

DIRECTIONS AND HOTEL ACCOMODATIONS

FROM THE NORTH (FLINT, MI)

West on I-69 to US-127 (exit 89) South (5.5 miles) to Trowbridge Road exit East (0.5 miles) to Harrison Road; turn left North for approximately 0.5 miles, turn right onto Shaw Lane (Spartan Stadium is located 0.5 miles on the left). Parking will be provided in Spartan Stadium Parking Lot, across from the Clara Bell Smith Academic Center.

FROM THE SOUTH (TOLEDO, OH)

US-23 North to I-96 (exit 60B) West, to US-127 (106B) North, to Trowbridge Road exit East (0.5 miles) to Harrison Road; turn left North for approximately 0.5 miles, turn right onto Shaw Lane (Spartan Stadium is located 0.5 miles on the left). Parking will be provided in Spartan Stadium Parking Lot, across from the Clara Bell Smith Academic Center.

FROM THE EAST (DETROIT, MI)

I-96 West to US-127 (exit 106B) North (3.1 miles) to Trowbridge Road exit East (0.5 miles) to Harrison Road; turn left North for approximately 0.5 miles, turn right onto Shaw Lane (Spartan Stadium is located 0.5 miles on the left). Parking will be provided in Spartan Stadium Parking Lot, across from the Clara Bell Smith Academic Center.

FROM THE WEST (CHICAGO, IL)

I-94 East to I-69 North, to I-496; turn left East (5 miles) to Trowbridge Road (exit 9) East (0.5 miles) to Harrison Road; turn left North for approximately 0.5 miles, turn right onto Shaw Lane (Spartan Stadium is located 0.5 miles on the left). Parking will be provided in Spartan Stadium Parking Lot, across from the Clara Bell Smith Academic Center.

HOTEL ACCOMODATIONS:



Kellogg Hotel & Conference Center
at Michigan State University

Reservations:
1-800-875-5090
MSU Campus
East Lansing, MI 48824

GENERAL INFORMATION

We would like to invite you and your fellow coaches to the inaugural Michigan State University Strength & Conditioning Clinic for Football Coaches. The clinic is designed to give all football coaches, a solid foundation in the basic fundamentals of strength training, speed mechanics and agility training.

WHEN: Saturday, February 2, 2008.

WHERE: Clara Bell Smith Academic Center
(adjacent to the Duffy Daugherty Building)
***Registration & Check-in @ 745-830am

COST: \$75.00 Pre-registered via mail
*Full payment by check made payable to
"Michigan State University."

WALK-IN REGISTRATION POLICY:

Walk-in registration (signing up on the day of the clinic) will be accepted. However, limited space is available. Only cash, money orders or personal checks will be acceptable for payment at this time. **NO CREDIT CARDS ACCEPTED.**

For further information, contact:

Mike Vorkapich
Phone: 517-432-1822
Fax: 517 432-1046
Email: vork@ath.msu.edu



REGISTRATION FORM

PLEASE PRINT INFORMATION BELOW

Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Daytime Telephone (____) _____

School _____

Send completed form
with payment in full to:

MSU Strength & Conditioning
c/o Mike Vorkapich—Clinic Director
Duffy Daugherty Football Building
Michigan State University
East Lansing, MI 48824

CLINIC SPEAKERS SPONSORED BY:

POWER LIFT



Ken Mannie moves into his fourteenth year overseeing Michigan State's strength and conditioning program. As a Master strength and conditioning coach with the CSCCa, Mannie has played an integral part in helping the Spartans to seven postseason bowl games. Mannie has written over 100 articles and two book chapters on the various aspects of strength/conditioning, athletics and the anabolic drug abuse issue. He also writes a monthly column for Scholastic Coach and Athletic Director, the nation's premier coaching publication, and is a frequent contributor to the Championship Performance newsletter. Prior to his arrival at Michigan State, Mannie spent nine years in a similar capacity at the University of Toledo and served as a graduate assistant at Ohio State earning his master's degree in Exercise Science. Mannie also taught and coached on the high school level for 10 years after graduating from Akron, where he was a three-year starter at offensive guard.



Tom Hoke, in his fourth year as associate head strength and conditioning coach at Michigan State, is certified by the Collegiate Strength and Conditioning Coaches association. Hoke came to Michigan State following eight seasons at Appalachian State (1996-2003), including three years as an assistant before being promoted to head strength and conditioning coach in 1999. Hoke spent one year as assistant strength and conditioning coach at Texas Tech (1995-96). Hoke lettered in track and field at UNC Wilmington. He also participated in soccer in 1986. He earned his bachelor's degree in physical education from UNC Wilmington in 1990 and received a master's in exercise science from Appalachian State in 1993.



Mike Vorkapich is in his tenth year at Michigan State as an associate strength & conditioning coach working directly with the men's basketball, women's basketball and hockey teams. Prior to MSU, Vorkapich spent time in similar positions at Notre Dame and Cincinnati. Vorkapich got his start at Michigan State as a graduate assistant from 1995-97. A former Spartan football letterwinner, Vorkapich received his bachelor's and master's degrees in physical education and exercise science from MSU. Certified with both the Collegiate Strength and Conditioning Coaches Association and the National Strength and Conditioning Coaches Association, Mike has co-authored articles with MSU's Head Strength and Conditioning Coach, Ken Mannie for Coach and AD magazine.



Tim Wakeham, certified with both the Collegiate Strength and Conditioning Coaches association and the National Strength and Conditioning Coaches Association, is in his 12th year as the director of strength & conditioning for Olympic sports. Wakeham is a well-known speaker throughout the country and an established author, having more than 25 articles published in various national publications along with three chapter books. Wakeham also has experience at the NFL, NHL and Olympic levels. Wakeham earned his B.S. degree from Northern Michigan and his M.S. degree from North Dakota. Prior to MSU, he served as the coordinator of strength and conditioning at Michigan Tech.



Mondray Gee is finishing his seventh season as a strength & conditioning assistant for the Detroit Lions where he helps implement a year-round conditioning plan as well as assists with practice and gameday operations. Prior to his work in the NFL, Gee worked in many capacities at Michigan State University from 1996-2001 earning his bachelor's and master's degrees in that time. As an undergrad, Gee served as an intern with both the strength & conditioning and football staffs. He also spent the summer of 1999 as a strength & conditioning intern for the Chicago Cubs' class A affiliate, Lansing Lugnuts. Gee finished his stay at MSU as a graduate assistant strength & conditioning coach working primarily with the football team.



Dr. Ted Lambrinides of the Athletic Performance Center has developed the Athletic Strength And Power program through over 26 years of coaching experience in the field. He served as the Assistant Strength Coach at The Ohio State University where he trained numerous Buckeye All-Americans in a variety of sports. Presently, he serves as a consultant to several NFL teams including the Cincinnati Bengals, the Jacksonville Jaguars and the 2005 World Champion Pittsburgh Steelers. He also consults for numerous major collegiate athletic programs. Ted is also a member of the NCAA speakers bureau where he is a nationally known and leading expert on Ergogenic Aids, Steroids and Creatine use.



Frank Piraino is a coordinator of strength & conditioning at the University of Florida. Prior to working at UF, Piraino joined the staff at Notre Dame in May of 2004 where he assisted in the strength and conditioning efforts. Piraino was a graduate assistant at Michigan State where he earned a Master's of Sports Administration degree. He received his undergraduate degree in Sports Exercise Science at the University of Akron, where he was also an assistant coach at Walsh Jesuit High School for three years.



Aaron Wellman is in his fourth year as the director of football strength & conditioning at Ball State University. Prior to Ball State, Wellman was the Assistant Strength Coach for Football at Michigan State. Wellman held a similar position at Indiana University, after completing his graduate assistantship at IU. Wellman served as an intern at the University of Notre Dame upon graduation from Manchester where he was a four-year letterwinner and three-year starter in football. Wellman is a certified strength and conditioning specialist and a member of the Collegiate Strength and Conditioning association.