



2011 FOOTBALL PERFORMANCE COACHES CLINIC

FOOTBALL PERFORMANCE COACHES CLINIC

APRIL 9, 2011 | 9:00 AM - 5:00 PM

CLINIC SCHEDULE

- 9:00 AM Registration (Ohio Stadium) / Pickup Practice Credential
- 12:00 PM Lunch (Rusty Bucket Tavern catering) - Woody Hayes Athletic Center Team Room
- 12:30 PM Clinic Introduction (Eric Lichter, Ohio State Football)
- 12:35 PM *Proper Performance Testing Methods* (Kristin Holbrook, Ohio State University)
- 1:10 PM *Nutrition and Supplementation Science* (Jan Debenedetto - Nutritional and Medical Foods Industry)
- 1:50 PM 15 minute break
- 2:05 PM *Back to the Future* (Chip Morton – Head Strength Coach, Cincinnati Bengals)
- 2:45 PM *Get a Grip on Strength* (Mike Gittleson – Former Head Strength Coach, University of Michigan Football)
- 3:30 PM 15 minute break
- 4:15 PM *Personal Testimony* (James Laurinaitis – St. Louis Rams)
- 4:35 PM Clinic Close (Eric Lichter, Ohio State Football)
- 4:40 PM Q & A with Clinicians

*Participants are eligible for .1 CEU for each contact hour with a maximum of .5 CEUs for the clinic.

FEATURED SPEAKER:

CHIP MORTON

Head Strength and Conditioning Coach, Cincinnati Bengals

Chip Morton is in his eighth season as Bengals strength and conditioning coach. He has established a program that has featured frequent innovations while maintaining fundamental disciplines. Morton and his staff are responsible for the design and implementation of a comprehensive and progressive year-round training program for the players. Each year, they evaluate the previous year's body of work, make the necessary adjustments, and introduce new concepts and training techniques to continuously improve the quality of the program. At the very core of the Bengals program lies a foundation of traditional training principles, with an emphasis on teaching, effort and accountability. All of the coaches on this year's strength staff, which includes newly hired assistant S/C coach Jeff Friday, along with staff assistants Carlos Woods and Bill Zenisek, have coached on teams that reached the Super Bowl. Morton was a coaching colleague of Lewis with the Baltimore Ravens from 1999-2001, serving as Ravens assistant strength and conditioning coach, and he was with Lewis in '02 at Washington, serving as head strength and conditioning coach for the Redskins.

Morton is in his 19th NFL season, having also served as strength and conditioning assistant at San Diego from 1992-94 and as head strength and conditioning coach at Carolina from '95-98. He has coached with two Super Bowl teams, the 1994 Chargers and the 2000 World Champion Ravens.

FACILITIES

The clinic will be held in the recently renovated 85,000 square foot Les Wexner Football Complex at the Woody Hayes Athletic Center, including the new strength and conditioning room and the state of the art athletic training room. The Les Wexner Football Complex is located at 535 Irving Schottenstein Drive off of Olentangy River Road between Ackerman Road and Lane Avenue.

ENROLLMENT

The registration deadline for the Performance Coaches Clinic is March 25, 2011. Registrants must pay in full at the time of registration. To register, please complete the clinic registration form and mail it with a check or money order made payable to The Ohio State University. To qualify for the group rate, registrations and payment(s) must be mailed together. Students must send a copy of a valid student ID with their registration and payment to qualify for the discounted rate.

REFUNDS

A full refund less a \$25 administrative fee will be issued for any cancellation request received prior to the start of the clinic. Any cancellations and refund requests received after the clinic generally will not be eligible for a refund.

Cancellation notices and refund requests must be submitted on the Refund Request Form available online at OhioStateBuckeyes.com/camps. **The registration fee cannot be transferred to any other camper or to any other Ohio State Sports camp or clinic.** All documentation required for a refund to be approved and processed must be submitted by June 1, 2011.

MORE INFORMATION

Buckeye Sports Camps

(614) 247-CAMP (2267)
buckeyecamps@osu.edu

REGISTRATION

COACHES

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: (_____) _____

Cell Phone: (_____) _____

Email: _____

School: _____

If group registration, additional attendees:

VENDORS

Company: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (_____) _____

Email: _____

Vendor Representative: _____

2011 FOOTBALL PERFORMANCE COACHES CLINIC

Please check all appropriate areas.

April 9, 2011

- Individual.....\$70
- Group (max. 3 people).....\$130
- Student.....\$40
- Vendor.....\$150

Check or Money Order

Make checks payable to: The Ohio State University

Mail application to: **Football Performance Coaches Clinic**
Fawcett Center, 7th Floor
2400 Olentangy River Road
Columbus, OH 43210

To ensure that you receive the confirmation emails and other important communications about camp, please add **Buckeyecamps@osu.edu** to your Safe Senders List.

CAMP STAFF

The Ohio State University Football Performance staff have over 25 years of combined experience working with youth, high school, college and professional athletes in a variety of sports including football, track, swimming and lacrosse.

Coaches will receive instruction from OSU Football Performance Staff:



ERIC LICHTER
Director



ANTHONY SCHLEGEL
Strength and Conditioning Coordinator



JEFF UHLENHAKE
Strength and Conditioning Coordinator



TROY SUTTON
Strength and Conditioning Coordinator

