



CLINICS

**Lacrosse Specific Strength & Conditioning Clinic
Saturday, December 14, 2013**

***Dubin Family Athletic Performance Center
Stony Brook University***



Speakers & Itinerary

7:00am – 8:00am	Registration & Breakfast
8:00 – 9:00	Matt Mancz - Syracuse University
9:10 – 10:10	Dave VanDyke - Stony Brook University
10:20 – 11:20	Jason Gallucci - Princeton University
11:30 – 12:30	Lunch
12:40 – 2:40	Speaker Training Demonstrations

Clinic Cost - \$100

**For Clinic Information and Registration:
HammerStrengthClinics.com**

INCLUDED WITH YOUR PAID REGISTRATION

Materials to maximize your experience

- * Official Hammer Strength Clinic T-shirt
- * HSC Drawstring Backpack
- * Meeting Materials and Sponsor Information
- * Breakfast and Lunch
- * NSCA Approved – 0.8 CEUs
- * CSCCa Approved – Up to 10 CEUs

Questions?

Hammer Strength Clinic Directors

Lon Record (610) 290-6481

Jim Wojnarowski (516) 510-9914

Stony Brook Contact

Dave VanDyke (631) 632-4319