

2ND ANNUAL HCHS SPRING ALL-SPORTS STRENGTH & CONDITIONING CLINIC

Sponsored by KCS Basketball Enterprises

Saturday, April 16, 2011
9:00 a.m – 12:00 Noon

HOUSTON CHRISTIAN HIGH SCHOOL
2700 W. Sam Houston Pkwy. North, Houston, TX 77043

FREE!

Please register by April 14, 2011!

Special Featured Speaker Lee Fiocchi, CSCS, USAW, CISSN

Sports Performance Director
Dynamic Sports Training
Strength and Conditioning Coach at Houston Christian High School

Featured with client and Major League Baseball All-Star Carl Crawford of the Tampa Bay Rays on ESPN's "Baseball Tonight" regarding his off-season training regimen.

CSCS — Certified Strength and Conditioning Specialists

USAW — USA Weightlifting Club Coach

CISSN — Certified from the International Society of Sports Nutrition



CLINIC TOPICS

- Program Design for middle school and high school athletes
- Program Implementation
- Developing a fit, well-conditioned student athlete

REGISTER BY EMAIL!

To register, send your email to slaidlaw@houstonchristianhs.org. In the subject line, enter the word, "Clinic." Please tell us your name, the school in which you coach or teach, the primary sport you coach, and how many coaches from your school are attending. If more than one coach is attending, please include the same information for each coach.



LEE FIOCCHI is a graduate of Eastern Illinois University where he played defensive end for one of the most successful teams in EIU history, winning two Ohio Valley Conference titles, a

#3 National Ranking in Division I-AA, and two national playoff appearances.

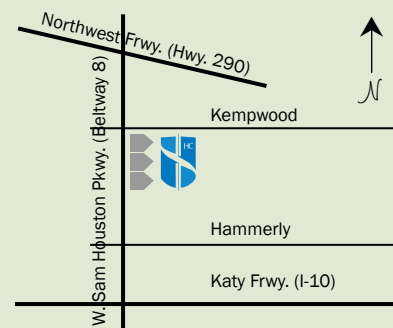
Coach Fiocchi has worked with Elite Olympic Athletes, Professional Athletes in MLB, the NFL, and high school and middle school athletes in all sports.

After a stint as a defensive line and linebacker coach at EIU, Coach Fiocchi's professional career as a conditioning coach began under the tutelage of Andy Barnett, the former strength and conditioning coach of the Canadian National Sport Center for Olympic Athletes and the former assistant strength coach of the New York Giants.

Coach Fiocchi was the Director of Major League Baseball Off-season training for Perfect Competition in Davie, Florida. Under his direction, the Perfect Condition NFL Combine Prep strength program produced four first-round draft picks. Coach Fiocchi's supervisor and mentor while at Perfect Competition was world-renowned performance specialist Pete Bommarito.

Coach Fiocchi is the owner and director of Dynamic Sports Training located in Houston, Texas.

www.dynamicsportstraining.com



HCHS is located at 2700 W. Sam Houston Pkwy. N. and Kempwood next to Baseball U.S.A.

From Katy Frwy. (I-10), go north on West Sam Houston Pkwy. (Beltway 8) and take the Hammerly/Kempwood exit.

From Northwest Frwy. (Hwy. 290), go south on West Sam Houston Pkwy. (Beltway 8) and take the Clay Road/Kempwood exit.