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Certificates of attendance are provided upon
successful completion of the course.

This course is 15.0 contact hours/1.5 CEUs /15 ccu's

This course is 18 contact hours/1.8 CEU's for therapist
licensed in District of Columbia, Illinois, or New York.

This course is applicable for PT, PTA, AT. This course meets the continuing education requirements for physical therapists in the States of AK, AL, CO CT, DE, DC, ID, IN, MA, MO, MT, NH, NC, OR, RI, SC, UT, VT, VA, WA, WI and WY. IL PT provider #216000074. This course meets the Colorado Physical Therapy Board of Examiners criteria for 15 hours, 15 Category-1 PDA points. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs, 1.50 CEU's for physical therapy continuing competency license renewal requirements in the State of California. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. **This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 1907038TX** and meets continuing competence requirements for physical therapist and physical therapists assistant licensure renewal in Texas for 15 ccu's. **North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487.** AOTA approval hours are 15. The AOTA does not endorse specific course content, products or clinical procedures. The AK, AR, DE, DC, IL, IN, KY, LA, MD, MN, MS, MO, MT, OH, OR, OK, PA, RI, SC, TN, TX, VT and VA occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, WA, WV, WI and WY. Meets the NBCOT requirements. **BOC provider # P2047**, 15 hrs, category A, call for evidence-based approval status. Meets the NBCOT requirements. **Call 800-300-5512 for specific state approval numbers as they are continually updated.**

Speed, Agility and Quickness Training



Presented by
Brian Lawler,
MS, PT, OCS, ATC, CSCS, PES

PT, PTA, and AT -
Continuing Education Course
North American Seminars, Inc.
1-800-300-5512 | Fax 1-800-310-5920
www.healthclick.com

Day One

7:30	8:00	Registration
8:00	8:30	Dynamic Warm Up: Why You Should Never Static Stretch Before an Activity <ul style="list-style-type: none">Negative effects of static stretching on performanceBenefits of performing a dynamic warm upComponents of the dynamic warm up and progression of drills
8:30	9:00	The Start: How to Position Yourself for Maximum Speed <ul style="list-style-type: none">The athletic stanceThree point stanceStanding startsFirst step quickness
9:00	10:00	Lab Session I <ul style="list-style-type: none">Dynamic warm-up drills for linear speedDynamic warm up drills for multidirectional speedStarting positions for max speed
10:00	10:15	Break
10:15	11:15	Linear Speed Development Teaching correct mechanics and identifying the most common flaws in technique <ul style="list-style-type: none">AccelerationTop SpeedDecelerationVideo Analysis
11:15	12:15	Multi-Directional Speed Development: Teaching correct mechanics and identifying the most common flaws in technique <ul style="list-style-type: none">Plyo step versus false stepLateral shuffleCrossover stepBackward acceleration (back pedaling and the hip return)
12:15	1:15	Lunch (on your own)
1:15	3:15	Lab Session II <ul style="list-style-type: none">Acceleration drillsTop speed drillsMultidirectional drillsAgility ladder drillsReaction and quickness drills
3:15	3:30	Break
3:30	4:30	Plyometrics <ul style="list-style-type: none">Science of plyometricsSafety considerationsTypes and progression of drills
4:30	5:30	Lab Session III <ul style="list-style-type: none">JumpsHopsBoundsMedicine ball

Day Two

8:00	9:00	Strength Training for Speed Development <ul style="list-style-type: none">The most effective exercisesIntensity, sets, reps and rest periodsSample training programs
9:00	9:30	Using the Olympic Lifts for Increasing Power <ul style="list-style-type: none">The Clean and JerkThe SnatchAlternatives to Olympic Lifting
9:30	10:30	Lab Session IV: Teaching Strength and Power Exercises <ul style="list-style-type: none">RDL's (double leg and single leg)SquatsHang cleans and snatchesKettlebell swings
10:30	10:45	Break
10:45	11:45	Performance Testing <ul style="list-style-type: none">Selecting proper tests, testing order, and rest periodsTests for power (VJ, BJ, MB, throws)Acceleration and speed testingAgility testingFunctional movement screening
11:45	12:15	Maximizing Testing Performance for the Football and Baseball Combine <ul style="list-style-type: none">Vertical jumpBroad jump5-10-5 shuttle40 yard sprint225 lb bench press60 yard sprint
12:15	1:15	Lunch (on your own)
1:15	2:15	How to Set Up Your Own Speed Camp or Clinic <ul style="list-style-type: none">Liability issuesSelecting the best locationPurchasing and choosing the right equipmentFormat of the camp (2 day, 1 week, 4-6 week camps)
2:15	3:15	Marketing Your Clinic <ul style="list-style-type: none">Making contacts: who, what, and howBrochures and flyers: how to design them for maximum responseCapturing media's attentionHow to write a press release
3:15	4:15	Specialty Clinics <ul style="list-style-type: none">ACL injury preventionYouthHigh schoolProfessional athletesFirefighter and first responder
4:15	4:45	Sports Nutrition <ul style="list-style-type: none">Performance eatingTiming of mealsSupplements

About the Educator

Brian Lawler, MS, PT, OCS, ATC, CSCS, PES, is the Director of Sports Performance Enhancement at Acceleration Sports Institute in Arden, NC. He obtained a Master of Science degree in Physical Therapy from Duke University in 1993 and is board certified in orthopedics. He also has a Master of Science degree in Exercise Science and Health Promotion with a concentration in performance enhancement and injury prevention from California University of Pennsylvania. He is a certified athletic trainer with NATA, a certified strength and conditioning specialist with NSCA, a performance enhancement specialist with NASM, and an Olympic lifting club coach with USAW. Brian has worked with athletes from every sport imaginable and at all levels of competition, including youth, high school, collegiate, recreational and professional. He is an expert in developing speed, agility and quickness in athletes who participate in explosive sports such as basketball, baseball, football, hockey, rugby, soccer, softball, tennis and volleyball. He also has a special interest in ACL injury prevention and conducts screenings to identify athletes who are at increased risk for injury and conducts injury prevention clinics and training groups for female athletes.

Recommended Reference Tool for Hip Dysfunction

A great reference tool for runners with hip dysfunction

Examination and Treatment of the Hip Joint DVD

- Narrated and demonstrated by Michael Reiman PT, DPT, OCS, SCS, ATC, FAAOMPT, CSCS
- Filmed in HD with professional DVD and online course (extra option available for CME at www.healthclick.com)
- An advanced educational program featuring examination and treatment techniques of the hip joint.
- Step by step discussion of twenty-six examination techniques of the hip joint.
- Thirty one treatment techniques, including fourteen mobilizations are detailed with expert narration.
- Develop an evidence based treatment program for specific dysfunctions of the hip by mastering these examination and treatment techniques.
- More information at www.healthclick.com

Why You Should Attend This Course

This two-day intermediate level course is intended for physical therapists, physical therapy assistants, athletic trainers, strength and conditioning coaches and sports coaches. You will learn the best techniques for improving speed, agility and quickness for athletes of all ages and abilities. Many people believe that speed is something that you are just born with but speed is just like any other motor skill which can be improved with proper training. This course has been designed to assist you in identifying common mistakes in acceleration, deceleration and change of direction. Specific instructions and techniques will be provided in order to help you teach correct mechanics with the goal of achieving a more explosive first step for your athletes. After completing this course, participants will be able to help athletes develop a more explosive first step, improve their speed and improve their ability to change direction at a moment’s notice.

Beginning and advanced training techniques will be discussed in this course. Previous experience with these concepts is not necessary prior to attending this course. There are extensive laboratory sessions throughout this course. All participants will receive a comprehensive manual that summarizes the information provided in the lectures. Research support and a list of references for the training techniques will be included. The concepts presented can be applied to both healthy athletes and athletes who are undergoing rehabilitation. You will be able to incorporate the information that is presented immediately into your training and rehabilitation programs. Participants will also learn how to create successful and profitable speed clinics and sports performance programs.

Course Objectives

Upon completion of this course, participants will be able to:

- Perform and design warm up drills to best prepare athletes for training and competition.
- Teach athletes to position themselves in the best alignment so as to give them a more explosive first step.
- Teach corrective techniques for acceleration, deceleration and change in direction and identify the most common flaws in technique.
- Perform the most effective drills for improving speed, acceleration and change direction such as the wall drill, falling starts, get up and go, ball drops, cone drills and more!
- Recognize the science of plyometrics to be able to safely and systematically progress athletes through the various drills.
- Teach the most effective exercises for developing speed, strength and power.
- Identify which performance tests, such as vertical jumps, broad jump, medicine ball throw, T-test, pro shuttle agility and 10 yd. sprint to evaluate an athletes performance.
- Properly interpret collected data to identify an athletes strength and weaknesses.
- Train and teach the “tricks” to get the best performance possible in combining tests.
- Design and market your speed, agility and quickness clinics.
- Recognize the concepts of sports nutrition so that you can appropriately communicate the benefits of proper nutrition for maximum results.
- Appropriately apply training techniques and concepts during the rehabilitation of sports injuries, including post surgical patients.

Speed, Agility and Quickness Training

Lawler 18

Register Online
www.healthclick.com

Name

Profession

Home

Address

City

State

Zip

Credit Card

Exp.date

CVV

Phone(req)

e-mail (required)

Location of attendance

Send tuition to: North American Seminars, Inc.

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All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.