

Baylor Athletic Performance Clinic DVD Order Form

2008 Clinic

Correcting Flaws in the Squat – Adam Davis
 Training the Core – Tanna Burge
 Strength Program Development – Milton Leal
 Training Atmosphere – Jeremy Weeks
 Recovery Strategies – Chris Ruf
 Training the Nervous System – Charlie Melton
 Baylor Football Strength & Conditioning – Kaz Kazadi

2009 Clinic

Multi-Lateral Training – Jeremy Weeks & Will Bradd
 Fundamental Training Models – Charlie Melton
 Incorporating Olympic Lifts into a Strength Program – Rich Lansky
 Designing a Training Program for Football – Adam Davis & Chris Ruf
 Long Term Athletic Development – Andrew Althoff & Anne Tamporello
 Training Considerations for Gender Differences – Andrew Althoff & Anne Tamporello
 Staff Question & Answer
 Teaching the Power Snatch & Power Clean in 6 Easy Steps – Rich Lansky
 Baylor Football Strength & Conditioning/Closing – Kaz Kazadi

*Indicate which item you would like to receive.

All DVD orders will include the clinic notes handouts.			
Item	Quantity	Price	Sub-total
2008 Clinic DVD for 2008 clinic attendees		\$10.00	
2008 Clinic DVD		\$35.00	
2009 Clinic DVD for 2009 clinic attendees		\$10.00	
2009 Clinic DVD		\$40.00	
Order Total			

Name _____

Shipping Address _____

Address Line 2 _____

City _____ State _____ Zip _____

Phone _____

Email _____

Payment by check or money order to:
 Baylor Athletic Performance

Send all orders with payment to:
 Chris Ruf
 Baylor Athletic Performance
 1500 S. University Parks Dr.
 Waco, TX 76706