



## *First Annual Winter Seminar*

**Date:** Saturday, February 10, 2007

**Time:** 12:00 PM- 6 PM

**Location:** Mike Boyle Strength and Conditioning  
225 East St  
Winchester, Massachusetts 01890

**Cost:** \$99/person\* prior to February 1st, \$119/person\* thereafter  
Limited to first 100 applicants

\*\$20 off with a valid student ID

NSCA CEUs have been applied for.

Speakers:

Michael Boyle- CNS Intensive Training

Eric Cressey- The Art of Hardcore Corrective Training

Brijesh Patel- Things I've Learned and Changed

John Pallof- PT, COMT, CSCS "Training and Rehab Concerns for Overhead Athletes

Carl Valle- "Integrating Regeneration into Training Programs- Theory and Practice"

Sponsored by:



**MBSC First Annual Winter Seminar  
Registration Form**

Please Print Clearly:

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email (required for confirmation):** \_\_\_\_\_

**Would you like NSCA CEUs? Yes** \_\_\_\_\_ **No** \_\_\_\_\_

**How did you hear about us?** \_\_\_\_\_  
-----

**Please make checks payable to: “Mike Boyle Strength and Conditioning”**

**Registration form and your check can be mailed to:**

Bob Hanson  
Mike Boyle Strength and Conditioning  
225 East St.  
Winchester, Massachusetts 01890

All registration inquiries can be directed to:

Michael Boyle  
support@michaelboyle.biz

*All cancellations must be received 14 days prior to the event. Failure to cancel with sufficient notice will result in forfeiture of the registration fee. Substitute attendees may, however, be made following this date, if you have someone you'd like to take your spot. All cancellations received prior to 14 days before the event will receive a refund less a \$25 administrative fee.*

## Waiver of Liability & Release of Rights

In consideration of my participation in the Mike Boyle Strength Conditioning Seminar series, I acknowledge that I understand the nature of the activity, and that I am qualified, in good health, and in proper physical condition to participate in such activity. I fully understand that strength training and conditioning involves risk of serious bodily injury, including permanent disability, paralysis, and death, and that these and other risks may be caused by my own actions, or inaction, those of other participating in the event, the conditions in which the event takes place, or the negligence of the Releasers named below, and that there may be other risks either not known to me or not foreseen at this time and I fully accept and assume all such risks and all responsibility for losses, costs and damages I incur as a result of my participation in the activity.

I hereby release, discharge and hold harmless Sports Acceleration North Inc DBA Mike Boyle Strength and Conditioning, all presenters listed, their respective administrators, directors, agents, officers, volunteers and employees and any sponsors and advertisers of any Mike Boyle Strength and Conditioning sanctioned event in which I participate (each considered on of the Releasers herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused whole or in part by the negligence of the Releasers. This release, waiver of liability and express assumption of risk agreement does not apply to any liability, claims demands, losses or damages arising out of the gross negligence of or intentional, willful or wanton misconduct of Releasers. If I, or anyone on my behalf, makes a claim against any of the Releasers, I will indemnify, defend, save and hold harmless each of the Releasers from any loss, liability damage or cost which may incur as a result of such claim.

In consideration of your accepting this application, I hereby sign over my rights to be videotaped and/or photographed to the seminar/camp director and/or her designee(s). I am fully aware that I will receive no royalties and/or compensation for resale/use of the videotapes and/or photographs. I HEREBY state that all the information asked for in this form is true and valid.

I acknowledge that I have read this release, waiver of liability and express assumption of risk agreement and fully understand it.

Print Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

## About the Presenters

**Michael Boyle-** Michael Boyle is one of the most sought after coaches and speakers in the area of performance training and athletic rehabilitation. In fact, Mike's client list reads like a Who's Who of athletic success in New England and across the country. Boyle has been involved in training and rehabilitation with a wide range of athletes, from stars in every major professional sport, to the US Women's Olympic teams in soccer and ice hockey. In addition Mike has served as a consultant to some of the top teams in the NFL, NHL, as well as numerous division one athletic programs.

Mike brings a depth and breadth of knowledge that is unmatched in the industry, with ten years of experience at the professional level and over twenty years at the collegiate level. Mike's work has been featured in the media on HBO RealSports, ESPN, CNN, as well as in Sports Illustrated and USA today. In both 2004 and 2005 Men's Journal named Boyle one of the top 100 trainers in the United States.

Mike's innovative series of live seminar DVD's have set a new standard for industry education. Functional Strength Coach Vol 1+2 and Advanced Program Design continue to get rave reviews. In addition Mike's two books have assisted in the education of literally thousands of coaches and trainers.

To learn more about Mike's training techniques, to purchase products or to participate in forum discussions visit [www.michaelboyle.biz](http://www.michaelboyle.biz).

**Eric Cressey-** Eric Cressey received his Master's Degree in Kinesiology with a concentration in Exercise Science through the University of Connecticut Department of Kinesiology, the #1 ranked kinesiology graduate program in the nation. At UCONN, Eric was involved in varsity strength and conditioning and research in the human performance laboratory. Previously, Eric graduated from the University of New England with a double major in Exercise Science and Sports and Fitness Management.

Eric is a regular contributor to *T-Nation* (T-Nation.com), *Men's Fitness*, and EliteFTS.com, authoring over 80 published articles in all. A Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association, Eric has been an invited guest speaker on both the regional and national levels. He recently published his first training manual, *The Ultimate Off-Season Training Manual*, and previously introduced the *Magnificent Mobility* DVD with Mike Robertson.

As a competitive powerlifter, Eric holds several state, national, and world records. A mainstay in the *Powerlifting USA* Top 100 lifts in his weight class, Cressey is rapidly approaching Elite status with competition bests of 540-lb. squat, 402-lb. bench, 628-lb. deadlift, and 1532-lb. total in the 165-pound weight class. Previously, Eric trained at the world-renowned South Side Gym in Stratford, Connecticut.

Eric has helped athletes of all levels – from youth sports to the professional and Olympic ranks – achieve their highest levels of performance. Although prepared in a variety of bodies of knowledge, Cressey specializes in applied kinesiology and biomechanics as they relate to program design and injury rehabilitation; maximal relative strength development; and athletic performance enhancement. He is a highly sought-after coach for healthy and injured athletes alike, and now trains his athletes and clients at Excel Sport and Fitness Training ([www.ExcelStrength.com](http://www.ExcelStrength.com)) in Waltham, Massachusetts. You can find about more about Eric at [www.EricCressey.com](http://www.EricCressey.com).

**John Pallof**- John is a physical therapist specializing in orthopedics and sports medicine since 1998. He has trained and rehabilitated athletes of all ages and levels, from grade school to professionals. John has a background in both physical therapy and strength and conditioning, regularly training athletes on an individual basis. His rehabilitation approach includes manual therapy skills developed through Maitland Australian Physiotherapy - blended with his experience in S+C, his approach is unique. John has devoted his attention to training and rehabilitating the throwing athlete, particularly baseball pitchers. His educational style is engaging and entertaining, focused on providing lots of practical information derived from his unique background in both physical therapy and coaching. John practices at South County Physical Therapy in Worcester and at the College of the Holy Cross.

**Brijesh Patel** -Brijesh Patel, MA, a Certified Strength & Conditioning Specialist (NSCA) and USA Weightlifting Club Coach (USAW), has been a Strength & Conditioning Coach at the collegiate level since 2000. Brijesh is currently the Associate Director of Strength and Conditioning at the College of the Holy Cross. Brijesh has also worked with Mike Boyle at his professional facility in Massachusetts, the University of Connecticut, and with the Worcester Ice Cats of the AHL (American Hockey League). Brijesh has trained a variety of athletes ranging from middle school to the professional and Olympic levels. Brijesh has been published in magazines and has presented on the regional level. Brijesh is also co-founder of S B Coaches College ([www.sbcoachescollege.com](http://www.sbcoachescollege.com)), an internet educational website for health professionals, coaches and athletes.

**Carl Valle CSCS, USATF II**- Over the last decade Carl Valle has produced and helped develop All-Scholastics, All-Americans, and countless all-stars in various sports. Carl specializes in speed and power development in sport with a strong background in regeneration of training and competition. When invited Carl has presented his training concepts to an array of organizations and conferences looking for insight on improving training and recovery. In his spare time Carl has written various articles on pedagogy and sport in both online and print mediums. Currently he is at Excel Sport and Fitness in Waltham and continues to work with clients looking to enhance their health and performance. He coached several Olympic athletes in track as well as been involved in high level sport for ten years, working with clients in the NFL, MLB, and professional soccer leagues.