

**BAYLOR UNIVERSITY
ATHLETIC PERFORMANCE
CLINIC
SATURDAY, JUNE 7TH**

Head Football Coach Art Briles and the Baylor University Department of Athletic Performance would like to invite you to the inaugural Strength & Conditioning Clinic. The clinic will feature two of the most notable names in Strength & Conditioning, Kent Johnston and Lance Walker. The clinic is open to all coaches that complete and submit the attendance application. We look forward to having you come visit our facilities and meet the Baylor University Athletic Performance staff!

Kent Johnston

Kent Johnston has 25 years of experience as a Strength & Conditioning coach. He spent 17 years working as a Strength & Conditioning coach in the NFL. He was voted "Strength & Conditioning Coach of the Year" by the Professional Football Strength & Conditioning Coaches Society in 1997. Kent was the Strength & Conditioning coach at the University of Alabama before opening Young Champions in Waco, TX.

Lance Walker

Lance Walker spent time as a Strength & Conditioning coach for the Dallas Cowboys and with the University of Oklahoma. He was the Director of Performance Training at Integrated Athletic Performance where he helped train and developed rehabilitation programs for professional athletes from various sports. Lance is currently the Director of Performance for the Michael Johnson Performance Center in McKinney, TX.



Chris Ruf
Baylor Athletic Performance
Floyd Casey Stadium
150 Bear Run
Waco, TX 76711



DEPARTMENT OF ATHLETIC PERFORMANCE

CLINIC ITINERARY

SATURDAY, JUNE 7TH

SPEAKING SCHEDULE IS SUBJECT TO CHANGE

- 8:30 Registration
- 9:00 Welcome and Staff Introduction
Coach Kaz Kazadi
Correcting Flaws in the Squat
Coach Adam Davis
- 9:45 Strength Program Development
Coach Milton Leal
- 10:15 Training the Core
Coach Tanna Burge
- 11:00 Coach Lance Walker
Sponsored by Power Lift
- 12:00 Lunch (Provided)
- 12:45 Training Atmosphere
Coach Jeremy Weeks
- 1:15 Recovery Strategies
Coach Chris Ruf
- 2:00 Training the Nervous System
Coach Charlie Melton
- 2:45 Baylor Football Strength and
Conditioning
Coach Kaz Kazadi
- 3:30 Coach Kent Johnston
Sponsored by Young Champions
- 4:30 Individual Q & A with Baylor
Staff

CLINIC SPEAKERS

- Kent Johnson - C.E.O. of Young Champions
Sponsored by Young Champions
- Lance Walker - Director of Performance, Michael
Johnson Performance Center,
Sponsored by Power Lift
- Kaz Kazadi - Head Strength & Conditioning Coach,
Football
- Chris Ruf - Associate Strength & Conditioning
Coach, Football
- Adam Davis - Assistant Strength & Conditioning
Coach, Football
- Charlie Melton - Associate Strength & Conditioning
Coach, Basketball
- Tanna Burge - Assistant Strength & Conditioning
Coach, Softball, Soccer, Equestrian,
Golf
- Milton Leal - Assistant Strength & Conditioning
Coach, Track & Field, Cross Country,
Volleyball
- Jeremy Weeks - Graduate Assistant Strength &
Conditioning Coach, Football

EARLY REGISTRATION DEADLINE:

MAY 23, 2008

ALL ATTENDEES WILL NEED TO FILL OUT AN APPLICATION

Name _____

School _____

School Address _____

Address Line 2 _____

Contact Phone Number _____

Email _____

Associated Coaches: _____

Early Registration:

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

\$35.00 per individual coach

Late Registration:

\$40.00 per individual coach

\$35.00 3+ coaches

Make checks payable to: *Baylor Athletic Performance*

Mail to:

Chris Ruf

Baylor Athletic Performance

Floyd Casey Stadium

150 Bear Run

Waco, TX 76711

Enclosed Amount: \$ _____

Number of coaches: _____

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

Contact: Chris Ruf - (254) 710- 8113

Chris_Ruf@Baylor.edu



STRONGER MINDS, STRONGER BODIES™