



The University of Texas Intercollegiate Athletics

May 24, 2014
\$85

ATHLETIC PERFORMANCE CLINIC

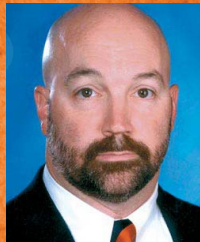
The University of Texas Athletic Performance Staff invites you to our inaugural athletic performance clinic. We are honored to pair with The Stark Center, the nation's foremost research and archival center in physical culture and sport, to offer a line-up of knowledgeable and diverse speakers from around the country. This clinic is intended to stimulate and educate attendees on both innovative and proven philosophies of training, while also providing participants the opportunity to network with other professionals. We offer attendees new perspectives and valued resources for athletic performance development.

FEATURED SPEAKERS



Dr. William J. Kraemer

- Professor in the Dept. of Kinesiology and the Human Performance Laboratory at the University of Connecticut; Director of Research in the Dean's Office; professor in the Dept. of Physiology and Neurobiology, and Professor of Medicine at the UConn Health Center and Medical School
- Fellow and Board of Trustees member in the ACSM and Administrative Council
- Former president of the NSCA; awards include Outstanding Sports Scientist, Lifetime Achievement, and Educator of the Year
- Chairs oversight committee for NASA that researches strength training in space
- Member of the American Physiological Society as well as the Endocrine Society
- Current Editor-In-Chief of the Journal of Strength and Conditioning Research and Associate Editor of Medicine and Science in Sports and Exercise
- Author/co-author of five books in the areas of sports medicine, strength training, and physiology of exercise



Kevin Yoxall

- Director of Strength and Conditioning at Rice University
- Formerly Head Strength and Conditioning Coach at Strake Jesuit College Preparatory (Houston)
- Earned a bachelor's in education from East Texas State and a master's in physical education from TCU
- Former Head Football Strength and Conditioning Coach at TCU and Minnesota
- Former Head Strength and Conditioning Coach at UCLA (earning PAC-10 Strength and Conditioning Coach of the Year honors), as well as at Auburn
- Earned Master Strength and Conditioning Coach title CSCCa in 2002 and was inducted into the USA Strength and Conditioning Hall of Fame in 2006 in the collegiate category



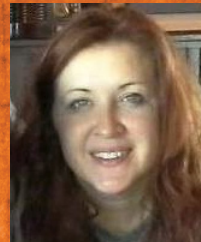
Jesse Ackerman

- Assistant Director of Strength and Conditioning at the University of Florida
- Specializes as a liaison between the strength and conditioning and sports medicine programs while also providing mental training for athletes
- Holds a MS in exercise science from California University of Pennsylvania as well as a MA in Clinical Mental Health Counseling from John Carroll
- Former Assistant Football Strength and Conditioning Coach at Texas and Iowa State



Zac Brouillette

- Third-year Assistant Strength and Conditioning Coach at Ohio University
- Former graduate assistant at Iowa State
- Earned a bachelor's degree in exercise science and a master's degree with emphases in nutrition and exercise physiology from Iowa State
- Two-sport standout in football and track and field at Iowa State, with school records in the shot put, hammer throw and indoor weight throw



Ursula Garza-Papandrea

- 20 years of national and international experience as an elite Olympic weightlifting coach and athlete
- Coached national champions at the junior, collegiate, master's and Olympic levels
- One of 24 USAW coaches - and the only female - to attain the USAW Level 5 certification of Senior International Coach
- Two-time senior national champion, two-time Olympic Festival champion, five-time world team member, and the former record holder in both the snatch (master's) and clean and jerk
- 2009 and 2010 winner of the Master's National Championships best lifter award



Bruce Johnson

- Founder and Director of Performance for Helix Elite Performance, which serves as official speed, agility, and strength conditioning training partner of Austin Junior Volleyball (AJV).
- AJV won three National Championships in 2013
- Formerly an Assistant Strength and Conditioning Coach for University of Texas
- Won a BCS National Championship and two NCAA Championships with Women's Track and Field while at Texas
- Coached 10 NFL first round and 31 overall NFL draft picks, 30 NCAA All-Americans in his football career, and two Olympic medalists
- Holds a B.S. in health fitness and kinesiology from North Carolina at Charlotte and is CSCCa certified through the CSCCa

CSCCa: 3.5 CEUs
NSCA: 0.8 CEUs

REGISTER



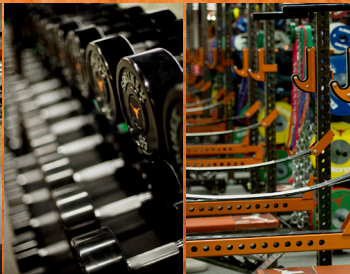
UNIVERSITY OF TEXAS STAFF SPEAKERS

Donnie Maib - Head Athletic Performance Coach

Trey Zepeda - Assistant Head Athletic Performance Coach

Todd Wright - Head Strength & Conditioning Coach for Men's & Women's Basketball

Amy Culp - Assistant Athletics Director/Sports Dietitian



Clinic Itinerary

- 7:30 - 8:15 a.m. Registration
- 8:15 - 8:30 a.m. Greeting
- 8:30 - 9:30 a.m. Keynote 1: Dr. Kraemer
- 9:45 a.m. - Noon Breakout Sessions* 1 & 2
- Noon - 1:15 p.m. Lunch
- 1:30 - 2:30 p.m. Keynote 2: Kevin Yoxall
- 2:45 - 3:45 p.m. Breakout Session 3
- 4 - 5:30 p.m. Demo Sessions
- 5:45 - 7:45 p.m. Coaches Round Table Social at The Stark Center

*Breakout sessions are 1 hour each with a 15 min. break between

Coaches Round Table Social at UT's Stark Center

Join us at the Stark Center at the end of the formal presentations for a Coaches Round Table Social. The conference speakers will be seated at different tables so attendees can sit with them, share a drink, and ask training questions. Clinic attendees will be also be able to explore the Stark Center's strength exhibits. Drinks and refreshments will be provided.



2014 University of Texas Athletic Performance Clinic Location & Contacts

- Located in UT's Red McCombs Red Zone in the north end of DKR-Texas Memorial Stadium at 405 E. 23rd St., Austin, TX 78712 (8th floor)
- For more info., email UTAPClinic@athletics.utexas.edu

Per NCAA rules, sport camps and clinics conducted by The University of Texas are open to all entrants. Enrollment is limited only by age, grade level, gender, and capacity restrictions as specified by each camp.