

PERFORMANCE KEYS:

From Increased Strength
to Explosive Power



Photo courtesy of Bruce Klemens' Photography

2010 Schedule

April 3	Amelia Island, FL
April 10	Pensacola, FL
October 9	Daytona Beach, FL
November 13	Daytona Beach, FL

www.newton-sports.com



NASM ConEd Provider
www.nasm.org/ConEd

NSCA CEU
APPROVED



**Don't miss this popular clinic!
Sign up now and learn
from the experts.**

Performance Keys: From Increased Strength to Explosive Power

- Coaching highlights for strength and power moves...
- The safest, most effective coaching cues...
- Use of advanced training methods for special groups...
- How to develop training programs...
- Much, much more

Register by mail or online at www.newton-sports.com



Harvey Newton
PO Box 1453
Ormond Beach, FL 32175

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Coaches agree, *explosive weightlifting* is the best form of strength training for athletes. Whether it's the classic Olympic-style lifts, the snatch and the clean-and-jerk, or dozens of assistance exercises, this is the quickest way to improve performance in power sports. But, don't try to introduce these lifts without a thorough and proper understanding of many "secrets" of explosive lifting. Without the detailed instruction offered at **Performance Keys** coaches and athletes often fail to gain optimal results and may get injured.

Here is your chance to learn from two outstanding coaches, Olympic Coach Harvey Newton and CrossFit's Doug Lane. This is your best opportunity to learn and practice the techniques needed to maximize results. Don't miss **Performance Keys!**

WHAT OTHERS SAY

All sessions were very informative. The hands-on part was just great.

Laura Ramm, ATC

I learned more that day than I have in the last 10 years...

Dave Darnell

It was an honor to be trained by one of the foremost experts, Harvey Newton. His attitude and knowledge provided the best learning environment. Thanks for the experience.

Greg Stephenson, CSCS, NSCA-CPT, ATC, USAW

I can't begin to express my appreciation to both of you for the professionalism and enthusiasm you demonstrated. The course materials are paying dividends.

Gil Petruska, The Razor's Edge

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Harvey Newton, Olympic coach and author of *Explosive Lifting for Sports* and several other titles, is a noted national and international clinician. He owns Newton Sports (www.newton-sports.com), a source of outstanding strength training educational and online coaching. He holds a bachelor's in psychology from the University of Central Florida, a master's in sociology (coaches' education) from the University of Colorado, along with being certified by USA Volleyball, USA Cycling, and USA Weightlifting.

Doug Lane, owner of CrossFit Amelia Island, (www.crossfitameliaisland.com) holds CSCS, USAW Club Coach, and Sports Performance Coach certifications. Additionally, he holds numerous personal trainer and CrossFit Instructor certifications, along with a bachelor's in kinesiology from the University of Northern Colorado. A former bodybuilder, powerlifter, strongman competitor, and current weightlifter, Doug shares a unique blend of practical and theoretical wisdom at numerous workshops throughout the year.



Register by mail or online at: www.newton-sports.com

REGISTRATION FORM

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

NSCA CEUs required?

Yes

No

NASM CEUs required?

Yes

No

BoC CEUs required?

Yes

No

***** Newton Sports is an official CEUs provider for NSCA, NASM and BoC.

\$179 (postmarked 2 weeks prior to event)

\$199 (postmarked less than 2 weeks prior to event or on-site registration)

Early registration at the same time for 3 or more colleagues from same school or affiliation all save 15%.

Register by mail:

Send check or money order payable to Newton Sports (sorry, no credit cards):
Harvey Newton
Newton Sports
PO Box 1453
Ormond Beach, FL 32175

Register online at:

www.newton-sports.com

Questions?
Call Harvey Newton
(386) 682-5611

PROGRAM

DATES & LOCATIONS

0730-0800 Registration, introductions

April 3 Amelia Island, FL

0800-0845 The Resistance Training Continuum

April 10 Pensacola, FL

October 9 Daytona Beach, FL

0845-0930 Strength Core Exercise Techniques

November 13 Daytona Beach, FL

Pre-registered clinic participants receive a FREE copy of Coach Newton's biomechanical analysis poster of world record lifts (a \$21.95 value). This popular poster is suitable for mounting in the gym and quickly illustrates key technique points.

0930-1045 Squat/Deadlift Hands-on

1045-1200 Power Development with Explosive Lifting

1200-1300 Lunch (on your own)

1300-1500 Explosive Lifting Hands-on

1500-1600 Strength/Power Training for General Populations

***** Newton Sports is an official CEU provider for:

1600-1645 Program Planning Considerations and Practical

• NSCA's Certification Commission (0.8 CEUs approved)

1645-1700 Q&A/Resources/Wrap-Up

• Board of Certification, Inc. (7 CEUs approved)

1700 Adjourn

• NASM (0.8 CEUs approved)