

# 1<sup>ST</sup> ANNUAL HCHS SPRING ALL-SPORTS STRENGTH & CONDITIONING CLINIC

Sponsored by KCS Basketball Enterprises

**Saturday, April 17, 2010**  
**9:00 a.m – 12:00 Noon**

**HOUSTON CHRISTIAN HIGH SCHOOL**  
2700 W. Sam Houston Pkwy. North, Houston, TX 77043

**FREE!**

Please register by April 15, 2010!

## Special Featured Speaker Lee Fiocchi, CSCS, USAW, CISSN

Sports Performance Director  
Dynamic Sports Training  
Strength and Conditioning Coach at Houston Christian High School

*Featured with client and Major League Baseball All-Star Carl Crawford of the Tampa Bay Rays on ESPN's "Baseball Tonight" regarding his off-season training regimen.*

CSCS — Certified Strength and Conditioning Specialists

USAW — USA Weightlifting Club Coach

CISSN — Certified from the International Society of Sports Nutrition



## CLINIC TOPICS

- Assessment of Individual Athletes and Teams
- Program Design
- Trends in the field of strength and conditioning
- Making the most of your facilities and equipment
- Low cost, but highly effective training methods
- Developing a fit, well-conditioned student athlete

## REGISTER BY EMAIL!

To register, send your email to [slaidlaw@houstonchristianhs.org](mailto:slaidlaw@houstonchristianhs.org). In the subject line, enter the work "Clinic." Please tell us your name, the school in which you coach or teach, the primary sport you coach, and how many coaches from your school are attending. If more than one coach is attending, please include the same information for each coach.



LEE FIOCCHI is a graduate of Eastern Illinois University where he played defensive end for one of the most successful teams in EIU history, winning two Ohio Valley Conference titles, a

#3 National Ranking in Division I-AA, and two national playoff appearances.

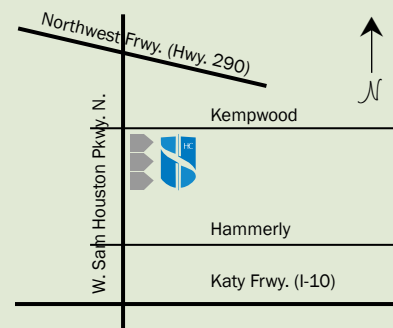
Coach Fiocchi has worked with Elite Olympic Athletes, Professional Athletes in MLB, the NFL, and high school and middle school athletes in all sports.

After a stint as a defensive line and linebacker coach at EIU, Coach Fiocchi's professional career as a conditioning coach began under the tutelage of Andy Barnett, the former strength and conditioning coach of the Canadian National Sport Center for Olympic Athletes and the former assistant strength coach of the New York Giants.

Coach Fiocchi was the Director of Major League Baseball Off-season training for Perfect Competition in Davie, Florida. Under his direction, the Perfect Condition NFL Combine Prep strength program produced four first-round draft picks. Coach Fiocchi's supervisor and mentor while at Perfect Competition was world-renowned performance specialist Pete Bommarito.

Coach Fiocchi is the owner and director of Dynamic Sports Training located in Houston, Texas.

[www.dynamicsportstraining.com](http://www.dynamicsportstraining.com)



HCHS is located at 2700 W. Sam Houston Pkwy. N. and Kempwood next to Baseball U.S.A.

From Katy Frwy. (I-10), go north on West Sam Houston Pkwy. (West Belt 8) and take the Hammerly/Kempwood exit.

From Northwest Frwy. (Hwy. 290), go south on West Sam Houston Pkwy. (West Belt 8) and take the Clay Road/Kempwood exit.