

LEEDS METROPOLITAN UNIVERSITY

STRENGTH & CONDITIONING CONFERENCE

Friday 21 October 2011

Date: Friday 21 October 2011

Cost: £75.00
£5 per booking will be donated to
Help for Heroes.

Venue: Headingley Campus
Carnegie Hall 106 &
University Sport Gym 1

RSVP: Simon Jenkins

Tel: 0113 812 3582

Email: s.p.jenkins@leedsmet.ac.uk

One day conference for Crossfit Affiliates to provide education and training on weightlifting technique.

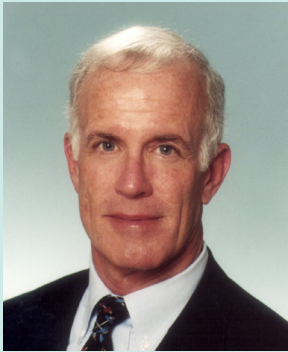
The one day conference for Crossfit Associates will provide education and training on weightlifting technique, with an emphasis on both performance and safety. York Fitness is the leading name in commercial and domestic fitness. It seemed a perfect match therefore to partner up with Leeds Metropolitan University to support their Strength & Conditioning Conference. York Fitness is the chosen brand for 75% of UK Crossfit Affiliates. In addition they also supply high profile elite sports teams such as Northampton Saints, British Sailing and AC Milan.



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Presenters



Harvey Newton

Harvey Newton is Owner and Director of Newton Sports, a sports performance consulting company, based in Daytona Beach, Florida. He was Executive Director of the National Strength and Conditioning Association (NSCA) (1995-1999) having previously been Director of Program Development (1994-1996) and Editor-in-Chief of the NSCA's Strength & Conditioning Journal (1993-1998).



Simon Jenkins

Dr. Simon Jenkins is a Principal Lecturer in Sports Coaching in the Carnegie Faculty at Leeds Metropolitan University. The Founder and Editor of the International Journal of Sports Science and Coaching, he is also the author of Sports Science Handbook. Simon achieved the British Amateur Weightlifting Association (BAWLA) Schoolboys Gold Award and, throughout his university teaching career in the UK and USA, he has coached numerous student-athletes explosive weightlifting for sport.



Gil Stevenson

Gil Stevenson is immediate past Chair of the UK Strength & Conditioning Association (UKSCA), and currently is a director of the organisation. He has over 30 years experience working within elite sport, managing and delivering coach education programmes.