

Strength Sports Performance Seminar

+ 12:45-1:00	Registration
+ 1:00-1:45	<u>Lecture:</u> The Science of Strength: Position, Pattern, Power
+ 1:45-2:00	Break
+ 2:00-3:45	<u>Lecture:</u> Using Strength to Target Position & Pattern
+ 3:45-4:00	Break
+ 4:00-5:00	<u>Lecture:</u> Using Strength to Target Power

-schedule subject to change-