

SOUTHEAST REGIONAL STRENGTH AND CONDITIONING CLINIC



SPEAKERS

Steve Brindle NBA

Milwaukee Bucks, U of Penn,
U of Delaware, Philadelphia Eagles

TOPIC: *Planning & Programming
for Plyometrics for Acceleration and
Top End Speed*

Ethan Reeve

National Director of Strength
and Performance - Mondo USA,
former President CSCCa,
UTC, Wake Forest, Ohio U

TOPIC: *Kettlebell Training for
Athletic Performance*

Kate Decker

Founder - Institute of Athletic
Movement, Philadelphia Eagles,
CCU, UNC, Covenant College

TOPIC: *Incorporating Speed
Techniques in Warm-ups and Weight
Lifting Movements*

Darin Thomas

Muhlenberg College, University of
Notre Dame, Richmond University

TOPIC: *Training the Neck for All
Sports with Minimal Equipment*

Jay Merlino

Director Tactical Performance - EXOS
Philadelphia Eagles,
University of Delaware

TOPIC: *Evolution of Mindset,
From Mental Toughness to Mental
Performance*

Kyle Feldman

Father Ryan High School, TN
Director, NHS-SCA, N Colorado,
Oregon St., U of Washington

TOPIC: *Designing Your Program for
Club/AAU/HS Athletes*

HOSTED BY



LOCATION:

CHATTANOOGA CHRISTIAN SCHOOL
Power House training facility
3354 Charger Drive,
Chattanooga, TN 37409

DATE:

May 14 @ 8 AM

COST:

\$75 if registered **prior** to May 1
\$95 if registered after May 1
\$35 college students

MAKE PAYMENTS TO:

Chattanooga Christian School
Attention: AD Daniel Russell
3354 Charger Drive
Chattanooga, TN 37409

OR REGISTER:

ccsk12.com/camps-clinics

CONTACT:

For questions email Tony Decker
at: tdecker@ccsk12.com or call
215.778.6905

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