

# The Mid-Atlantic Strength Symposium

## A One Day Seminar

**Date:** Saturday, February 24, 2007

**Time:** 8:30 am–5:00 pm

**Location:** George Mason University, Fitness and Aquatics Center,  
Fairfax, VA

**Cost:** \$99 per person<sup>\*†</sup> prior to Jan 15, 2007; \$129 per person<sup>\*†</sup> thereafter  
<sup>\*</sup>\$20 off with a valid student ID  
<sup>†</sup>Add \$12 if you want lunch; buffet will be served at Brion's Grille  
NSCA CEUs will be available.

### Seminar outline:

- 8:30 am–9:30 am **Jim Roney**, Head Strength Coach, Douglas Freeman High School  
"Westside Implications for the High School Athlete"
- 9:30 pm–10:30 pm **Eric Cressey**, EricCressey.com  
Author of *The Ultimate Off-Season Training Manual*  
"Corrective Exercise for Health and Performance"
- 10:30 am–11:30 am **Jason Ferruggia**, J1Strength.com  
Writer for Elite Fitness Systems, *Men's Health* magazine  
"Training Combat Athletes"
- 11:30 am–1:00 pm Lunch
- 1:00 pm–2:00 pm **Todd Hamer**, Strength Coach, George Mason University  
Hamer Speed-Strength (hamerstrength.com)  
"Coaching the Athlete"
- 2:00 pm–3:00 pm **Steven Horwitz**, DC, CCSP, CSCS, USAW author of *You Can Be Fit*  
1996 US Olympic Team Chiropractor  
"Rotator Cuff Relief: How to Train the Rotator Cuff"
- 3:00 pm–4:00 pm **Daniel Fabricant**, PhD, Vice President, Scientific Affairs,  
Natural Products Association  
"Get in My Belly: Dietary Supplements, Functional Foods, Nutrition,  
and the Athlete"
- 4:00 pm–5:00 pm **Tim Kontos**, Head Strength Coach, VCU  
"The Multi-Year Plan for the Division I Baseball Player"

# The Mid-Atlantic Strength Symposium

*Please print clearly.*

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip code:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email (required for confirmation):** \_\_\_\_\_

**Would you like NSCA CEUs? Yes** \_\_\_\_\_ **No** \_\_\_\_\_

**Would you like lunch provided (add \$12 to total)? Yes** \_\_\_\_\_ **No** \_\_\_\_\_

**How did you hear about us?** \_\_\_\_\_

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**Please make checks payable to: “Todd Hamer”**

**Mail your registration form and check to:**

Todd Hamer  
13126 Pelfrey Lane  
Fairfax, VA 22033

All registration inquiries can be directed to:

Todd Hamer  
toddhamer@hotmail.com  
(571) 438-2976

*All cancellations must be received 14 days prior to the event. Failure to cancel with sufficient notice will result in forfeiture of the registration fee. However, following this date, attendees who are unable to attend may make arrangements to send a substitute attendee. All cancellations received prior to 14 days before the event will receive a refund less a \$25 administrative fee.*

## Waiver of Liability and Release of Rights

In consideration of my participation in the Mid-Atlantic Strength Symposium, I acknowledge that I understand the nature of the activity, and that I am qualified, in good health, and in proper physical condition to participate in such an activity. I fully understand that strength training and conditioning involves risk of serious bodily injury, including permanent disability, paralysis, and death, and that these and other risks may be caused by my own actions, or inaction, those of other participating in the event, the conditions in which the event takes place, or the negligence of the Releasers named below, and that there may be other risks either not known to me or not foreseen at this time. I fully accept and assume all such risks and all responsibility for losses, costs, and damages that I incur as a result of my participation in the activity.

I hereby release, discharge, and covenant not to sue, The Mid-Atlantic Strength Symposium, Todd Hamer, their respective administrators, directors, agents, officers, volunteers and employees, and any sponsors and advertisers of any Mid-Atlantic Strength Symposium's sanctioned event in which I participate (each considered on of the Releasers herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused whole or in part by the negligence of the Releasers. This release, waiver of liability, and express assumption of risk agreement does not apply to any liability, claims, demands, losses, or damages arising out of the gross negligence of or intentional, willful, or wanton misconduct of Releasers. If I, or anyone on my behalf, make a claim against any of the Releasers, I will indemnify, defend, save, and hold harmless each of the Releasers from any loss, liability damage, or cost which may incur as a result of such claim.

In consideration of your accepting this application, I hereby sign over my rights to be videotaped and/or photographed to the seminar/camp director and/or her designee(s). I am fully aware that I will receive no royalties and/or compensation for resale/use of the videotapes and/or photographs. I HEREBY state that all the information asked for in this form is true and valid.

I acknowledge that I have read this release, waiver of liability, and express assumption of risk agreement and fully understand it.

Full name (print): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## About the Presenters

### **Eric Cressey, owner of [EricCressey.com](http://EricCressey.com)**

Eric Cressey received his master's degree in kinesiology with a concentration in exercise science from the University of Connecticut's (UConn) Department of Kinesiology, the number one ranked kinesiology graduate program in the nation. At UConn, Cressey was involved in varsity strength and conditioning and research in the human performance laboratory. Previously, Cressey graduated from the University of New England with a double major in exercise science and sports and fitness management.



Cressey is a regular contributor to T-Nation ([T-Nation.com](http://T-Nation.com)), *Men's Fitness*, and Elite Fitness Systems ([EliteFTS.com](http://EliteFTS.com)), authoring over 80 published articles in all. A certified strength and conditioning specialist (CSCS) through the National Strength and Conditioning Association, Cressey has been an invited guest speaker on both the regional and national levels. He recently published his first training manual, *The Ultimate Off-Season Training Manual*, and previously introduced the Magnificent Mobility DVD with Mike Robertson.

As a competitive powerlifter, Cressey holds several state, national, and world records. A mainstay in the Powerlifting USA Top 100 lifts in his weight class, Cressey is rapidly approaching elite status with competition bests of a 540 lbs squat, a 402 lbs bench, a 628 lbs deadlift, and a 1532 lbs total in the 165 lbs weight class. Previously, Cressey trained at the world-renowned South Side Gym in Stratford, Connecticut.

Cressey has helped athletes of all levels, from youth sports to the professional and Olympic ranks achieve their highest levels of performance. Although trained in several areas of expertise, Cressey specializes in applied kinesiology and biomechanics as they relate to program design and injury rehabilitation, maximal relative strength development, and athletic performance enhancement. He is a highly sought after coach for healthy and injured athletes alike and now trains his athletes and clients at Excel Sport and Fitness Training ([www.ExcelStrength.com](http://www.ExcelStrength.com)) in Waltham, Massachusetts. You can learn more about Cressey at [www.EricCressey.com](http://www.EricCressey.com).

### **Tim Kontos, Assistant Athletic Director for Sports Performance**



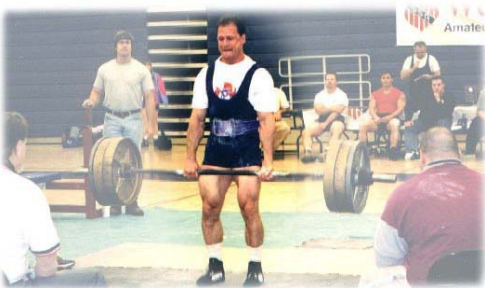
Tim Kontos is in his ninth year as the strength and conditioning coach for Virginia Commonwealth University (VCU) athletes. Kontos, a certified strength and conditioning specialist (CSCS) with the National Strength and Conditioning Association, designs, implements, and supervises all strength, speed, and agility programs for all the athletic programs at VCU. He instructs the athletes on proper weight lifting technique and manages, supervises, and coordinates weight room activities. Kontos deals very

closely with VCU athletes' nutrition, consulting with athletes on proper eating habits and increasing their performance on the court or field through proper nutrition. Kontos gives several guest lectures a year on the values of proper nutrition and various supplements.

Kontos, a firm believer in leading by example, is a competitive powerlifter. He has over a two times body weight bench press in the 181 lbs weight class with a lift of 400 lbs. He also placed second at the United States Powerlifting Federation Deadlift Nationals in 1998 with a lift of 570 lbs.

Kontos, a native of Richmond, spent two years as the strength and conditioning coach for the Radford University ice hockey team. He supervised off-ice workouts for speed and strength training and coordinated team nutrition. Kontos received his bachelor's degree from Radford in 1997.

### **Steven Horwitz, DC, CCSP, CSCS, author of *You Can Be Fit***



Dr. Steven Horwitz is a graduate of both Cornell University and the National College of Chiropractics. He is certified as a chiropractic sports physician, strength and conditioning specialist, and a USA Weightlifting club coach. In 2006, he was named in the Guide to America's Top Chiropractors by the Consumer's Research Council of America. He is a credentialed Active Release Techniques® practitioner (upper extremities, spine, and lower extremities) and is a certified Graston Technique provider.

Dr. Horwitz was selected by the United States Olympic Committee as the sole chiropractor for the 1996 United States Olympic Team and has traveled internationally with USA Track and Field. He is the chairman of the USA Track and Field Potomac Valley Sports Medicine Committee and was the chairman of the Maryland Chiropractic Association Sports Council. He was the team chiropractor for George Mason University, has worked with athletes from Georgetown University and the University of Maryland, and currently consults with American University. He treats athletes from many local high schools as well.

In 1996, Dr. Horwitz was appointed by the governor to the Maryland Council on Physical Fitness. He served as the chairman of the council from January 2002 until June 2004. In May 2004, Dr. Horwitz was selected as the Maryland State Director for the National Strength and Conditioning Association. He is a recipient of the Maryland Chiropractic Association's outstanding achievement award, was the sports medicine expert on WTEM Sports Radio, and was chosen by *Washingtonian* magazine as one of the area's top sports medicine doctors.

Dr. Horwitz is the author of the book *You Can Be Fit!* and has written two fitness manuals—*Golf Fitness Made Easy!* and *Rotator Cuff Relief: The Ultimate Guide to Rotator Cuff Performance and Injury Prevention*.

He currently writes a golf fitness column for [GolftheMidAtlantic.com](http://GolftheMidAtlantic.com) and teaches a golf fitness class for the Montgomery County recreation department. He teaches the Care and Prevention of

Athletic Injuries, a required course for Maryland public high school coaches, and has provided care for dance performances and theater groups like *Jesus Christ Super Star*, *The Rockettes*, *Dance Theatre of Harlem*, *Crazy for You*, and *Chicago*.

An avid athlete, Dr. Horwitz studies martial arts and runs marathons. He was the 1986 AAU Collegiate Mr. America Bodybuilding class winner and the 198 lbs class winner at the 2000 100% RAW World Powerlifting Championships.

### **Todd Hamer, Strength and Conditioning Coach, George Mason University**

Todd Hamer has been working in the strength and conditioning field for seven years and has held positions at Marist College, the Citadel, Virginia Commonwealth University, the University of North Carolina at Chapel Hill (UNC), the University of Pittsburgh, and the Pennsylvania State University. He has also worked as a personal trainer and consultant in several different facilities throughout his career. Currently, Hamer is the assistant strength and conditioning coach at George Mason University. He has been at Mason since 2004 and is responsible for designing and implementing programs for women's basketball, women's lacrosse, baseball, women's soccer, softball, and women's track.



Prior to coming to Mason, Hamer was the head strength and conditioning coach for the Red Foxes at Marist College in Poughkeepsie, New York, from October 2002 until April 2004. He worked with all 23 varsity sports and was responsible for the day-to-day operations of the Marist College Fitness Center. Before taking the position at Marist, he was the assistant strength and conditioning coach at The Citadel in Charleston, South Carolina. In August 2001, he worked as a graduate assistant for Virginia Commonwealth University (VCU) in Richmond, Virginia, completing his studies in August 2002. At VCU, he worked with the soccer, field hockey, track and field, and volleyball teams in all aspects of their strength and conditioning programs. He also assisted in the designing of a new 5,500 square foot weight room. At UNC, Hamer worked as a research assistant for a study on juvenile diabetes. At both Pitt and Penn State, he worked with the Panthers volleyball and football teams and the Nittany Lions football team, respectively.

Hamer is a competitive powerlifter and competed in the International Powerlifting Association National Championships in 2002. He continues to compete and won the 2001 USAPL Virginia State Championship. In addition, he is a competitive member of the International Powerlifting Association. His best lifts are a 545 lbs squat, a 375 lbs bench, and a 500 lbs deadlift.

A native of Pittsburgh, Pennsylvania, Hamer received his bachelor's of science degree in exercise science from Penn State in 1999 and his master's of science degree from VCU in Richmond, Virginia in August 2002. He currently resides in Fairfax, Virginia.

## **Jason Ferruggia, owner of j1strength.com**



Jason Ferruggia is one of the most highly sought after professional fitness coaches in the entire industry. For over a decade, he has provided hundreds of clients with cutting edge training programs that never fail to produce outstanding results in record time. Ferruggia has trained over 500 athletes from nearly 20 different sports and is renowned for his ability to rapidly increase speed, strength, and overall performance. He has also mastered the art of physique enhancement and has helped countless clients ranging from business men to fashion models lose fat and build muscle at astounding rates.

As an exercise science major, Ferruggia began training clients during his sophomore year of college and regularly traveled throughout the country to learn from and intern with the brightest minds in the industry. After college, he opened a private training facility in central New Jersey, which he has owned and operated for over ten years.

Ferruggia has lectured extensively on the topic of sports performance and general fitness at various seminars and clinics, and his expertise is sought out by athletes and fitness enthusiasts from around the world. He has authored dozens of training articles for numerous top rated fitness websites and mainstream magazines including *Men's Health*, *Men's Fitness*, and *Muscle & Fitness Hers*. He is currently a Q&A staff member at EliteFTS.com, the internet's most highly respected training website. He also has his own monthly column in *Men's Fitness* magazine, called the "Hardgainer."

Ferruggia's numerous clients include professional athletes, actors and actresses, musicians, models, and business men. He also consults with teams, coaches, and organizations from around the globe.

Thirteen years of education and "in the trenches" experience has earned Ferruggia the reputation as one of the very best professional fitness coaches in the business today. By implementing scientifically advanced training techniques, cutting edge nutrition programs, and the most effective recovery methods available, he delivers results that can't be matched.

## **Jim Roney, Head Strength Coach, Douglas Freeman High School**

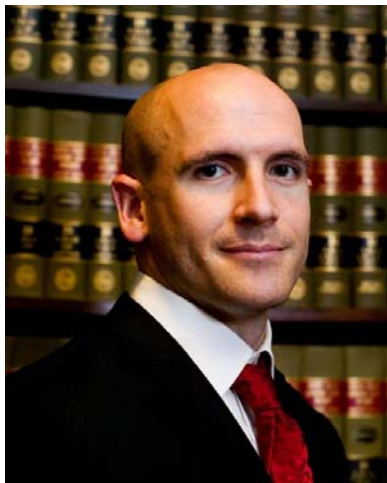
Jim Roney is currently head strength and conditioning coach at Douglas Freeman High School outside of Richmond, Virginia. He began his strength and conditioning career as a strength coach at the University of Richmond, where he was promoted to the first head strength coach for basketball. Roney left Richmond to take the position of strength and conditioning coach at Arizona State University (ASU). Following his work at ASU, he returned to Richmond to take a position at Virginia



Commonwealth University (VCU). After one year at VCU, he moved onto his current position at Douglas Freeman.

Roney played collegiate football at the University of Massachusetts. After graduating, he played professional football in Europe and then went on to coach at Springfield College, where he also received his master's degree. He has competed in events ranging from ten mile runs to century bike rides and has achieved elite status as a competitive powerlifter. His best lifts are a 650 lbs squat, a 385 lbs bench, and a 585 lbs deadlift at 165 lbs body weight.

### **Daniel Fabricant, PhD, CSCS, Vice President for Scientific Affairs, Natural Products Association**



Dr. Daniel Fabricant is the Vice President for Scientific Affairs of the Natural Products Association., the oldest and largest trade association in the natural products industry representing retailers, manufacturers, and suppliers. He heads up the Natural Products Association's ongoing research initiatives and the association's quality assurance efforts for dietary supplements, the Good Manufacturing Practices (GMP) Certification, and TruLabel random testing programs. In addition, he serves as the principle voice on scientific, technical, and health-related issues. He has an extensive background in dietary supplements for women's health, sports nutrition, and quality analysis of botanical products.

Prior to joining the association, Dr. Fabricant was the Assistant Director of Research at ConsumerLab.com, where he oversaw efforts to evaluate and identify quality dietary supplements and coordinated independent laboratory testing. He earned a bachelor's of science degree in chemistry from the University of North Carolina at Chapel Hill and a doctoral degree in pharmacognosy from the University of Illinois at Chicago at the Center for Botanical Dietary Supplement Research for women's health under the tutelage of Norman R. Farnsworth, a leading expert on herbal remedies, natural products drug discovery, and medical botany. He is a member of the American Society of Pharmacognosy (ASP), American Chemical Society (ACS), and holds a Strength and Conditioning Specialist Certification (CSCS) from the National Strength and Conditioning Association (NSCA). As both a former college athlete and owner of a fitness business, Dr. Fabricant has developed a unique expertise in the science behind strength training and conditioning, an issue at the forefront of the nation's debate on sports, and the limits of performance enhancement, especially as it relates to sports nutrition and supplementation.