

World's Greatest Speed Clinic

Keynote Speaker –Donovan Bailey

**96 Olympic 100m
Champion 9.84 seconds**

**SATURDAY
DEC. 5TH**

**Former World
Record Holder**

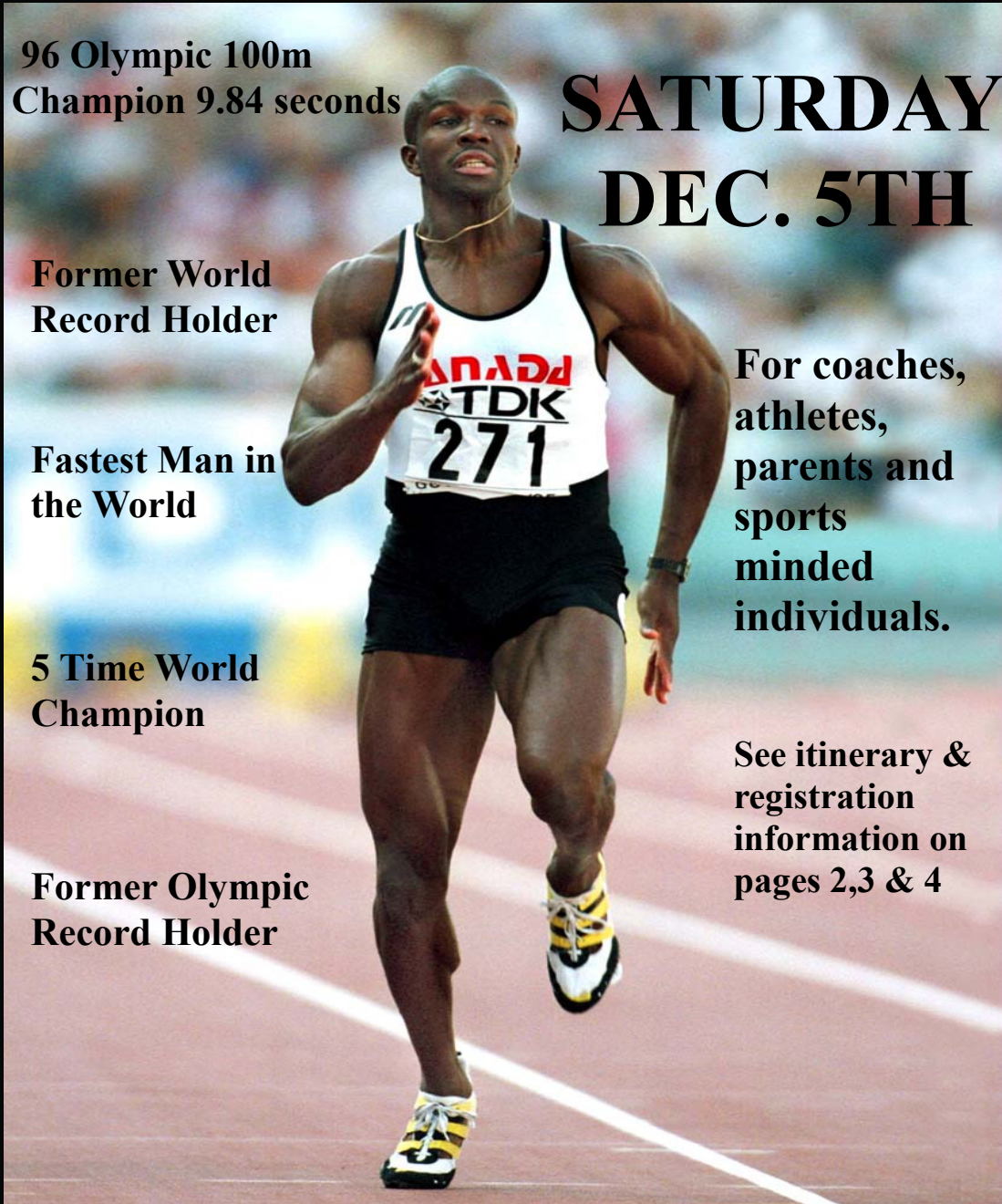
**Fastest Man in
the World**

**5 Time World
Champion**

**Former Olympic
Record Holder**

**For coaches,
athletes,
parents and
sports
minded
individuals.**

**See itinerary &
registration
information on
pages 2,3 & 4**



Hosted By:



Leaders in Sport Specific Conditioning™

SPEAKERS



Donovan Bailey is one of the most prized sprinters of all time. He was the first of only two men in history to hold three titles of Olympic Champion, World Champion and World Record Holder. Donovan broke the Olympic and World record in the 100 meter dash at the 1996 Olympics in Atlanta in a time of 9.84 seconds. In that race, Donovan recorded a top end speed of 27mph which is one of the fastest top end speeds ever recorded. Donovan is also a 5-time World Champion. Today, Donovan is busy with several corporate and charitable initiatives such as the Donovan Bailey fund which is committed to the advancement and support of Canada's most talented athletes.



Mike Caza is the Founder & Director of Performance at Premier Sport Conditioning. Caza is a well respected authority on speed and power development with athletes and his expertise has attracted over 6000 youth, high school, collegiate and professional athletes to seek out PSC's guidance since 2004. Caza was himself a successful world class track athlete in the high jump where he competed worldwide. Caza graduated from Kent State University in 1998 with a degree in Exercise Science and is certified through the National Strength and Conditioning Association. In addition, Caza has had over 20 articles published in national publications on athlete development.



Dr. Troy Smurawa is currently an attending physician at the Akron Children's Hospital Center for Orthopedics and Sports Medicine and an assistant professor of pediatrics at NEOUCOM school of medicine. Since joining the medical staff at Akron Children's Hospital in 2001 he has assumed the responsibilities as the medical director for sports medicine education, the Pediatric Future Fitness Clinic and the Youth Fitness Program. Dr. Smurawa has been on the medical staff for USA Triathlon and travels as a team physician for the USA Triathlon World Championships teams each year. He is certified by USA Triathlon, USA Track and Field and USA cycling as a multisport coach and coaches elite and novice runners, triathletes and multisport athletes.



Bill Lawson is the Director of Track & Field & Cross Country at Kent State University. Under Lawson's watch, the Golden Flashes have had a total of 43 MAC Champions, 52 qualifiers for the Regional meet and 21 qualifiers for the National Championship meet. Lawson spent 15 years as Associate Head coach at Northern Iowa University followed by a 6 year run as recruiting coordinator and jumps, throws and decathlon coach at the University of Oregon. Lawson's wealth of knowledge and coaching experience has enabled him to help produce several All-American and Olympic qualifiers. Lawson graduated from UNI with a master's degree in Physical Education with a concentration in Exercise Science.

ITINERARY / INFORMATION

The Clinic is open to all coaches, parents, athletes and fitness enthusiasts wanting to learn the latest techniques on speed development and injury prevention strategies. There will be 2 sessions on **Saturday December 5th** to choose from. The morning session will be from **9:30am-12:00pm** and the afternoon session will be from **1:00-3:30pm**. We ask that you arrive 15 minutes prior to the start of the clinic. Snacks/Refreshments will be provided. Below is the clinic itinerary:

Session 1

9:30-9:35am	Mike Caza	Welcome
9:35-10:05 -	Mike Caza- Founder/Director of Performance Premier Sport Conditioning	Alternative Training Methods to improve Speed, Strength & Power with limited space & equipment.
10:05-10:35	Bill Lawson – Head Track & Field Coach Kent State University	Pre-Season Speed Training/ Injury Prevention Strategies
10:45 – 11:15	Dr. Troy Smuruwa– Sports Medicine Physician Akron Children’s Sports Medicine	The Effects of Biomechanics on running related injuries
11:15-11:45am	Donovan Bailey – Olympic 100m Champion	Q& A
11:45-12:00pm	Closing Remarks	

Session 2

1:00-1:05pm	Mike Caza	Welcome
1:05-1:35pm	Donovan Bailey – Olympic 100m Champion	Q& A
1:35 -2:05pm	Bill Lawson – Head Track & Field Coach Kent State University	Pre-Season Speed Training / Injury Prevention Strategies
2:15 – 2:45	Dr. Troy Smuruwa – Sports Medicine Physician Akron Children’s Sports Medicine	The Effects of Biomechanics on running related injuries
2:45-3:15pm	Mike Caza Founder/Director of Performance Premier Sport Conditioning	Alternative Training Methods to improve Speed, Strength & Power with limited space & equipment
3:15-3:30pm	Closing Remarks	

REGISTRATION FORMS

1. Personal Information

First Name _____ Last Name _____

Address _____ City _____

State _____ Zip _____ Phone _____

School/Organization _____ Email _____
(if applicable)

2. Choose Session: SATURDAY DECEMBER 5TH

_____ 9:30 - 12:00pm _____ 1:00-3:30pm

3. Clinic Fees

___ 1 individual: **\$99**

___ 2 individuals from same school/family: **\$89/each**

___ 3 or more individuals from same school/family: **\$79/each**

___ Current PSC athletes/family: **\$69/each**



4. Payment Information

___ Check ___ Credit Card

For Credit Card Payments: ___ Visa ___ Mastercard ___ AMEX ___ Discover

Credit Card # _____ Exp. Date _____

4 Ways to Register

1. **CALL (330) 487-0810**

2. **MAIL** form and payment to: **PSC, 9045 Dutton Dr., Twinsburg, OH 44087**

3. **ONLINE** at www.pscfit.com. Click the Register tab on the World's Greatest Speed Clinic Ad.
(add promotion code **take10** at checkout if registering before November 18th)

4. **FAX** to **888-487-9905**

****confirmations of registration are sent via email within 3 days of receipt of payment****

****Cancellations received 5 days prior to the clinic are refundable minus a \$20 administrative fee****

****There is no refund for cancellations received later. Please note if you register and do not attend, you are still liable for full payment.**

****Substitutions may be made at any time****