

BACK TO BASICS

STRENGTH & PERFORMANCE SEMINAR

FOR THE COACH!
& NOT TO BE MISSED!

WE SHARE WHAT WE DO
& OUR SUCCESS WITH YOU!

724/601/1693

SATURDAY APRIL 10TH 2010
9AM TIL 3PM

YES!

- FOR THE COACH
- PRACTICAL S&C PROGRAMMING
- PRESENTERS ARE ATHLETES & TRAIN ATHLETES
- HANDS ON & MIX IT UP WITH PEERS
- FUN (OK...KICK A**) ENVIRONMENT!
- REAL WORLD TESTED - MULTI-SPORT
- HOW TO GROUP YOUR ATHLETES
- TRAINING PROGRESSIONS - DELOADING
- HOPEFULLY YOU GET THE POINT!

NOTTT!!

- POWERPOINT LECTURE - BORING
- I'M SMART, YOU'RE DUMB ATMOSPHERE
- SCIENCE PROJECT (WE DON'T WEAR LAB COATS)
- TIGHT T-SHIRTS AND ATTITUDES!
- POWERLIFTING, O-LIFTING, SPAR(q)!!!!

SEMINAR LOCATION
DST GARAGE GYM

398 6th Street
Monaca, PA 15061

REGISTER AND JOIN US

WWW.DAMANSTRENGTH.COM
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