

4th Annual ML Strength Performance Conference

ML Strength Facility
188 East Post Road,
White Plains, NY 10601

Saturday, November 12, 2011


Presented by:



**Register on-line for conference at
www.SMARTERTeamTraining.com**

www.SMARTERTeamTraining.com


ROGERS ATHLETIC WANTS YOU TO...




GET STRONG

Strength with Purpose


>> University of Toledo




Gilmer High School—Gilmer, TX




Michigan State University—East Lansing, MI



GET STRONG



McAlester High School, McAlester, OK



University of Indiana—Bloomington, IN

Rogers understands that champions are made long before the games begin. We have developed a revolutionary line of weight training equipment to provide the solution to off-season training as you prepare for your next season. From our heavy-duty Power Racks to our complete line of Pendulum plate loaded machines, you can train the entire body from building explosive leg strength, a strong core, an iron grip and neck training to help prevent injury and lower concussive forces in your athletes. Rogers Athletic is committed to manufacturing strength training equipment that promotes proper technique and is designed with safety in mind.

GET STRONG!

<http://info.rogersathletic.com/get-strong>

Rogers Athletic Company wants you to...



GET STRONG

Strength with Purpose

Facebook.com/RogersAthletic

www.SMARTERTeamTraining.com

ML Strength in White Plains, New York is hosting the
4th Annual ML Strength Performance Clinic.
Registration Form

Clinic Cost? \$97.00 per person prior to Tuesday, October 11, 2011.
\$129.00 from October 12 until November 11, and "day of" registration is \$149.00.

Refund Policy: Register on or before October 28 - 50%. After October 29, there is no refund.

Check-in will conclude 30 minutes after the start of the first presentation. Payment method for mail-in registration is by check only. Please mail checks prior to October 29, or register at the door where cash will be accepted. Please fill out the requested information below, the liability waiver, and media release. Then make check payable to "SMARTER Team Training", and mail to:

SMARTER Team Training
1427 Clarkview Road, Suite 300
Baltimore, MD 21209

For additional information please call Coach Taylor at 410-828-8218
or email him at coachtaylor@smarterteamtraining.com

CEU's: 0.8 NSCA, 8.0 BOC, and 8 NSPA

Name: _____

Email Address: _____

Address: _____

City/State/Zip Code: _____

Sport(s) of Emphasis: _____

Where do you work/train? _____



With regard to knowledge/background, what are your strengths? (Circle all that apply.)

Speed	Endurance	Muscular Strength	Muscular Endurance	Flexibility
Fitness Level	Foot Work	Agility	Other: _____	

With regard to knowledge/background, what are your weaknesses? (Circle all that apply.)

Speed	Endurance	Muscular Strength	Muscular Endurance	Flexibility
Fitness Level	Foot Work	Agility	Other: _____	

New Robert Taylor DVD from *Championship Productions*



Item #: RD-2954



When you're *SERIOUS* about BECOMING A CHAMPION,
go to ChampionshipProductions.com

www.SMARTERTeamTraining.com

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Release of Liability

SMARTER Team Training and ML Strength are not responsible for any injury to any person suffered while participating in the 4th Annual ML Strength Performance Clinic. In consideration of my participation, I hereby release and covenant not to sue SMARTER Team Training, ML Strength, employees, agents, representatives, athletic trainers, and all others who are involved from any and all present and future claims for property damage, personal injury, or wrongful death, arising as a result of my participation in the 4th Annual ML Strength Performance Clinic. I hereby voluntarily waive any and all claims both present and future that may be made by me, my family, estate, heirs, or assigns. I certify that I have no health conditions which would prevent me from participation in the 4th Annual ML Strength Performance Clinic, nor have I been advised by a third party including a physician, that I cannot participate in any event or activity.

I am aware that the 4th Annual ML Strength Performance Clinic may involve strenuous activity involving the risk of injury. I understand that speed and resistance training involves certain risks, including, but not limited to, death, serious neck and spinal injuries, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the musculo-skeletal system and serious impairment to other aspects of the body, general health, and well being. I am voluntarily participating in this activity with knowledge of the danger and risks involved and hereby agree to accept any and all inherent risks of personal injury or death.

I further agree to indemnify and hold harmless SMARTER Team Training, ML Strength, employees, agents, representatives, athletic trainers, and others involved, from any and all claims, including but not limited to court costs, attorney's fees, not otherwise covered by insurance arising as a result of me engaging in or receiving instruction at the 4th Annual ML Strength Performance Clinic or any activities incidental thereto, wherever, whenever, or however the same may occur. I understand that this waiver is intended to be as broad and inclusive as permitted by the laws of New York and agree that if any portion is held invalid, the remainder of the waiver for any legal proceeding shall be in New York.

Name (Please print or type)

Phone Number: (____) _____ - _____

Signature

Today's Date: _____

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Media Release and Hold Harmless Agreement

I hereby grant permission to SMARTER Team Training, LLC (STT) and ML Strength to videotape, photograph, and/or interview me for use in video productions, promotions, and distribution of videotapes, podcasts, articles, books, and/or DVD's. It is my understanding that this video footage(s), photograph(s), interview(s), or portions thereof may be used for productions, promotions, and distribution of videotapes, podcasts, articles, books, and/or DVD's.

I am fully aware of the risks involved, and hazards connected with the making of this production, and I hereby elect to voluntarily participate in said activity with full knowledge that said activity may be hazardous to me and/or my property. I voluntarily assume full responsibility for any risks of loss, property damage or personal injury, including death, which may be sustained to me, or any loss or damage of property owned by me, as a result of being engaged in such an activity, whether caused by the negligence of STT and ML Strength, its management, partners, agents, contractors, and employees (whether acting within the scope of their employment or not) or otherwise.

I further hereby agree to indemnify and hold harmless the releases from any loss, liability, damage or costs, including court costs and attorney fees, that may occur due to my participation in said activity, whether caused by negligence of releases or otherwise.

In signing this Media Release and Hold Harmless Agreement, I acknowledge and represent that I have read the foregoing Media Release and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed. No oral representations, statements, or inducements, apart from the foregoing written agreement, have been made. I am at least eighteen (18) years of age and fully competent. If under the age of eighteen (18), I as the parent/legal guardian grant permission as stated in the document.

I fully understand and agree to the terms listed above.

Client Name (Please Print): _____

Client Signature: _____ **Date:** _____

Parent/ Guardian Name (Please Print): _____

Parent/ Guardian Signature: _____ **Date:** _____

Witness Name (Please Print): _____

Witness Signature: _____ **Date:** _____



ML Strength in White Plains, New York is hosting the
4th Annual ML Strength Performance Clinic.

Driving Directions and White Plains Hotel Information

ML Strength Facility
188 East Post Road
White Plains, NY 10601
Telephone: 914-437-8484

Residence Inn White Plains Westchester County

5 Barker Avenue
White Plains, New York 10601
Telephone: 914-761-7700

Website: www.marriott.com/hotels/travel/nycwp-residence-inn-white-plains-westchester-county/

Crowne Plaza White Plains- Downtown

66 Hale Avenue
White Plains, NY 10601
Telephone: 914-682-0050

Website:

www.cpwestchester.com/?utm_source=google&utm_medium=places&utm_campaign=google_places_ms

The Ritz-Carlton, Westchester

Three Renaissance Square
White Plains, New York 10601
Telephone: 914 946-5500

Website: www.ritzcarlton.com/en/Properties/Westchester/Default.htm?utm_campaign=09070&src=ps

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Proposed itinerary for Saturday, November 12, 2011

7:00-7:45 Registration / Check-In – Drinks and bagels will be provided in Sponsor/Vendor Area

7:45-8:00 Opening Remarks – TJ Lopez

8:00-8:50 "Evaluation Based Program Design"

Dana Cavalea

CEO and President of ML Strength and Head S&C Coach for the New York Yankees

9:00-9:50 "The Powerhouse 3! Maximize Core Symmetry for Power, Performance, and Durability."

Perry Nickelston, DC, FMS, SFMA

Founder and Owner of Stop Chasing Pain

10:00-10:50 "Movement Prep Mastery"

Korey Goodwin

Performance Specialist

11:00-11:50 "Manual Resistance: Get It Done Without Weights!"

Mike Gittleston

Former Head Strength and Conditioning Coach for the University of Michigan

11:50-1:00 Lunch Break – Please visit sponsors! Without their support this opportunity would not be possible.

12:00-12:50 "Round Table" for Questions and Discussion – Presenters will field questions, provide advice, suggestions, and guidance where applicable.

1:00-1:50 "Nutrition for Athletes: Assessment and Counseling"

Robin Barrie Kaiden, MS, RD, CDN, CSSD

CEO of Robin Barrie Nutrition Counseling and Personal Training

2:00-2:50 "Treatment and Assessment of the Hip and Shoulder using Active Release Technique, Touch, and Accupuncture"

Dr. Gil Chimes

Owner and Clinic Director of Greenwich Sports Medicine

3:00-3:50 "Muscular Overloads: A Coach's Perspective."

Rob Taylor

Director of Sports Performance at the GISP/Founder and Owner of STT

4:00 Closing comments – TJ Lopez/Dana Cavalea

You can pick up your CEU's at the completion of the clinic where you registered by handing in your evaluation sheets. CEU's will not be handed out prior to the end of the clinic as directed by the NSCA and NATA board of certifications.

Thank you for your attendance. Please travel safely and good luck with your upcoming season!