



# NASE GREENVILLE SPEED CLINIC

## NASE Certification Clinic and Exam for SCACA Members

◆ July 23-24, 2011 ◆ Byrnes H.S. (150 East Main St. Duncan, SC 29334)

**Format:** Presentation: (overview of sports speed improvement) followed by clinics on all aspects of improving playing speed, and an exam review session.

### **Saturday, July 23, 2011**

10:00-11:00 - *Presentation:* SPEED: "What We Know and Don't Know."  
11:00-1:00 - *Clinic* (hands on, practical, and lecture)  
1:00 - 2:00 - *Lunch*  
2:00- 5:00 - *Clinic* (hands on/practical/lecture)

### **Sunday, July 24, 2011**

10 - 11:00 - Exam review  
11:00 - Untimed Certification Exam  
After the exam, participants depart to Greenville to register for the *SCACA Clinic*

### **Clinic Staff:**

#### **Dan Austin, *Strength, Speed and Conditioning Coach at the University of South Carolina***

Coach Austin is a nine-time World Power lifting Champion. He also won national power lifting titles 13 times, and is a world-record holder in the dead lift. At a body weight of only 165 pounds, he dead lifted 744 pounds. Coach Austin is an Assistant Strength and Conditioning Coach for football at the University of South Carolina and also works with the soccer and golf teams. He is an outstanding coach and a leading expert on the techniques of developing foundation and core training and improving ground contact force and speed in short sprints for football and other sports.

#### **George B. Dintiman, *President, National Association of Speed and Explosion.***

Dr. Dintiman is an internationally recognized authority on speed improvement, author of 51 books (8 on sports speed), and over 100 articles on speed, conditioning, fitness, nutrition, weight control). He has consulted in the NFL, NBA, MLB, and MLS. He set numerous rushing and scoring records at Lock Haven University, several still remain in 2011. His number 23 was the only jersey ever retired in the 100+ football history of LHU. He was a draft choice of the Baltimore Colts (NFL) and selection of the Montreal Alouettes (CFL), a star for the University basketball team and captained the Track Team competing in the 100-meter dash, hurdles, and high jump. He received his B.S. from Lock Haven University M.S. from New York University and Doctorate from Columbia University.

#### **Michael Srock, *Speed, Strength and Conditioning Coach, Byrnes H. S., Duncan, SC***

Coach Srock is one of the most successful High School Speed, Strength and Conditioning Coaches in the US. During his 12 years at Byrnes H.S., his teams have won the S.C. 4-AAAA Football State Championships 7 times in the past 9 years. The Rebels record since 2002 is 122-10. Coach Srock is a Certified specialist in Speed and Explosion with the *National Association of Speed and Explosion* and serves on the NASE Certification Board. He is a Senior Level Sports Performance Coach with USA Weightlifting, a Bronze Level Coach with USA Wrestling, a certified Kettle Ball Instructor, and a certified SPARQ Trainer. Coach Srock has been the Regional Director for the SC High School Strength Coaches Association (1999) and is currently the President. He has also been the USA Weightlifting East Gold Coach of the year (2000, 2001) and SC Athletic Coaches Association strength coach of the year (2001, 2007).

**Cost of \$175.00 includes the following:**

- ◆ *Encyclopedia of Sports Speed: Improving Playing speed for Sports Competition*, 412 pgs. ©2011 by Dintiman and Ward. Text covers every aspect and question on the Certification Exam.
- ◆ One year membership in the NASE, bi-monthly issues of *Sports Speed Digest*, access to the NASE active web site, key speed articles and videos, and more.
- ◆ National Certification: NASE Certification in Speed and Explosion - Exam is scheduled July 24th at 11:00 a.m., following a 10:00-11:00 a.m. review session. If weakness areas are uncovered in scoring the exam, special assignments are made to strengthen the knowledge in that area. There is no additional fee.

**NASE Speed Clinic Registration**

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone # \_\_\_\_\_ E-mail \_\_\_\_\_

Emergency contact and phone # \_\_\_\_\_

Current Position \_\_\_\_\_

**Payment Method**

\_\_\_ \$175.00 (full payment)    OR  
\_\_\_ \$75.00 (Balance due by July 22, 2011)

*After full or partial payment is made, the Encyclopedia of Sports Speed will be mailed within 24 hours.*