

The Pittsburgh Area Strength/Speed Symposium

A One Day Seminar

Date: Saturday, March 29, 2008

Time: 8:30 am–6:00 pm

Location: Robert Morris University, Moon Twp PA
Joe Walton Stadium

Cost: \$99 per person prior to January 25, 2008; \$129 per person thereafter
\$20 off with a valid student ID

NSCA CEUs will be available.

Seminar outline:

- 8:30 am–9:30 am **Jim Roney**, Head Strength Coach, Douglas Freeman High School
“Training of the High School Athlete”
- 9:30 am–10:30 pm **Eric Cressey**, EricCressey.com
Author of *The Ultimate Off-Season Training Manual*
“Joint-Specific Mobility and Stability: Finding and Fixing Dead Spots”
- 10:30 am–11:30 am **Mike Hanley**, Owner, Hanley Strength Systems
“Olympic Lifts and Kettlebell Variations”
- 11:30 am–12:30 pm Lunch
- 12:30 pm–2:00 pm **Jim Smith/Jedd Johnson**, Diesel Crew
“Chaos Training...”
- 2:00 pm–3:00 pm **Todd Hamer**, Head Strength Coach, Robert Morris
“Bodyweight Training”
- 3:00 pm–4:00 pm **Juliet Deane**, Trainer/World Record Lifter
“Nutrition for the Athlete”
- 4:00 pm–5:00 pm **Tim Kontos**, Head Strength Coach, VCU
“The Evolution of VCU Baseball Training”
- 5:00 pm–6:00 pm **Jason Riddell**, Head Strength Coach, American University
“Speed in the Weight Room = Speed on the Field”

The Pittsburgh Area Strength/Speed Symposium

Please print clearly.

Name: _____

Address: _____

City: _____ **State:** _____ **Zip code:** _____

Phone: _____

Email (required for confirmation): _____

Would you like NSCA CEUs? Yes _____ **No** _____

How did you hear about us? _____

Please make checks payable to: "Todd Hamer"

Mail your registration form and check to:

Todd Hamer
720 Hopkins St
Sewickley, PA 15143

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 Pittsburgh Area Strength/Speed 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 Pittsburgh Area Strength/Speed Symposium, Todd Hamer, their respective administrators, directors, agents, officers, volunteers and employees, and any sponsors and advertisers of any Pittsburgh Area Strength/Speed 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

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, Eric was involved in varsity strength and conditioning and research in the human performance laboratory. Previously, he graduated from the University of New England with a double major in exercise science and sports and fitness management.



Eric is a regular contributor to T-Nation.com, *Men's Fitness*, and Elite Fitness Systems (EliteFTS.com), authoring over 80 published articles in all. A certified strength and conditioning specialist through the National Strength and Conditioning Association, he 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, Eric holds several state, national, and world records. A mainstay in the Powerlifting USA Top 100 lifts in his weight class, he is rapidly approaching elite status with competition bests of a 540-lb squat, a 402-lb bench, a 628-lb deadlift, and a 1532-lb total in the 165-lb weight class. Previously, he trained at the world-renowned South Side Gym in Stratford, Connecticut.

Eric 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, he specializes in applied kinesiology and biomechanics as they relate to program design and injury rehabilitation, maximal relative strength development, and athletic performance enhancement. You can learn more about Eric at 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. He is a certified strength and conditioning specialist with the National Strength and Conditioning Association and 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. Tim 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. He gives several guest lectures a year on the values of proper nutrition and various supplements.



Tim, a firm believer in leading by example, is a competitive powerlifter. He has over a two times body weight bench press in the 181-lb 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.

Tim, 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. He received his bachelor's degree from Radford in 1997.

Todd Hamer, Head Strength and Conditioning Coach, Robert Morris University

Todd Hamer has been working in the strength and conditioning field for nine years and has held positions at George Mason University, 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 Todd is the head strength and conditioning coach at Robert Morris University (RMU). He is responsible for training all 500 plus



student athletes as well as overseeing a staff of three. Todd has been working at RMU since March 2007. Prior to RMU, he was the assistant strength coach at George Mason University. While there, he was in charge of nine Division I athletic teams.

Prior to coming to Mason, Todd 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, Todd 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.

Todd 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-lb squat, a 375-lb bench, and a 515-lb deadlift.

A native of Pittsburgh, Pennsylvania, Todd 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 Pittsburgh, Pennsylvania.

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.



He 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.

Jim 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-lb squat, a 385-lb bench, and a 58-5 lb deadlift at 165-lb body weight.

Juliet Deane, Female Strength & Conditioning Specialist

Juliet has a Bachelors degree from Kean University, in physical education and Health and is currently the only certified female strength and conditioning specialist in the Central Jersey Area to be accredited by both the National Strength and Conditioning Association, and the United States Olympic Weightlifting Federation. Juliet is also certified under Pavel Tsatsouline as a Russian Kettlebell Instructor.



As a former cross country runner, collegiate swimmer, head swim coach, physical education teacher and physical therapy aide, Juliet is well qualified to work with all ages and abilities with confidence.

Juliet is dedicated to leading the health and fitness lifestyle by example. She currently holds two American Power Lifting Records and four World Power Lifting Records in her weight class in the AAU and WNPF leagues. She continues to challenge herself having just made her debut in a national Figure Competition this fall, earning 2nd place.

Through coaching, training and nutrition counseling, Juliet has been dedicated to producing results in her teams, athletes and clients for over 9 years. No matter what your specific fitness goals may be, Juliet can help you get there.



Mike Hanley, Owner Hanley Strength Systems

Mike Hanley is the president of Hanley Strength Systems, LLC and the owner of The Training Studio in Morganville, New Jersey. Mike has made a name for himself as one of the premier trainers in the country, helping clients and athletes from all walks of life achieve their physique and sports performance goals.

Mike is a well-respected and established certified Olympic lifting coach and Russian kettlebell instructor. With over ten years in the fitness industry, he is a wealth of knowledge and experience in the health field. His training methods include a mixture of powerlifting, Olympic weightlifting, kettlebell training, and many other methods to produce significant strength and performance gains. His specialty is his versatility to provide the highest quality training for every ability level from the young athlete to fitness enthusiasts to professional fighters. Mike has also worked closely with autistic teenagers as well as senior citizens both in the rehabilitative and fitness arena.

In addition to his work in the strength and conditioning field, Mike is also a competitive athlete. As a driven athlete and coach dedicated to leading by example, he competes in natural bodybuilding, powerlifting and Olympic lifting. Mike has also been seen modeling in various fitness publications.

Jason Riddell, Head Strength and Conditioning Coach, American University



Jason Riddell begins his third season as American University's head strength and conditioning coach. He is responsible for the development and implementation of all resistance, speed enhancement, and conditioning workouts for all 16 varsity sports.

Jason arrives at AU after serving as assistant director of sports performance at Velocity Sports Performance in Alexandria, Virginia and Baltimore, Maryland. There, he coached high school, collegiate, and professional athletes as well as aided in day-to-day business operations. Before working at Velocity, he worked for a season with the Los Angeles Angels as the strength and conditioning coach for the Provo Angels, a minor league affiliate in Mesa, Arizona and Provo, Utah. The team went 54-22 and reached the league championship in 2003.

Prior to that, Jason served as an assistant strength and conditioning coach at the University of Richmond from 2002–2003 where he worked with football, basketball, baseball, field hockey, and tennis. He began his strength and conditioning career at the University of South Carolina as a graduate assistant strength coach for men and women's basketball while getting his master's of science in exercise science in 2002. He received his bachelor's of science in biology with a minor in education from the State University of New York College at Cortland in 1999. Jason is

from Scotia, New York and attended Scotia-Glenville High School. He currently resides in Arlington, Virginia.

Jim Smith, Co-Founder of Diesel Crew, CSCS, CFT, USAW

Jim “Smitty” Smith is the co-founding member of the Diesel Crew. He is certified through the National Strength and Conditioning Association as a certified strength and conditioning specialist and is also certified by the International Sports Sciences Association as a certified fitness trainer and by the United States Weightlifting as a club coach.



He dedicates himself to studying, developing, and enhancing athletic performance through the utilization of conventional, non-conventional, and grip strength training protocols. Jim helps athletes of all skill levels attain their goals and “achieve beyond (their) potential.”

He is also a lecturer, author, and member of the EliteFTS Q&A staff and has been published by *Men’s Fitness*. Jim also regularly appears on Elite FTS.com, TotalPerformanceSports.com, FightenReview.com, EricCressey.com, DragonDoor.com, and many others.

Jedd Johnson, Co-Founder Diesel Crew, CSCS



Jedd Johnson played basketball and baseball for Tonawanda High School in Pennsylvania. Later, he played Division 2 baseball for two years at Mansfield University of Pennsylvania before taking on strength training as his main interest.

Jedd has been certified as a strength and conditioning specialist through the National Strength and Conditioning Association. He is also a regular speaker and presenter at the Pennsylvania State Strength and Conditioning Clinic held in Juniata College.

In 1999, Jedd and Jim “Smitty” Smith formed the Diesel Crew and began formulating the Diesel Method, a strength and condition system involving the incorporation of various training disciplines. The Diesel Crew is now recognized as a leader in grip strength. Jedd has authored articles on grip strength for www.straighttothebar.com and numerous grip and Strongman articles for the Diesel Crew.