



East Coast Conditioning
Sports Performance Training

Thinking of competing in **NCAA College Athletics** – What you **NEED** to know

SEMINAR

Date: Monday, February 1, 2010

Time: 7:30pm – 8:30pm

Location:

East Coast Conditioning Athletic Training Center
1085 Raritan Rd, Clark NJ 07066

**Must call to register in advance:
(732) 381-9376 or e-mail info@ecc-athlete.com**

Who should attend:

Any HS or Middle school athlete (and parents) who is considering playing athletics in college. *“You don’t get to this level by thinking about it. You get there by training properly.”* – Bryan Healy President of East Coast Conditioning Sports Performance Training

Focus of the Seminar: The demands, requirements and training needed to get to this level and how a college athlete trains year round

- Macrocycle Training
- Training Microcycles: In season, Preseason, Offseason, Regeneration
- Injury prevention
- Power production
- Integration
- UNIT Training
- Olympic Lifting
- Why so many HS athletes are not prepared for preseason camp and the devastating results of this lack of preparation

The seminar will be conducted by Kelly Wise, CSCS, Certified Strength & Conditioning Specialist. Coach Wise is currently under contract for the TCNJ softball team and has conducted, developed, and trained strength and conditioning programs for:



Coach Wise holds both an undergraduate and Master’s Degree in the Exercise Sciences as well as NSCA-CSCS and USAW certifications.

\$50 OFF

Any structure training package*

**Athlete must sign up for structure training package on the night of the seminar. Athlete must attend the seminar. Clark location only.*



where athletes train

East Coast Conditioning SportsPlex 216 Tingley Lane, Edison, NJ 08820 • (908) 756-6868 • www.eastcoastconditioning.com
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