



Listen

to high level presentations on various aspects of training design and implementation.

Learn

From some of the worlds best coaches and presenters.

Gary Winckler
Boo Schexnayder
Dennis Shaver
Todd Lane
Derek Yush



Network

Gain valuable professional connections in a comfortable educational setting.



Speed & Power Development Symposium

World Class Track & Field Coaches on Training Design



**October 8-10, 2010
Lawton Room
Tiger Stadium, LSU
Baton Rouge, Louisiana**

Information, Reservations, & Registration at:

www.sacspeed.com

Speed & Power Development Symposium

Dates: October 8 - 10, 2010

Site. The Lawton Room, Tiger Stadium, LSU Campus.

Cost. \$160 Preregistered, \$175 at the door. Includes continental breakfast Saturday and Sunday morning and lunch on Saturday.

Hotel. The Symposium Hotel is the Staybridge Southgate, 4001 Nicholson Drive, Baton Rouge, LA 70808. Call 225-456-5430 before September 8 for a special \$99 rate. Mention LSU Track Clinic to receive this discount.

Directions From I-10 east, exit Acadian Thruway south. Continue approximately 1 1/2 miles onto Stanford, then to LSU Ave. Turn right on Highland Road for 1/2 mile, then left onto Nicholson extension for 1/2 mile, until it intersects Nicholson Drive. Turn left and proceed 1/2 mile to the Staybridge, or turn right and proceed 1/2 mile to Tiger Stadium.

Directions From I-10 West: Exit at Highland/Nicholson, and keep right to reach Nicholson Drive. Turn left onto Nicholson, Tiger Stadium will be 2 miles on the left, Staybridge 2 1/2 miles on the left.

The Lawton Room. The Lawton Room is located on the north side of the stadium, directly across North Stadium Drive from the Maravich Assembly Center and Mike the Tiger's habitat.

Registration. Space is limited, register early to reserve your space. Online reservations and registration are available at www.sacspeed.com

Presenters



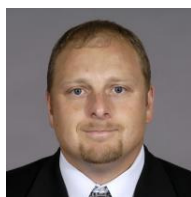
Gary Winckler. Recognized as one of the world's foremost authorities on sprint and hurdle training who has contributed greatly to training design in the U.S. He has coached multiple Olympic and World Championship medalists.



Boo Schexnayder. A recognized coach and educator of speed, power, biomechanics, field events training and rehabilitation. He has coached numerous Olympians, including John Moffitt, the 2004, long jump silver medalist.



Dennis Shaver. The Head Coach at LSU, he most recently coached Richard Thompson to the silver medal in the 100 meters in Beijing. He is a noted presenter on speed development and training programs.



Derek Yush. The throws coach at LSU, he most recently coached the NCAA Champion in the weight and hammer throws. A strong teacher of the technical components of training.



Todd Lane. The jumps and combined events coach at LSU. He's coached multiple All Americans in all the jumping events. A presenter and educator in training theory and the jump events.

Symposium Schedule register at www.sacspeed.com

Friday, October 8

3:30—5:00 PM: Registration

5:00—6:30 PM : Todd Lane
"Training and Managing the Injured Athlete"

6:40 - 8:00 PM: Boo Schexnayder
"Oscillatory Factors in Running Mechanics"

8:10—9:30 PM: Dennis Shaver
"Multiple Championships Periodization"

9:30 PM—Social

Saturday, October 9

7:30—8:00 AM: Breakfast

8:00- 9:30 AM: Boo Schexnayder
"Periodization of Weight & Strength Training"

9:40- 11:10 AM: Gary Winckler
"Specific Strength"

11:15 - 12:30 PM: Lunch

12:30 - 2:00 PM: Derek Yush
"Technical Teaching of Weight Training"

2:10 - 3:40 PM: Dennis Shaver
"Acceleration Mechanics and Training"

3:50 - 5:20 PM: Gary Winckler
"Tenets of Speed Development"

5:30 - 7:15 PM: Dinner

7:15 - 9:00 PM: Roundtable

Sunday, October 10

7:30—8:00 AM: Breakfast

8:00—9:30 AM: Derek Yush
"Involving Speed Training Principles in the Throws Program"

9:40—11:00 AM: Todd Lane
"Posture in Athletics"

11:00: Departures