

2009 Course Dates & Locations

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Speed, Agility and Quickness Training



Call 1-800-300-5512 or Go online to:

www.healthclick.com/courses/nas39.cfm
for hotel and course location information. Future course dates & information are added weekly!



Make sure to get a copy of the Interactive Shoulder Algorithm software while registering for the seminar

The Interactive Shoulder Algorithm™ new version 1.5 home study and reference tool provides clinicians with a step-by-step process to effectively evaluate the shoulder complex for orthopedic dysfunction. Therapists will significantly increase the efficiency of their examinations by mastering the information in this teaching tool. Effective rehabilitation programs can be developed by the clinician through greater understanding of the testing sequence and the anatomical implications of the tests. The experienced clinician can utilize this software to obtain a master level understanding of shoulder testing procedure.

Each test segment detailed in the software covers critical pathways, position of the patient, position of the clinician, position of the clinician's hand, direction of movement of body part, tissues implicated, indications of a positive test and amount of force to be applied.

Twenty-nine tests for shoulder evaluation are clearly defined through digital video, 3D animation and biomechanical motion. George Davies, DPT, MED, PT, SCS, ATC, LAT, CSCS, FAPTA provides narration and technique demonstration in each video. Basic anatomy of the shoulder is also explored. The software is \$108.00 if purchased with registration (regularly \$129.95). For an additional \$75, .9 CEUs can be obtained from the submission of the enclosed post test. Multiple therapists may obtain CEU's from one software purchase. This software is guaranteed to meet your satisfaction. Requires Windows 2000 or Windows XP, CDROM drive, 128 MB RAM, 15MB hard drive space. The software runs off the CD and can be easily moved to different computers. Call for multiple CEU test pricing. See www.healthclick.com for additional details.

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

North American Seminars, Inc.

1-800-300-5512

Fax 1-800-310-5920

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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 performance Benefits of performing a dynamic warm up Components 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 stance Three point stance Standing starts First step quickness
9:00	10:00	Lab Session I <ul style="list-style-type: none"> Dynamic warm-up drills for linear speed Dynamic warm up drills for multidirectional speed Starting 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"> Acceleration Top Speed Deceleration Video 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 step Lateral shuffle Crossover step Backward 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 drills Top speed drills Multidirectional drills Agility ladder drills Reaction and quickness drills
3:15	3:30	Break
3:30	4:30	Plyometrics <ul style="list-style-type: none"> Science of plyometrics Safety considerations Types and progression of drills
4:30	5:30	Lab Session III <ul style="list-style-type: none"> Jumps Hops Bounds Medicine ball

Day Two

8:00	9:00	Strength Training for Speed Development <ul style="list-style-type: none"> The most effective exercises Intensity, sets, reps and rest periods Sample training programs
9:00	9:30	Using the Olympic Lifts for Increasing Power <ul style="list-style-type: none"> The Clean and Jerk The Snatch Alternatives 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) Squats Hang cleans and snatches Kettlebell 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 periods Tests for power (VJ, BJ, MB, throws) Acceleration and speeding testing Agility testing Functional movement screening
11:45	12:15	Maximizing Testing Performance for the Football and Baseball Combine <ul style="list-style-type: none"> Vertical jump Broad jump 5-10-5 shuttle 40 yard sprint 225 lb bench press 60 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 issues Selecting the best location Purchasing and choosing the right equipment Format 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 how Brochures and flyers: how to design them for maximum response Capturing media's attention How to write a press release
3:15	4:15	Specialty Clinics <ul style="list-style-type: none"> ACL injury prevention Youth High school Professional athletes Firefighter and first responder
4:15	4:45	Sports Nutrition <ul style="list-style-type: none"> Performance eating Timing of meals Supplements

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.

NAS courses presented in Florida are submitted for approval to the FPTA for physical therapists. FLOT provider # 50-1442. This course has been approved by the TPTA for physical therapy ceu approval in Texas, Approval Orthopedic-Sports: 44186A. NAS is an approved provider by the IDPR for physical therapy ceus in the state of Illinois. Provider #216000074. North American Seminars, Inc. is an AOTA provider for continuing education, NAS Provider #4487. AOTA does not endorse specific course content, products, or clinical procedures. The Illinois, Kentucky, Texas, Oregon, Tennessee, New Hampshire, Nevada, South Carolina, Delaware, Rhode Island, Missouri, North Carolina, Virginia and Ohio occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements.

Why You Should Attend This Course

This two-day 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 skills 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!
- Understand 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.
- Choose which performance tests, such as vertical jumps, broad jump, medicine ball throw, T-test, pro shuttle agility, 10 yd. sprint and more! 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.
- Understand sports nutrition so that you can appropriately communicate your the benefits of proper nutrition for maximum results.
- Appropriately apply training techniques and concepts during the rehabilitation of sports injuries, including post surgical patients.

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

This course is 15.0 contact hours/1.5 CEUs.

This course is 18 contact hours/1.8 CEU's for therapist licensed in Florida

Lawler09

Registration Form

Speed, Agility and Quickness Training

Course Tuition: \$399

\$507.00 with Algorithm software

Send tuition to: North American Seminars, Inc.

2000 Mallory Lane Suite 130-67 Franklin, TN 37067

1-800-300-5512 Fax 1-800-310-5920 www.healthclick.com

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.



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