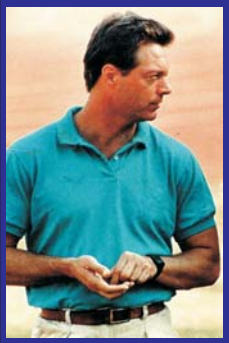


COR Performance Presents

SPEED-STRENGTH PERFORMANCE SEMINAR

March 7-9, 2008



Charlie Francis



Derek Hansen

Featuring
Charlie Francis
with **Derek Hansen**

Layton, Utah

Charlie Francis

Charlie Francis, three time Canadian sprint champion, former national team sprint coach and coach of world record holder, Ben Johnson, is coming to Layton, Utah to provide an advanced seminar on speed development and sprint training. Charlie's athletes set 23 world records, more than 250 Canadian records and won nine Olympic medals. Charlie is recognized worldwide as one of the top authorities on speed training and athlete development. Elite athletes and coaches regularly visit his forum at CharlieFrancis.com to read what Charlie has to say. Here is your chance to talk to him one-on-one.

Derek Hansen

Derek is a NSCA Certified Strength and Conditioning Specialist that has been working with athletes in speed, strength and power sports since 1988. He is the full-time Head Strength and Conditioning Coach for Simon Fraser University in Burnaby, BC, Canada and is an instructor at the National Coaching Institute in Vancouver, specializing in Strength & Conditioning, Biomechanics and Recovery/Regeneration. His clients include teams and athletes from Canadian National/Olympic programs and professional leagues in numerous sports.

Seminar Content

Key areas of presentation and practical demonstration include:

- Maximum velocity mechanics
- Sprint start technique and acceleration development
- Weight training for speed development
- Explosive power and plyometric training
- Periodization and planning through Vertical Integration
- Recovery and regeneration techniques
- Electronic muscle stimulation and other training tools
- Speed development for non-track sports
- Technological innovations and their application in training
- Trends in sport training and their suitability
- Sport psychology - fact or fiction?
- Safe and effective supplementation for performance
- Managing muscle tone and the nervous system in training
- Managing training volume - how much is too much?
- Effective agility and change-of-direction training
- And, much, much more...

Contact Information



COR Performance

Conditioning for Optimum Results

For information on how to register for the Speed-Strength Performance Seminar, please contact Mike Doyle and Kim Tulane at COR Performance at:

Phone: 801-444-2819
E-mail: corperformance@hotmail.com

Information on the seminar will also be posted on Charlie's website at www.CharlieFrancis.com. Be sure to check the website for information on training, Charlie's books and his discussion forum.

Speed-Strength Performance Seminar

Location and Accommodations



COR Performance Center

From Layton Hills Mall exit 331, turn west to Hill Field Road, head West; straight thru over the railroad tracks; turn Left on Sugar Street, 1/2 mile south on West side of street.

Or on Gentile Street, over railroad tracks, turn Right at the gas station (Sugar Street), 1/4 mile North. Across from Smiths Intermountain Regional Offices.

Accommodations in the Vicinity

Hilton Garden Inn	(801) 416-4000
Hampton Inn	(801) 775-8800
Holiday Inn Express	(801) 773-3773
La Quinta Inn	(801) 776-6700
Marriott Towne Place	(801) 779-2422



COR Performance
Conditioning for Optimum Results

SPEED-STRENGTH PERFORMANCE SEMINAR

Registration

Please print your name as you would like it to appear on your confirmation letter.

___ Miss ___ Mr. ___ Mrs. ___ Ms. ___ Dr.

Last Name

First Name

Middle Initial

Mailing Address

Email Address

City

State/Province

Zip/Postal Code

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Home Phone

Work Phone

Cell Phone

DATE: Friday -- March 7th, 6pm-9:30pm : Training Theory
 Saturday* -- March 8th, 8am-5pm: More Theory, Technical Issues and Practical Demos.
 Sunday -- March 9th, 8am-11:30am: Program Setup and Planning
 *Lunch will be provided on Saturday from 12pm to 1pm

COST: **\$350 US** *Late Registration Fee - After February 21, 2008 - \$400 US*

Method of Payment

- Visa MasterCard Discover Card
 Check or Money Order

*Check and Money orders must be enclosed

Total Amount: _____

Card Number: _____

Exp Date: (mm/yy) _____

Address Associated with card:

Zip Associated with card:

I agree to abide by the CANCELLATION POLICY of 50% refund after the Late Registration Due date.
 Individuals who cancel their registration prior to February 21, 2008 will only be charged a 10% processing fee.

Signature: _____ Date: _____

Mail to: COR Performance Fax: (801) 444-0466
 263 N. Sugar Street, Ste. D & E Call to Register: (801) 444-2819
 Layton, UT 84041



COR Performance
 Conditioning for Optimum Results