



Our Speakers!

Chris Frankel, MS

Chris Frankel, PhD candidate has been a coach, trainer, and educator for more than 30 years. Frankel has trained and consulted for collegiate and professional sports teams, the U.S. Navy SEALs, U.S. Marine Corps, U.S. Army, and U.S. Secret Service. Frankel was instructor of record for undergraduate and graduate courses in the department of Health, Exercise, and Sports Science at the University of New Mexico. He presents on topics related to training and human performance and is the subject matter expert for top fitness companies. His current area of concentration is evaluation and training of high intensity exercise, repeated sprint ability and the effect of external loading on bioenergetics

Alwyn Cosgrove, CSCS

- Owner of Results Fitness, a complete fitness programming and consulting service
- Founder of ResultsFitnessUniversity.com
- One of the Country's most sought after fitness professionals
- Internationally recognized presenter and trainer
- Author of *New Rules of Lifting*, and *New Rules of Lifting for Women* as well as numerous articles and publications
- Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association
- Consultant for Rodale Publications and Men's Health magazine

Robert Dos Remedios, MA, CSCS, MSCC

- Head Strength & Conditioning Coach at College of the Canyons in Southern California
- 2006 NSCA Collegiate Strength & Conditioning Coach of the Year
- CSCCa Master Strength & Conditioning Coach

- National speaker on sports conditioning and speed development
- Has helped hundreds of individuals develop into Division I scholarship athletes
- Has written two worldwide Best-Selling Books in Men’s Health Power Training and Cardio Strength Training (Rodale Books)

Our Topics!

Alwyn Cosgrove – Metabolic Resistance Training (MRT)

Traditionally most certifications in the fitness industry have taught exactly that - fitness. However in today's world - clients arriving in gyms are often seeking fat loss alongside fitness - something that is NOT taught. This presentation will cover the most convincing training research as it relates to the fat loss client and show how to design a fat loss specific resistance training program

Chris Frankel –Functional Conditioning: Optimizing Energy System Development

This session will cover terminology, ideas and programming to optimize movement, strength and energy systems development for all athletes and clients. Selecting and sequencing exercises based on a simplified understanding of physiological training loads will help get the results you and your athletes want.

Robert dos Remedios – Cardio Strength Training : Are we REALLY Understanding the concept?

This Session will cover the basics of High Intensity Interval Training (HIIT) along with the most effective protocols and techniques to optimize training effectiveness. Traditional Circuits, Complexes, Density sessions, Timed circuits, and Tabata-style circuits and finishers will be highlighted.

Our Schedule!

Time	Activity
8am-9am	Registration & Breakfast (Provided)
9am-10:30am	Alwyn Cosgrove
10:30am-12:00pm	Chris Frankel
12:00-1:00pm	Lunch (Provided)
1-2:30pm	Robert dos Remedios
2:30-3pm	All Speakers / Roundtable
3pm-5pm	Network Social (Location TBA)



15th Annual Cougar Strength & Conditioning Clinic

Saturday May 31, 2014

9am-3pm WPE

Main Gym

Price:

General -

\$85 before May 22, 2014, \$100 after May 22, 2014, \$120 at the door*

Students with valid Student ID -

\$65 Before May 22, 2014, \$80 after May 22,
2014, \$100 at the door*

*IF SPACE ALLOWS

Mail completed form to:

Robert dos Remedios

College of the Canyons

26455 Rockwell Canyon Road

Santa Clarita, CA 91355

Fax form to:

Robert dos Remedios

(661) 255-2972 fax

Email form (preferred) to:

robert.dosremedios@canyons.edu

More info call 661-362-3527



Name _____

Address _____

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IMPORTANT :
confirmation of payment and updates
will be provided via email.

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other _____

payment method

•check (Payable to
COC-ASG, please write "strength" in the memo line)

•Visa /Mastercard /American Express

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There will be no refunds after May 23, 2014. Full refunds will be given in the event of a cancellation