contact: Chris Ruf - (254) 710- 3395

Chris_Ruf@Baylor.edu

<http://www.baylor.edu/athleticperformance>



power-systems.com

