

SCHEDULE OF EVENTS

Friday, Feb. 19, 2010

- 11:00 am On site registration (if available)
Fant-Ewing Coliseum
- 1:00 pm Opening remarks in
Fant-Ewing Coliseum
- 1:45 pm Session I Begins
A.) Al Miller
B.) Dr. Allston Stubbs
C.) Billy 'White Shoes' Johnson
D.) Dr. Don Chu
- 4:15 pm Break session
- 4:30 pm Session II Begins
E.) Al Vermeil
F.) Rob Panariello
G.) Barry Rubin
H.) Bill Johnson
*I.) Troy Jacobson
- 7:30 pm Social at University
Conference Center
7th Floor of Library
Coach Dan Reeves

Saturday, Feb. 20, 2010

- 9:00 am Session III Begins
J.) Al Miller
K.) Ron Hill
L.) Steve Antonopoulos
M.) Dr. Mike Stone
- 11:45 am Lunch—Fant Ewing
Chris Mortenson
- 1:30 pm Session IV Begins
N.) Al Vermeil
O.) Dr. Don Chu
P.) Johnny Parker
Q.) Darren Holmes
- 4:00 pm Adjourn

The Summit will be held on the campus of the University of Louisiana at Monroe. Sessions will meet at various sites on the campus within easy walking distance of each other.

Breakout session locations available in registration packet.

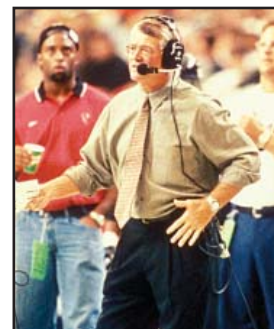
Weather permitting, some aspects of The Summit may be held outside to allow more attendee participation.

THE SUMMIT PRESENTERS

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|-----------------------------|--|
| Coach Dan Reeves | 201 NFL victories in 22 years as a head coach |
| Chris Mortensen | Award-Winning ESPN Reporter |
| Al Miller | Head Strength Coach in NFL for 21 years with Denver Broncos, New York Giants and Atlanta Falcons |
| Barry Rubin | Philadelphia Eagles Strength and Conditioning Coach |
| Billy "White Shoes" Johnson | CFL and NFL standout with Houston Oilers, Washington Redskins and Atlanta Falcons |
| Ron Hill | NFL Vice President of Football Operations |
| Darren Holmes | 13-year MLB career with Los Angeles Dodgers, New York Yankees, Colorado Rockies and Atlanta Braves |
| Bill Johnson | Defensive Line Coach New Orleans Saints |
| Johnny Parker | San Francisco 49ers Strength and Conditioning Coach, 25 years of NFL experience |
| Dr. Mike Stone | Professor and Director of Exercise Science Laboratory at East Tennessee State |
| Steve Antonopoulos | Head Athletic Trainer for the Denver Broncos |
| Dr. Don Chu | "Father of Plyometric Training," Director of graduate program in athletic training at Rocky Mountain University of Health Professions as well as a six-time author |
| Rob Panariello | ATC, Physical Therapist, and USA Strength and Conditioning Association Hall of Fame Member |
| Al Vermeil | President of Vermeil Sports and Fitness |
| Dr. Allston Stubbs | Nationally renowned orthopedic surgeon and hip specialist |
| Troy Jacobson | World class multi-sport coach and pioneer of online coaching. Pioneer of innovative indoor training DVD's |



RON HILL



DAN REEVES

THE SUMMIT OF STRENGTH & CONDITIONING AND SPORTS MEDICINE LEADERS

February 19 & 20, 2010

University of Louisiana
at Monroe

Presented by:



ULM Letterman's Club

ULM Graduate School

ULM Department of
Kinesiology

BREAKOUT SESSION TOPICS

| | |
|-----------------------------|--|
| Dan Reeves | Importance of Strength Training in Sports |
| Chris Mortensen | Interaction with Professional Athletes |
| Al Miller | Program Format Building Speed and Strength and Why |
| Barry Rubin | Continuous Warm Up—How To and Why |
| Billy "White Shoes" Johnson | Techniques of Route Running in Football |
| Ron Hill | Life Skills During and After Athletics |
| Darren Holmes | Strength Training for Baseball Pitchers |
| Bill Johnson | Power Development of Defensive Line-men |
| Johnny Parker | In Season Strength Training |
| Mike Stone | Periodization |
| Steve Antonopoulos | Chronic Injury Management |
| Don Chu | Steps to Starting a Plyometrics Jumping Program |
| Rob Panariello | Shoulder Pre and Post Surgery Rehabilitation |
| Al Vermeil | The Art of Coaching |
| Allston Stubbs | Advances in Hip Arthroscopy for Femoral Acetabular Impingement |
| Troy Jacobson | Development of training programs for multi-sport athletes |

"You have my personal guarantee that if you attend this symposium and pay attention to the speakers, you will be able to construct a successful off-season conditioning program for your team."

—Coach Al Miller



DR. DON CHU



TROY JACOBSON

REGISTRATION INFORMATION

Register online at:
www.ulm.edu/gradschool

"Early Bird" Registration: Oct. 30, 2009 - Nov. 30, 2009

| | |
|---|----------|
| Professional | \$150.00 |
| High School Coach (must have valid coaches card) | \$100.00 |
| Student (H.S. or College) | \$50.00 |

"Regular" Registration Dec. 1, 2009 - Jan. 15, 2010

| | |
|---|----------|
| Professional | \$180.00 |
| High School Coach (must have valid coaches card) | \$140.00 |
| Student (H.S. or College) | \$75.00 |

Starting on January 16, 2010, ALL registration will be considered "ON SITE" at the following rates.

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|---|----------|
| Professional | \$210.00 |
| High School Coach (must have valid coaches card) | \$180.00 |
| Student (H.S. or college) | \$100.00 |

SPECIAL MULTI-SPORT SESSION ONLY PRICING

| | |
|---------------|----------|
| "Early Bird"* | \$100.00 |
| "Regular"* | \$125.00 |
| "ON SITE"* | \$150.00 |

*Registration Dates for Multi-Sport session are as follows:

Early Bird—Oct. 30 - Nov. 30, 2009
 Regular—Dec. 1, 2009 - Jan. 15, 2010
 ON SITE—Jan. 16, 2010 (If available)

REFUNDS: Price of registration will be refunded up to 75 percent if requested no later than November 30 and 50 percent if requested no later than January 15. No refund will be granted after January 15.

REGISTER ONLINE

Online registration for The Summit is required and limited to 500 individuals. Early registration is encouraged. To ensure your spot at The Summit, register online at:

www.ulm.edu/gradschool

CONTINUING EDUCATION

Looking to supplement your skills and knowledge, explore the different proven practices in your field, or for credits to apply to your yearly professional license renewal? The Summit of Strength & Conditioning and Sports Medicine Leaders will offer a unique opportunity to learn from the foremost experts in their respective field while gaining continuing education units (CEU's).

A complete list of the CEU's available at The Summit can be found online at:

www.ulm.edu/gradschool

SYMPOSIUM DVD'S

DVD's of the speakers and their approximately two-hour presentations will be available individually, or as a box set of all 17 at the following rates:

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|-------------------------------------|----------|
| Individual if attending The Summit: | \$20.00 |
| Box set if attending The Summit: | \$300.00 |

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|---|----------|
| Individual if not attending The Summit: | \$35.00 |
| Box set if not attending The Summit: | \$400.00 |

FOR ADDITIONAL INFORMATION

Additional information, including links to the registration site, can be located on The Summit homepage at www.ulm.edu/gradschool.